

# 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>Sumo Squats:</b> Stand with your feet wider than shoulder-width apart, with your toes pointing outwards. Lower your hips down towards the ground, keeping your chest up and your knees in line with your toes. Push back up to standing.</p> <p><b>Donkey Kicks:</b> Get on all fours with your hands shoulder-width apart and your knees hip-width apart. Keeping your knee bent, lift one leg up towards the ceiling, keeping your foot flexed. Lower back down and repeat with the other leg.</p> <p><b>Fire Hydrants:</b> Get on all fours with your hands shoulder-width apart and your knees hip-width apart. Keeping your knee bent, lift one leg out to the side while keeping your knee at a 90-degree angle. Lower back down and repeat with the other leg.</p> <p><b>Glute Bridges:</b> Lie on your back with your knees bent and your feet on the ground. Lift your hips up towards the ceiling, squeezing your glutes at the top of the movement. Lower back down and repeat.</p> <p><b>Side Lying Leg Raise:</b> Lie on your side with your legs straight and your feet stacked on top of each other. Lift your top leg up towards the ceiling, keeping it straight and your foot flexed. Lower back down and repeat with the other leg.</p>	<p>8</p> <p>8 each leg</p> <p>8 each leg</p> <p>8</p> <p>8 each leg</p>	<p>Perform 3 sets in a circuit with 60 seconds rest between sets.</p> <p>Perform each move with control and concentration.</p>	5-6
Cool Down Stretches		Time in Minutes	RPE
<p><b>Quadricep stretch:</b> Stand up straight and lift one leg behind you, holding your foot or ankle.</p> <p><b>Pigeon pose:</b> Start in a plank position, bring your right knee forward towards your right hand, and drop your right hip towards the ground. Keep your left leg extended behind you.</p> <p><b>Hamstring stretch:</b> Sit on the ground with your legs straight out in front of you. Reach towards your toes.</p> <p><b>Figure 4 stretch:</b> Sit on the ground with one leg straight out in front of you and the other knee bent with the foot resting on the ground. Cross the bent leg over the straight leg and pull your knee towards your chest.</p> <p><b>Butterfly stretch:</b> Sit on the ground with your knees bent and the soles of your feet touching. Grab your ankles and gently push your knees towards the ground.</p> <p><b>Child's pose:</b> Kneel on the ground and sit back onto your heels. Stretch your arms out in front of you.</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>	3-4

### 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.