

# Workout Planner

## RPE SCALE

1. Very low intensity such as sitting
2. Could maintain activity for hours, easy to breathe and speak
3. Able to maintain conversation and easy to breathe
4. Able to maintain a conversation with minimal breathlessness
5. Able to maintain a conversation but slightly breathless
6. Breathing increased, speaking more difficult can sustain activity for 30-60 mins.
7. Breathing laboured, can say a few sentences.
8. Breathing laboured and cannot say more than a few words maximum capacity approx 1 min
9. Breathing laboured and difficult to speak. Maximum focus.
10. All out effort with maximum capacity of approx 30 seconds

## CURRENT STATISTICS

Body Weight

Chest Measurement

Waist Measurement

Hip Measurement

Thigh Measurement

Water Intake



Cardio Warm Up		Time in Minutes	RPE	
Marching on the spot with arm swings		2 minutes	3-4	
Jogging on the spot		2 minutes	4-5	
Warm Up Stretches		Reps	RPE	
<b>Neck Rotations:</b> Stand with your feet shoulder-width apart, and slowly rotate your head to the right, keeping your chin parallel to the ground. Hold for a few seconds, then rotate to the left.		10	3-4	
<b>Arm Circles:</b> Stand with your feet shoulder-width apart and your arms out to the sides. Slowly rotate your arms in small circles, gradually making them bigger. Repeat for 10 reps, then reverse the direction of the circles and repeat for another 10 reps.		10 each direction		
<b>Shoulder Shrugs:</b> Stand with your feet shoulder-width apart and your arms at your sides. Slowly raise your shoulders up towards your ears, hold for a few seconds, then relax them back down.		10		
<b>Hip Circles:</b> Stand with your feet shoulder-width apart and your hands on your hips. Slowly rotate your hips in a circle, keeping your feet planted on the ground. Repeat for 10 reps in one direction, then switch directions and repeat for another 10 reps.		10 each direction		
<b>Leg Swings:</b> Stand with your feet shoulder-width apart and your hands on your hips. Swing one leg forward and backward, keeping it straight and relaxed.		10 each leg		
<b>Knee Hugs:</b> Stand with your feet shoulder-width apart and your arms at your sides. Slowly lift one knee up towards your chest, holding it with your hands. Hold for a few seconds, then release and repeat with the other leg.		10 each leg		
<b>Ankle Rotations:</b> Stand with your feet shoulder-width apart and your hands on your hips. Slowly rotate one ankle in a circle, then switch to the other ankle.		10 each leg		
Cardio Main		Sets	Time in Minutes	RPE
<b>High Knee Jog:</b> Lift knees towards chest while jogging on the spot.		Perform 3 sets in a circuit with 45 seconds rest between set 1 & 2 and 30 seconds rest between set 2 & 3.	30 seconds	5-7
<b>Butt Kicks:</b> Jog on the spot while kicking heels towards buttocks.			30 seconds	
<b>Criss-Cross Jumping Jacks:</b> Jump feet out to the sides while crossing arms in front of chest.			30 seconds	
<b>Spotty Dogs:</b> Jump feet out to the front/back while alternating arms above the head.			30 seconds	
<b>Skater Hops:</b> Hop sideways from one foot to the other, crossing back foot behind the front foot.			30 seconds	

Bodyweight Exercises	Reps	Sets	RPE
<p><b>Curl up crunches:</b> Lie on your back with knees bent and feet flat on the floor. Raise your head and shoulders off the ground, and curl your body towards your knees while contracting your abdominal muscles.</p> <p><b>Spiderman planks:</b> Start in a plank position with forearms on the ground, elbows under shoulders, and feet hip-width apart. Bring one knee up towards your elbow on the same side of your body, return to the starting position, and alternate sides.</p> <p><b>Reverse crunches:</b> Lie on your back with knees bent and feet flat on the floor. Lift legs towards chest, curl hips towards chest, lifting lower back off the ground. Lower legs back down and repeat.</p> <p><b>Plank with knee tuck:</b> Start in a plank position with your hands on the ground, shoulders directly over your wrists, and your feet hip-width apart. Engage your core muscles and bring your right knee towards your chest, while keeping your left leg straight. Return your right leg to the starting position and repeat on the other side, bringing your left knee towards your chest. Continue alternating sides for the desired number of repetitions.</p> <p><b>Bicycle crunches:</b> Lie on your back with your knees bent and your hands behind your head. Lift your head, shoulders, and feet off the ground, and bring your right knee towards your left elbow while straightening your right leg. Rotate your torso to bring your left elbow towards your right knee. Repeat the movement, alternating sides for the desired number of repetitions.</p>	<p>8</p> <p>8 each leg</p> <p>8 each leg</p> <p>8 each leg</p> <p>8 each side</p>	<p>Perform 3 sets in a circuit with 60 seconds rest between sets.</p> <p>Perform each move with control and concentration.</p>	<p>5-6</p>
Cool Down Stretches	Time in Minutes		RPE
<p><b>Child's pose:</b> Kneel on the ground with your knees hip-width apart and your big toes touching. Lower your hips back towards your heels and reach your arms forward, resting your forehead on the ground. Hold for 30-60 seconds.</p> <p><b>Cat-cow stretch:</b> Begin on your hands and knees with your wrists directly under your shoulders and your knees directly under your hips. Arch your back and tuck your chin to your chest as you exhale. Then, inhale and lift your head and tailbone towards the ceiling, allowing your stomach to sink towards the ground. Repeat for 5-10 breaths.</p> <p><b>Sphinx pose:</b> Lie on your stomach with your elbows under your shoulders, forearms on the ground, and palms facing down. Lift your head, chest, and upper abdomen off the ground, keeping your lower ribs on the ground. Hold for 30-60 seconds.</p> <p><b>Seated forward fold:</b> Sit on the ground with your legs extended in front of you. Reach your arms overhead and then hinge forward at the hips, reaching towards your toes or shins. Hold for 30-60 seconds.</p> <p><b>Lying hamstring stretch:</b> Lie on your back with your legs extended in front of you. Lift one leg towards the ceiling, and interlace your fingers behind your thigh or calf. Gently pull your leg towards your chest, keeping your other leg extended on the ground. Hold the stretch for 30-60 seconds, then release and repeat on the other side.</p>	<p>Hold for 30 seconds on each side.</p> <p>Hold for 30 seconds on each side.</p> <p>Hold for 30 seconds on each side.</p> <p>Hold for 30 seconds on each side.</p> <p>Hold for 30 seconds.</p> <p>Hold for 30 seconds.</p>		<p>3-4</p>

### Important information:

Do not carry out this workout plan if you have any medical conditions which could be affected by any of these exercises. Always seek medical advice before starting a new exercise programme and if you are unsure of how exercise may affect your health.

Do not push yourself beyond your personal limitations and do not continue to perform any exercise that causes pain or discomfort.

If you do not know how to perform these exercises, seek advice from a trained exercise professional.

Perform your workout in a clear space clear from trip hazards or items that may fall on you.

Ensure that you hydrate throughout your workout.