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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 Circles  Max 2mins or 40 circles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Side Leans  Max10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Lunge Squat  Max 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Sit to  Stands  Max 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Chin Ins  Max 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Tummy Tucks  Max 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Back Arches  Max10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Sit Ups  Max 30 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Scissor  Legs  Max10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Tuck Ins  Max 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Stairs/ Steps  Max 30  steps |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Shoulder Presses  Max 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Jogging  Max 10  Mins |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Optional own Exercise |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | Optional own Exercise |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |