

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
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.