

# **Workout Plan 2 Week Rotation(May 2023)**

## **Week One.**

Monday	-	45 min run treadmill (5 min build up to speed)
Tuesday	-	10 min warmup treadmill 5 x 5 weights – Curls, Squats, Overhead press, Chest press 2 Sets of 30 sec High plank, elbow plank, tummy raise, crunches x 30 10 min cooldown treadmill
Wednesday	-	Outdoor walk 10km or 1 hour swim or treadmill run
Thursday	-	10 min warmup treadmill 5 x 5 weights – Curls, Squats, Bent-over row, Deadlift (1 set) 2 Sets of 30 sec High plank, elbow plank, tummy raise, crunches x 30 10 min cooldown treadmill
Friday	-	20 min rowing machine 40 min spin bike/exercycle
Saturday	-	1 hour walk or treadmill run
Sunday	-	Rest day 30 min walk

## **Week Two.**

Monday	-	10 min warmup treadmill 5 x 5 weights – Curls, Squats, Overhead press, Chest press 2 Sets of 30 sec High plank, elbow plank, tummy raise, crunches x 30 10 min cooldown treadmill
Tuesday	-	Hiit workout, 1 hour total
Wednesday	-	10 min warmup treadmill 5 x 5 weights – Curls, Squats, Bent-over row, Deadlift (1 set) 2 Sets of 30 sec High plank, elbow plank, tummy raise, crunches x 30 10 min cooldown treadmill
Thursday	-	Step workout, Spin bike/exercycle 30 mins each
Friday	-	10 min warmup treadmill 5 x 5 weights – Curls, Squats, Overhead press, Chest press 2 Sets of 30 sec High plank, elbow plank, tummy raise, crunches x 30 10 min cooldown treadmill
Saturday	-	1 hour walk or treadmill run
Sunday	-	Rest day 30 min walk