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| **WEEK 3 - EXERCISING: Exercise program**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Week \_\_\_ of exercise** | **Week \_\_\_\_ of exercise** | **Week \_\_\_\_ of exercise** |
|  | Mon  | Tues  | Wed  | Thurs  | Fri  | Mon  | Tues  | Wed  | Thurs  | Fri  | Mon  | Tues  | Wed  | Thurs  | Fri  |
| Arm CirclesMax 2mins or 40 circles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Side LeansMax10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunge SquatMax 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sit to StandsMax 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chin Ins Max 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tummy TucksMax 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Back ArchesMax10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sit UpsMax 30 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Scissor LegsMax10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuck InsMax 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Stairs/ StepsMax 30steps |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Shoulder PressesMax 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jogging Max 10 Mins |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Optional own Exercise |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Optional own Exercise |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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