

## 6 week exercise plan

What's your level? Before you begin any exercise routine, you and your health care team need to determine your current fitness level. If you experience shortness of breath or asthma symptoms when performing an exercise, it's recommended to stop immediately and talk to your doctor.

**Level 1:** Begin here if you're just getting started, you haven't been active for some time, or aren't able to perform 30 minutes of continuous exercise.

**Level 2:** You're able to do 30 minutes of continuous exercise at least three times per week and perform strength training exercises at least once per week.

**Level 3:** Start at level 3 if you're doing 30 minutes of continuous exercise at least 4 times a week and performing strength training exercises at least twice per week.

| Level             | Week 1   | Week 2  | Week 3  | Week 4  | Week 5  | Week 6  |
|-------------------|--|---|---|---|---|---|
| <b>1</b><br>Level | <b>Cardio: 3x/Week</b><br>10–20 Minutes  | <b>Cardio: 3x/Week</b><br>15–25 Minutes   | <b>Cardio: 3x/Week</b><br>20–30 Minutes   | <b>Cardio: 3x/Week</b><br>20–30 Minutes   | <b>Cardio: 3x/Week</b><br>25–30 Minutes   | <b>Cardio: 3x/Week</b><br>30 Minutes  |
|                   | <b>Strength: 1x/Week</b><br><a href="#">Focus on all major muscle groups</a>     | <b>Strength: 1x/Week</b><br>Focus on all major muscle groups  | <b>Strength: 1x/Week</b><br>Focus on all major muscle groups  | <b>Strength: 2x/Week</b><br>1x/wk - focus on upper body<br>1x/wk - focus on lower body                        | <b>Strength: 2x/Week</b><br>1x/wk - focus on upper body<br>1x/wk - focus on lower body                        | <b>Strength: 2x/Week</b><br>1x/wk - focus on upper body<br>1x/wk - focus on lower body                        |
| <b>2</b><br>Level | <b>Cardio: 3x/Week</b><br>30 Minutes   | <b>Cardio: 3x/Week</b><br>30 Minutes<br>Add 20 min. session 1x/wk   | <b>Cardio: 4x/Week</b><br>30 Minutes  | <b>Cardio: 4x/Week</b><br>30 Minutes  | <b>Cardio: 4x/Week</b><br>30 Minutes<br>Add 20 min. session 1x/wk   | <b>Cardio: 5x/Week</b><br>30 Minutes  |
|                   | <b>Strength: 2x/Week</b><br><a href="#">Focus on all major muscle groups</a>     | <b>Strength: 2x/Week</b><br>Focus on all major muscle groups  | <b>Strength: 2x/Week</b><br>Increase intensity by adding resistance or repetitions                            | <b>Strength: 2x/Week</b><br>Focus on all major muscle groups  | <b>Strength: 2x/Week</b><br>Focus on all major muscle groups  | <b>Strength: 2x/Week</b><br>Focus on all major muscle groups  |
| <b>3</b><br>Level | <b>Cardio: 5x/Week</b><br>30 Minutes<br>Include higher intensity intervals 1x/wk | <b>Cardio:</b><br>40 Minutes / 5x Week OR<br>30 Minutes / 6x Week<br>Include higher intensity intervals 1x/wk | <b>Cardio:</b><br>40 Minutes / 5x Week OR<br>30 Minutes / 6x Week<br>Include higher intensity intervals 2x/wk | <b>Cardio:</b><br>45 Minutes / 5x Week OR<br>35 Minutes / 6x Week<br>Include higher intensity intervals 2x/wk | <b>Cardio:</b><br>50 Minutes / 5x Week OR<br>40 Minutes / 6x Week<br>Include higher intensity intervals 2x/wk | <b>Cardio:</b><br>60 Minutes / 5x Week OR<br>50 Minutes / 6x Week<br>Include higher intensity intervals 2x/wk |
|                   | <b>Strength: 2x/Week</b><br>Add Tabata* 1x/week                                  | <b>Strength: 2x/Week</b><br>Add Tabata* 1x/week   | <b>Strength: 2x/Week</b><br>Add Tabata* 1x/week   | <b>Strength: 2x/Week</b><br>Add Tabata* 1x/week   | <b>Strength: 2x/Week</b><br>Add Tabata* 1x/week   | <b>Strength: 2x/Week</b><br>Add Tabata* 2x/week   |

\*Tabata is a great way to add a higher-intensity workout in a short amount of time.

**1) Pick an exercise.** Examples include push-ups, jumping rope, squats, mountain climbers, etc.

**2) Set a stopwatch.** A Tabata training session is 20 seconds of work and 10 seconds of rest for a total of 4 minutes.

**3) Perform.** When the clock starts, perform the chosen exercise for 20 seconds, as quickly as possible while staying in control. Rest for 10 seconds. Repeat this 8 times during the 4-minute period.