

FEBRUARY - WORKOUT PLAN

DAILY LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <u>Household Mobility Video 1</u>	3	4 <u>Household Mobility Video 2</u>	5	6 <u>Bed Mobility</u> 	7
8	9 <u>Household Mobility Video 3</u>	10	11 <u>Household Mobility Video 4</u>	12	13 <u>Fine Motor Function</u> 	14
15	16 <u>Sit to Stand Video 1</u>	17	18 <u>Sit to Stand Video 2</u>	19	20 <u>Seated Core</u> 	21
22	23 <u>Lifting and Carrying Video 1</u>	24	25 <u>Lifting and Carrying Video 2</u>	26	27 <u>Seated Stretching</u> 	28
29	30 <u>Climbing Curbs and Stairs</u>					

MARCH - WORKOUT PLAN

DAILY LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <u>Car Mobility </u> <u>Video 1</u>	3	4 <u>Car Mobility </u> <u>Video 2</u>	5	6 <u>Pelvic Floor</u> 	7
8	9 <u>Interval Training</u>	10	11 <u>Seated Mobility </u> <u>Cardio</u>	12	13 <u>Fatigue Exercise</u> 	14
15	16 <u>Getting Off Floor </u> <u>Video 1</u>	17	18 <u>Getting Off Floor </u> <u>Video 2</u>	19	20 <u>Posture & Breathing</u> 	21
22	23 <u>Getting Off Floor </u> <u>Video 3</u>	24	25 <u>Full Body</u>	26	27 <u>Seated Core</u> 	28
29	30 <u>Household</u> <u>Mobility Video 4</u>	31				

APRIL - WORKOUT PLAN

DAILY LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <u>Household Mobility Video 1</u>	2	3 <u>Posture and Breathing</u> 	4
5	6 <u>Household Mobility Video 2</u>	7	8 <u>Household Mobility Video 3</u>	9	10 <u>Seated Core</u> 	11
12	13 <u>Interval Training</u>	14	15 <u>Sit to Stand Video 1</u>	16	17 <u>Bed Mobility</u> 	18
19	20 <u>Sit to Stand Video 2</u>	21	22 <u>Full Body</u>	23	24 	25
26	27 <u>Getting Off Floor Video 1</u>	28	29 <u>Getting Off Floor Video 2</u>	30		