

4-Week WORKOUT PLAN

FIT OVER 40



*This is a recommended Workout Plan for subscribers to help better understand how to utilize your channel videos for best results. * Follow this program for 4 weeks and then repeat the 4 week format as you continue over the months. Change the formats you choose each month so you can experience all the workouts your channel offers. This plan is broken down based on the number of times per week you prefer to exercise with me. Remember to always rest at least 24 hours between workouts. Please feel free to contact me directly with any questions.*

Your workouts are named in your channel based on their Focus - Strength, Cardio , Core or Full Body. (see your Workout Guide). This plan is designed to explain which FOCUS to do during the week based on how many times a week you do my workouts. Formats can vary based on what you would like to do that day. It is always recommended to get at least 30 minutes of exercise each day so be sure to get your extra cardiovascular exercise through the week. Walking, biking, swimming etc.

<u>WEEK</u>	<u>2x Per Week</u>	<u>3x Per Week</u>	<u>4x Per Week</u>
WEEK 1	Strength	Strength	Strength
	Core	Cardio	Cardio
		Core	Core
			Strength
WEEK 2	Strength	Strength	Full Body
	Cardio	Core	Core
		Strength	Strength
			Cardio
WEEK 3	Full Body	Full Body	Strength
	Strength	Cardio	Cardio
		Strength	Strength
			Cardio
Week 4	Core	Full Body	Full Body
	Cardio	Core	Core
		Strength	Strength
			Core

**This plan is a recommendation.*

If you choose to follow this plan you are doing so at your own discretion and risk.