Home Exercise Program

Created by Claudia Segura Jan 16th, 2020

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SEATED BICEP CURLS - BILATERAL

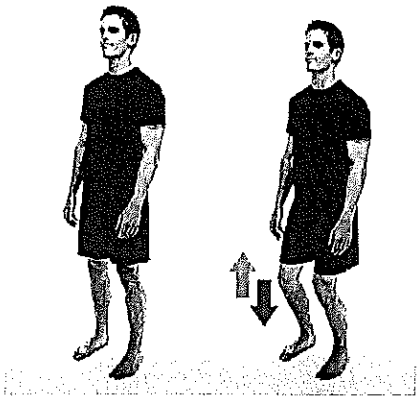
While sitting in a chair and holding free weights on each thigh, lift both sides while bending at the elbows. Lower back down and repeat.

***As you do this, remember to keep your stomach tightened and remember to NOT hold your breath.

Exhale during the lift, inhale on the return to starting position.

Repeat	8 Times
Hold	1 Second
Complete	2 Sets
Perform	3 Time(s) a Week

Video ID: VVNF8LZF8



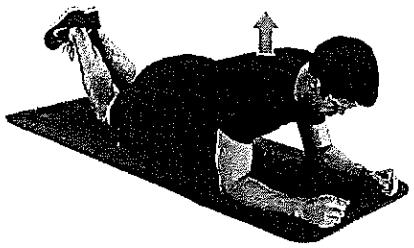
MINI SQUAT

Start with your feet shoulder-width apart and toes pointed straight ahead. Next, bend your knees to approximately 30 degrees of flexion to perform a mini squat as shown. Then, return to original position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat	8 Times
Hold	1 Second
Complete	2 Sets
Perform	3 Time(s) a Week

Video ID: VVKANC34L



MODIFIED PLANK PLUS

Perform a plank on your knees and elbows as shown and sustain the hold. While holding, protract your shoulder blades forward to raise up a few more inches and then return to original position.

Repeat	8 Times
Hold	10 Seconds
Complete	3 Sets
Perform	3 Time(s) a Week

Video ID: VVG2QKEPD

		16 week Walking Program	
Week 1	**Program**	**Comments**	
Monday	Easy walk 5 min		
Tuesday	Rest		
Wednesda	Easy walk 5 min		
Thursday	Easy walk 5 min		
Friday	Rest		
Saturday	Easy walk 10 min		
Sunday	Easty walk 5 min		
Total walk time for week:		30 minutes	
		16 week Walking Program	
Week 2	**Program**	**Comments**	
Monday	Easy walk 7 min		
Tuesday	Rest		
Wednesda	Easy walk 7 min		
Thursday	Easy walk 7 min		
Friday	Rest		
Saturday	Easy walk 12 min		
Sunday	Easty walk 7 min		
Total walk time for week:		40 minutes	
		16 week Walking Program	
Week 3	**Program**	**Comments**	
Monday	Easy walk 9 min		
Tuesday	Rest		
Wednesda	Brisk walk 9 min		
Thursday	Easy walk 9 min		
Friday	Rest		
Saturday	Brisk walk 12 min		
Sunday	Easty walk 9 min		
Total walk time for week:		48 minutes	

		16 week Walking Program	
Week 4	**Program**	**Comments**	
Monday	Easy walk 10 min		
Tuesday	Rest		
Wednesda	Brisk walk 9 min		
Thursday	Easy walk 10 min		
Friday	Rest		
Saturday	Mod walk 13 min		
Sunday	Brisk walk 10 min		
Total walk time for week:		52 minutes	
		16 week Walking Program	
Week 5	**Program**	**Comments**	
Monday	Easy walk 11 min		
Tuesday	Rest		
Wednesda	Brisk walk 10 min		
Thursday	Easy walk 11 min		
Friday	Rest		
Saturday	Mod walk 15 min		
Sunday	Brisk walk 10 min		
Total walk time for week:		57 minutes	
		16 week Walking Program	
Week 6	**Program**	**Comments**	
Monday	Easy walk 12 min		
Tuesday	Rest		
Wednesda	Brisk walk 11 min		
Thursday	Easy walk 12 min		
Friday	Rest		
Saturday	Mod walk 16 min		
Sunday	Brisk walk 11 min		
Total walk time for week:		62 minutes	

		16 week Walking Program	
Week 7	**Program**	**Comments**	
Monday	Easy walk 14 min		
Tuesday	Rest		
Wednesda	Brisk walk 12 min		
Thursday	Easy walk 14 min		
Friday	Rest		
Saturday	Mod walk 18 min		
Sunday	Brisk walk 12 min		
Total walk time for week:		70 minutes	
		16 week Walking Program	
Week 8	**Program**	**Comments**	
Monday	Easy walk 16 min		
Tuesday	Rest		
Wednesda	Brisk walk 14 min		
Thursday	Easy walk 16 min		
Friday	Rest		
Saturday	Mod walk 20 min		
Sunday	Brisk walk 14 min		
Total walk time for week:		80 minutes	
		16 week Walking Program	
Week 9	**Program**	**Comments**	
Monday	Easy walk 18 min		
Tuesday	Rest		
Wednesda	Brisk walk 15 min		
Thursday	Easy walk 18 min		
Friday	Rest		
Saturday	Mod walk 22 min		
Sunday	Brisk walk 15 min		
Total walk time for week:		88 minutes	

		16 week Walking Program	
Week 10	**Program**	**Comments**	
Monday	Easy walk 20 min		
Tuesday	Rest		
Wednesda	Brisk walk 16 min		
Thursday	Easy walk 20 min		
Friday	Rest		
Saturday	Mod walk 24 min		
Sunday	Brisk walk 16 min		
Total walk time for week:		96 minutes	
		16 week Walking Program	
Week 11	**Program**	**Comments**	
Monday	Easy walk 22 min		
Tuesday	Rest		
Wednesda	Brisk walk 17 min		
Thursday	Easy walk 22 min		
Friday	Rest		
Saturday	Mod walk 26 min		
Sunday	Brisk walk 17 min		
Total walk time for week:		104 minutes	
		16 week Walking Program	
Week 12	**Program**	**Comments**	
Monday	Easy walk 24 min		
Tuesday	Rest		
Wednesda	Brisk walk 18 min		
Thursday	Easy walk 24 min		
Friday	Rest		
Saturday	Mod walk 28 min		
Sunday	Brisk walk 18 min		
Total walk time for week:		112 minutes	

		16 week Walking Program	
Week 13	**Program**	**Comments**	
Monday	Easy walk 26 min		
Tuesday	Rest		
Wednesda	Brisk walk 19 min		
Thursday	Easy walk 26 min		
Friday	Rest		
Saturday	Mod walk 30 min		
Sunday	Brisk walk 19 min		
Total walk time for week:		120 minutes	
		16 week Walking Program	
Week 14	**Program**	**Comments**	
Monday	Easy walk 28 min		
Tuesday	Rest		
Wednesda	Brisk walk 20 min		
Thursday	Easy walk 28 min		
Friday	Rest		
Saturday	Mod walk 32 min		
Sunday	Brisk walk 20 min		
Total walk time for week:		128 minutes	
		16 week Walking Program	
Week 15	**Program**	**Comments**	
Monday	Easy walk 30 min		
Tuesday	Rest		
Wednesda	Brisk walk 21 min		
Thursday	Easy walk 30 min		
Friday	Rest		
Saturday	Mod walk 34 min		
Sunday	Brisk walk 21 min		
Total walk time for week:		136 minutes	

		16 week Walking Program	
Week 16	**Program**	**Comments**	
Monday	Easy walk 30 min		
Tuesday	Rest		
Wednesda	Brisk walk 24 min		
Thursday	Easy walk 30 min		
Friday	Rest		
Saturday	Mod walk 36 min		
Sunday	Brisk walk 24 min		
Total walk time for week:		144 minutes	