

# Fit Over 50 Level 2 - 4 Week Plan

Click on a routine and it will take you right to the video



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Week 1</b>	<u>Relax and Restore De-Stress Routine</u> Or <u>Full Body Foam Roll</u>	<u>20 Min Low Impact HIIT</u>	<u>30 Min Total Body Strength</u>	<u>30 Minute Posture Reset</u>	<u>20 Min Low Impact HIIT</u>	<u>Practical Pilates (Beginner)</u>	Catch Up or Do something FUN Day
<b>Week 2</b>	<u>Relax and Restore De-Stress Routine</u> Or <u>Full Body Foam Roll</u>	<u>30 Min Low Impact Cardio</u>	<u>Basic Strength Training</u>	<u>Standing Balance</u>	<u>30 Min Low Impact Cardio</u>	<u>Basic Strength Training</u>	Catch Up or Do something FUN Day
<b>Week 3</b>	<u>Relax and Restore De-Stress Routine</u> Or <u>Full Body Foam Roll</u>	<u>20 Min Low Impact HIIT</u>	<u>30 Min Total Body Strength</u>	<u>30 Minute Posture Reset</u>	<u>20 Min Low Impact HIIT</u>	<u>Practical Pilates (Beginner)</u>	Catch Up or Do something FUN Day
<b>Week 4</b>	<u>Relax and Restore De-Stress Routine</u> Or <u>Full Body Foam Roll</u>	<u>30 Min Low Impact Cardio</u>	<u>Basic Strength Training</u>	<u>Standing Balance</u>	<u>30 Min Low Impact Cardio</u>	<u>Basic Strength Training</u>	Catch Up or Do something FUN Day