





# FEBRUARY- WORKOUT PLAN

## CORE & UPPER BODY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 <u>Core and Posture</u> <u>Video 1</u>	4	5 <u>Core and Posture</u> <u>Video 2</u>	6	7 <u>Seated Mobility</u> <u>Stretching</u> 	8
9	10 <u>Lifting and Carrying</u> <u>Video 1</u>	11	12 <u>Lifting and Carrying</u> <u>Video 2</u>	13	14 <u>Posture &amp; Breathing</u> 	15
16	17 <u>Seated Core</u>	18	19 <u>Core and Posture</u> <u>Video 3</u>	20	21 <u>Seated Mobility</u> <u>Stretching</u> 	22
23	24 <u>Seated Mobility</u> <u>Upper Body</u>	25	26 <u>Bone Health</u> <u>Video 1</u>	27	28 <u>Pelvic Floor</u> 	

# MARCH - WORKOUT PLAN

## CORE & UPPER BODY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 <u>Seated Mobility   Weight Shifting</u>	4	5 <u>Bed Mobility</u>	6	7 <u>Music &amp; Movement Ballet</u> 	8
9	10 <u>Wrist Stretch &amp; Strengthen</u>	11	12 <u>Fine Motor Function</u>	13	14 <u>Grip Strength</u> 	15
16	17 <u>Household Mobility Video 1</u>	18	19 <u>Household Mobility Video 2</u>	20	21 <u>Glute Squeezes</u> 	22
23	24 <u>Seated Cardio High Intensity   Video 1</u>	25	26 <u>Household Mobility Making Your Bed</u>	27	28 <u>Supine Independent Stretching</u> 	29
30	31 <u>Core and Posture Video 1</u>					

# APRIL - WORKOUT PLAN

## CORE & UPPER BODY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 <u>Seated Mobility   Weight Shifting</u>	3	4 <u>Posture &amp; Breathing</u> 	5
6	7 <u>Lifting and Carrying Video 1</u>	8	9 <u>Lifting and Carrying Video 2</u>	10	11 <u>Seated Mobility Stretching</u> 	12
13	14 <u>Seated Mobility Upper Body</u>	15	16 <u>Seated Core</u>	17	18 <u>Grip Strength</u> 	19
20	21 <u>Core and Posture Video 1</u>	22	23 <u>Core and Posture Video 2</u>	24	25 <u>Seated Mobility Stretching</u> 	26
27	28 <u>Bed Mobility</u>	29	30 <u>Core and Posture Video 3</u>			