

# MAY - WORKOUT PLAN

## FLEXIBILITY & CARDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					<u>Supine Independent Stretching</u>	
4	5	6	7	8	9 	10
	<u>Seated Cardio High Intensity   Video 1</u>		<u>Seated Mobility   Stretching</u>		<u>Couch Cardio</u>	
11	12	13	14	15	16 	17
	<u>Supported Standing Cardio   Video 1</u>		<u>Seated Mobility Cardio</u>		<u>Posture &amp; Breathing</u>	
18	19	20	21	22	23 	24
	<u>High Intensity Interval Training Seated   Video 2</u>		<u>Music &amp; Movement   Ballet</u>		<u>Seated Mobility Stretching</u>	
25	26	27	28	29	30 	31
	<u>Standing Vestibular Exercises</u>		<u>Seated Mobility   Weight Shifting</u>		<u>Pelvic Floor</u>	

# JUNE - WORKOUT PLAN

## FLEXIBILITY & CARDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 <u>Advanced Building Your Balance   Video 4</u>	5	6 <u>Seated Mobility   Stretching</u> 	7
8	9 <u>Seated Mobility   Cardio</u>	10	11 <u>Bone Health   Video 2</u>	12	13 <u>Posture &amp; Breathing</u> 	14
15	16 <u>Climbing Stairs and Curbs</u>	17	18 <u>Lifting and Carrying   Video 2</u>	19	20 <u>Seated Core</u> 	21
22	23 <u>Sit to Stand   Video 3</u>	24	25 <u>Building Your Balance   Video 1</u>	26	27 <u>Bed Mobility</u> 	28
29	30 <u>Building Your Balance   Video 2</u>					

# JULY - WORKOUT PLAN

## FLEXIBILITY & CARDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 	5
			<u>Building Your Balance   Video 3</u>		<u>Wrist Stretch and Strengthen</u>	
6	7	8	9	10	11 	12
	<u>Sit to Stand   Video 1</u>		<u>Supine Independent Stretching</u>		<u>Standing Cardio</u>	
13	14	15	16	17	18 	19
	<u>Seated Cardio High Intensity   Video 1</u>		<u>Music &amp; Movement   Ballet</u>		<u>Posture &amp; Breathing</u>	
20	21	22	23	24	25 	26
	<u>Core and Posture Video 1</u>		<u>Core and Posture Video 2</u>		<u>Seated Mobility Stretching</u>	
27	28	29	30	31		
	<u>Seated Mobility Cardio</u>		<u>Advanced Full Body Weightlifting</u>			

# AUGUST - WORKOUT PLAN

## FLEXIBILITY & CARDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 	2
					<u>Posture &amp; Breathing</u>	
3	4	5	6	7	8 	9
	<u>Sit to Stand   Video 1</u>		<u>Lifting and Carrying   Video 2</u>		<u>Glute Squeezes</u>	
10	11	12	13	14	15 	16
	<u>High Intensity Interval Training Supported Standing   Video 1</u>		<u>High Intensity Interval Training Seated   Video 2</u>		<u>Grip Strength</u>	
17	18	19	20	21	22 	23
	<u>Seated Mobility Cardio</u>		<u>Supine Independent Stretching</u>		<u>Seated Mobility Stretching</u>	
24	25	26	27	28	29 	30
	<u>Building Your Balance   Video 1</u>		<u>Core and Posture Video 3</u>		<u>Wrist Stretch and Strengthen</u>	
31						