

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