

WORKOUTS(MIDDLE AGE)

<u>Day</u>	<u>Morning Exercise</u>	<u>Afternoon Exercise</u>	<u>Evening Exercise</u>
<u>Monday</u>	<u>Brisk Walk or Jog</u>	<u>Bodyweight Strength Training</u>	<u>Yoga or Stretching</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Start the day with a brisk walk or light jog around your neighborhood or on a treadmill. Aim for 30-45 minutes.</u>	<u>Perform bodyweight exercises such as squats, lunges, push-ups, and planks. Focus on 3 sets of 10-15 repetitions for each exercise.</u>	<u>Wind down with a yoga session or stretching routine to relax your muscles and improve flexibility.</u>
<u>Tuesday</u>	<u>Cycling or Spinning</u>	<u>Core Strengthening Exercises</u>	<u>Moderate Cardio</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Enjoy a cycling session outdoors or join a spinning class at a local gym. Aim for 30-45 minutes of continuous cycling.</u>	<u>Incorporate core exercises such as crunches, Russian twists, plank variations, and bicycle crunches.</u>	<u>Engage in a moderate cardio activity such as dancing, swimming, or a cardio workout class.</u>
<u>Wednesday</u>	<u>Circuit Training</u>	<u>Interval Training</u>	<u>Foam Rolling</u>

	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Perform a circuit of strength exercises including squats,</u>	<u>Engage in interval training by alternating between periods</u>	<u>Use a foam roller to release tension in muscles and</u>
	<u>lunges, push-ups, and rows. Aim for 3 rounds with minimal rest</u>	<u>of high-intensity exercise (e.g., jumping jacks, mountain</u>	<u>improve flexibility. Focus on areas of tightness and</u>
	<u>between exercises.</u>	<u>climbers) and active recovery (e.g., walking or jogging).</u>	<u>discomfort.</u>
<u>Thursday</u>	<u>Yoga or Pilates</u>	<u>Hiking or Nature Walk</u>	<u>Mindful Meditation</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Attend a yoga or Pilates class focusing on flexibility,</u>	<u>Enjoy a leisurely hike in nature or take a brisk walk</u>	<u>Practice mindful meditation to relax your mind and</u>
	<u>strength, and balance.</u>	<u>through a local park. Take in the scenery and fresh air.</u>	<u>promote mental well-being.</u>
<u>Friday</u>	<u>Strength Training</u>	<u>Swimming or Aqua Aerobics</u>	<u>Restorative Stretching</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>

	<u>Hit the gym for a full-body strength training session.</u> <u>Focus</u>	<u>Head to the pool for a swim or join an aqua aerobics class.</u>	<u>Perform gentle stretching exercises to relax your</u>
	<u>on compound exercises like deadlifts, bench presses, and</u>	<u>Swimming is a low-impact workout that provides a full-body</u>	<u>muscles and improve flexibility.</u>
	<u>rows. Aim for 3 sets of 8-12 repetitions for each exercise.</u>	<u>cardiovascular workout.</u>	
<u>Saturday</u>	<u>Outdoor Recreation</u>	<u>Active Family Time</u>	<u>Relaxation and Recovery</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Engage in outdoor activities such as hiking, biking, or</u>	<u>Spend quality time with family engaging in active games.</u>	<u>Take time to relax and recover from the week's</u>
	<u>kayaking. Enjoy nature and get a great workout at the same time.</u>	<u>sports, or a friendly game of basketball.</u>	<u>activities. Consider a warm bath or gentle massage.</u>
<u>Sunday</u>	<u>Rest Day</u>	<u>Gentle Stretching</u>	<u>Mindful Reflection</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Take a well-deserved rest day. Engage in light activities such</u>	<u>Perform gentle stretching exercises to alleviate muscle</u>	<u>Reflect on the past week, set intentions for the</u>

	<u>as walking or gentle yoga if desired.</u>	<u>tension and improve flexibility.</u>	<u>upcoming week, and practice gratitude.</u>
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