

# SEPTEMBER - WORKOUT PLAN

## CORE & LOWER BODY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>Core and Posture Video 1</u>	2	3 <u>Core and Posture   Video 2</u>	4	5 <u>Countertop Plank</u> 	6
7	8 <u>Seated Cardio High Intensity   Video 1</u>	9	10 <u>High Intensity Interval Training Seated   Video 2</u>	11	12 <u>Snack Series: Fatigue Exercises   Video 1</u> 	13
14	15 <u>High Intensity Interval Training Supported Standing   Video 1</u>	16	17 <u>Advanced Core Strengthening   Video 1</u>	18	19 <u>Seated Core</u> 	20
21	22 <u>Advanced Core Strengthening   Video 2</u>	23	24 <u>High Intensity Interval Training Seated   Video 2</u>	25	26 <u>Snack Series: Fatigue Exercises   Video 2</u> 	27
28	29 <u>Core and Posture   Video 3</u>	30				

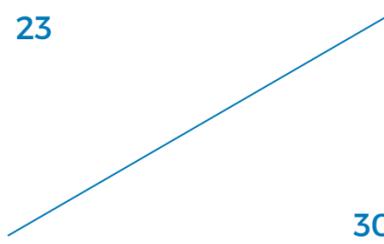
# OCTOBER - WORKOUT PLAN

## CORE & LOWER BODY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <u>Sit to Stand   Video 1</u>	2	3 <u>Getting Off The Floor</u> <u>  Approach 1</u>	4
5	6 <u>High Intensity Interval Training Supported Standing</u> <u>  Video 1</u>	7	8 <u>Sit to Stand   Video 2</u>	9	10 <u>Music &amp; Movement</u> <u>  Ballet</u>	11
12	13 <u>Sit to Stand   Video 3</u>	14	15 <u>Supported Standing Cardio   Video 1</u>	16	17 <u>Supine Independent Stretching</u>	18
19	20 <u>Seated Cardio High Intensity   Video 1</u>	21	22 <u>Seated Mobility   Cardio</u>	23	24 <u>Snack Series: Fatigue Exercises   Video 1</u>	25
26	27 <u>Advanced Full Body Weightlifting</u>	28	29 <u>High Intensity Interval Training Seated   Video 2</u>	30	31 <u>Posture and Breathing</u>	

# NOVEMBER WORKOUT PLAN

## CORE & LOWER BODY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	<sup>3</sup> <u>High Intensity Interval Training Supported Standing</u>   <u>Video 1</u>	4	5 <u>Advanced Full Body Weightlifting</u>	6	7 <u>Supine Independent Stretching</u> 	8
9	<sup>10</sup> <u>Seated Cardio High Intensity</u>   <u>Video 1</u>	11	12 <u>Advanced Core Strengthening</u>   <u>Video 2</u>	13	14 <u>Snack Series: Fatigue Exercises</u>   <u>Video 2</u> 	15
16	17 <u>Supported Standing Cardio</u>   <u>Video 1</u>	18	19 <u>Seated Mobility</u>   <u>Cardio</u>	20	21 <u>Posture and Breathing</u> 	22
23 	24 <u>Advanced Core Strengthening</u>   <u>Video 1</u>	25	26 <u>Sit to Stand</u>   <u>Video 1</u>	27	28 <u>Seated Mobility</u>   <u>Stretching</u> 	29
30						