

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