

BE HEALTHY ENOUGH 4 WEEK EXERCISE PLAN

New to Exercise



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Fit Test	20 min Low Impact Cardio	15 min Full Body Stretch	30 min Strength	15 min Full Body Stretch	20 min Low Impact Cardio	Foam Rolling Neck and Upper Body
WEEK 2	30 min Strength	15 min Full Body Stretch	Motion is Lotion for your Joints	20 min Low Impact Cardio	De Stress Routine	Practical Pilates	Foam Rolling Lower Body
WEEK 3	Pilates for a Strong Core	15 min Full Body Stretch	Motion is Lotion for your Joints	15 min Full Body Stretch	20 min Low Impact Cardio	Practical Pilates	Foam Rolling for Back
WEEK 4	30 min Strength	15 min Full Body Stretch	Motion is Lotion for your Joints	20 min Low Impact Cardio	De Stress Routine	Practical Pilates	Fit Test