

# Fitness Plan

## Example Plan (Beginner)

Week of: 6/27	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Cardio</b>	Walk for 10 minutes at lunchtime		Walk for 10 minutes at lunchtime		Walk for 10 minutes at lunchtime		
<b>Resistance</b>		Use stretch bands for upper body for 5-10 minutes				Use stretch bands for upper body for 5-10 minutes	Use stretch bands for upper body for 5-10 minutes
<b>Flexibility</b>	Stretch for 5 minutes after walk		Stretch for 5 minutes after walk		Stretch for 5 minutes after walk		
<b>Rest Day</b>							

Week of:	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Cardio</b>							
<b>Resistance</b>							
<b>Flexibility</b>							
<b>Rest Day</b>							