

These exercises can be performed with just your own body weight. Focusing on form and being mindful of every move will help you perform these exercises properly and prevent injury, not only while exercising but while performing everyday activities, too. Loading the dishwasher, going up stairs, bending down to pick up a child, and even putting groceries away or doing laundry will become easier to do!

All exercise helps boost your metabolism (the rate your resting body burns calories throughout the day).

With both aerobic activity and strength training, your body continues to burn calories after strength training as it returns to its more restful state (in terms of energy exerted). It's a process called "excess post-exercise oxygen consumption," according to the American Council on Exercise.

But when you do strength, weight, or resistance training, your body demands more energy based on how much energy you're exerting (meaning the tougher you're working, the more energy is demanded). So you can amplify this effect depending on the amount of energy you put into the workout. That means more calories burned during the workout, and more calories burned *after* the workout, too, while your body is recovering to a resting state.



In addition to the strength training workout routine, we'll also add in 20-minute walks to help with cardiovascular shape and mobility.

Day 1: Upper Body (20 Push ups and 5 Pull ups)

Day 2: Walk (5 Minutes)

Day 3: Lower Body (20 Sit ups)

Day 4: Walk (10 Minutes)

Day 5: Core (20 Crunches)

Day 6: Walk (20 Minutes)

Day 7: Upper Body & Lower Body (25 Push ups and 10 Pull ups & 25 Sit ups)

Day 8: Jogging (10 Minutes)

Day 9: Core (20 Crunches)

Day 10: Jogging (15 Minutes)

Day 11: Upper Body & Lower Body (25 Push ups and 10 Pull ups & 25 Sit ups)

Day 12: Running (5 Minutes)

Day 13: Upper Body & Core (10x5 Pushups & 10x2 Crunches)

Day 14: Running (15 Minutes)

Day 15: Lower Body & Core (Sit ups 40 & 10x2 Crunches)

Day 16: Running Full Speed (5 Minutes)

Day 17: Upper Body & Lower Body & Core (10x5 Pushups & 10x2 Crunches & Sit ups 40)

Day 18: Running (2km)

Day 19: Running (3km)

Day 20: Upper Body & Lower Body & Core (10x5 Pushups & 10x2 Crunches & Sit ups 40)

Day 21: Running (3km)

Day 22: Running (3km)

Day 23: Upper Body & Lower Body & Core (10x6 Pushups & 10x3 Crunches & Sit ups 50)

Day 24: Running Medium Speed (1km)

Day 25: : Upper Body & Lower Body & Core (10x6 Pushups & 10x3 Crunches & Sit ups 50)

Day 26: Running Medium Speed (1km)

Day 27: Running Full Speed (1km)

Day 28: Upper Body & Lower Body & Core (10x10 Pushups & 10x5 Crunches & Sit ups 70)

Day 29: Running (5km)

Day 30: Lower Body & Core (10x5 Crunches & Sit ups 100)

Day 31: Walk (20 Minutes)

Diet is also important for body

**So eat as much as you can Vegetables and Protein to boost your
Stamina and Power**