

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:

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