

# WEEKLY SCHEDULE WEEK 1

## MONDAY

### Lower Body Strength

Glutes, Quads + Hamstrings

## TUESDAY

### Cardio intervals

Short hard efforts + recovery

## WEDNESDAY

### Upper body strength

Upper + core focused

## THURSDAY

### Active rest day

Light movement + recovery

## FRIDAY

### Easy cardio

Incline walk + easy bike

## SATURDAY

### Optional full body strength

Strength or active rest

## DAILY NON NEGOTIABLES

- 7-10k steps
- 2L+ water
- Protein with meals
- Journal / check in
- Improve 1 thing in training

## SUNDAY

### Recovery Day

Rest + reset

# WEEK 1 FOCUS

Welcome to your first week! This week is all about learning the moves, feeling your body, and building good habits.

Focus on:

- Learning the correct form for each exercise
- Finding a comfortable weight that challenges you but still feels manageable
- Getting consistent with your workouts

Remember, it's okay if things feel tricky at first. Focus on quality over quantity. Every step you take this week is laying the foundation for stronger, safer progress in the weeks ahead.

**Small wins matter... celebrate each one!**

# RPE SCALE

## What is RPE?

RPE stands for Rate of Perceived Exertion.

It's a scale from 1 to 10 that helps you understand how hard your body feels it's working – during a walk, a workout, or a run.

It's about how challenging the exercise feels: your breathing, muscle effort, and energy level all factor in.

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RPE SCALE	RATE OF PERCEIVED EXERTION
<b>10</b> /	<b>MAX EFFORT ACTIVITY</b> Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
<b>9</b> /	<b>VERY HARD ACTIVITY</b> Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
<b>7-8</b> /	<b>VIGOROUS ACTIVITY</b> Borderline uncomfortable. Short of breath, can speak a sentence
<b>4-6</b> /	<b>MODERATE ACTIVITY</b> Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
<b>2-3</b> /	<b>LIGHT ACTIVITY</b> Feels like you can maintain for hours. Easy to breathe and carry a conversation
<b>1</b> /	<b>VERY LIGHT ACTIVITY</b> Hardly any exertion, but more than sleeping, watching TV, etc

# Lower body

## QUICK REMINDERS

- Do 3-5 mins of dynamic stretches before your workout
- Before your first lift, do 1-2 lighter warm-up sets
- Choose a weight that challenges you without losing form

## Warm up (bodyweight)

Exercises	Sets	Reps
Reverse lunge	1	15 each leg
Glute bridge	1	15
Body weight squat	1	15

## Main workout

Exercises	Sets	Reps	Rest between sets
<b>Leg press</b> feet higher on the platform to target glutes	3	10	2-3 minutes
<b>RDL</b>	3	10	2-3 minutes
<b>Hip thrusts/ glute bridge</b>	3	10	2-3 minutes
<b>Reverse lunge</b>	3	8-10	2-3 minutes

## Optional finisher:

- 10-15 mins easy bike or 10-15mins incline walk

# Cardio intervals

**Goal:** Boost power and endurance by alternating 1 minute hard, 1 minute easy for 8 rounds. Push hard on the efforts, recover fully on the easy.

## Pick one option:

Section	Time	Effort
Warm-Up	10 mins	Easy
Main set	8 rounds: 1 min/1 min	Hard/Easy
Cool down	10 mins	Easy

**Hard = 9/10 effort**

**Strong = 7-8/10 effort**

**Moderate = 4-6/10 effort**

**Easy = 2-3/10 effort**

## Tips:

- Keep your posture strong and avoid tensing up.
- Your hard intervals should feel tough, but still doable.
- Don't rush the recovery, use it properly so you can push again.
- Adjust your machine settings to match the effort, not the other way around.
- If you need a little extra recovery, take it — quality over chaos.

# Upper strength

## QUICK REMINDERS

- Do 3-5 mins of dynamic stretches before your workout
- Before your first lift, do 1-2 lighter warm-up sets
- Choose a weight that challenges you without losing form

Exercises	muscles worked	Sets	Reps	Rest between sets
Chest press	Chest	3	10	1-2 minutes
Shoulder press	Shoulders	3	10	1-2 minutes
Cable row	Back	3	10	1-2 minutes
Lat pull downs	Back	3	10	1-2 minutes
Tricep pulldowns	Triceps	3	10	1-2 minutes
Bicep curls	Biceps	3	10	1-2 minutes

## CORE

Exercises	Sets	Time	Rest between sets
Bicycle crunches	3	30 secs	1-2 minutes
Russian twists	3	30 secs	1-2 minutes
Seated flutter kicks	3	30 secs	1-2 minutes

# Easy cardio

## QUICK REMINDER

This session should feel easy and sustainable. You should still be able to hold a conversation throughout.

## 20/30 mins

Option	Time	Effort
Bike	30 mins	Easy
Incline walk	30 mins	Easy
Combo	15 mins each	Easy

## COACH TIP

- Romanticise it a little — put on a good series, your favourite playlist, or a podcast and enjoy the session.

## YOUR GOAL FOR TODAY

- Build your fitness
- Get your body moving
- Support recovery
- Add to your daily steps

# Full body strength

## QUICK REMINDERS

- Do 3-5 mins of dynamic stretches before your workout
- Before your first lift, do 1-2 lighter warm-up sets
- Choose a weight that challenges you without losing form

Exercises	Muscle group	Sets	Reps	Rest between sets
Leg press optional single leg	• Legs	3	10	1-2 minutes
Dumbbell RDL's	• Legs	3	10	1-2 minutes
Lat pulldowns	• Back	3	10	1-2 minutes
Dumbbell shoulder press	• Shoulders	3	10	1-2 minute
Glute Bridge / Hip Thrust	• legs	3	10	1-2 minutes

## Core

Exercises	Sets	Time	Rest
Russian twists (Weighted)	3	30 secs	30 sec - 1 min
Weighted situps	3	30 secs	30 sec - 1 min
Plank	1	Till failure	No rest

# Mobility

Excercise	Reps/time	How to do it
Neck rolls	5 each direction	Slowly roll your head in a circle, keeping shoulders relaxed.
Shoulder Circles	10 forward / 10 back	Circle your shoulders gently, focusing on smooth movement.
Arm swings	10 forward / 10 back	Swing arms gently across your body and then behind you.
Cat-Cow Stretch	8-10 reps	On hands & knees, arch your back (cat) then drop your torso & lift chest (cow).
Thread the needle	5 each side	On hands & knees, slide one arm under the opposite arm and reach as far as comfortable.
Hip Circles	5 each direction	Stand tall, make big circles with your hips slowly.
Ankle circles	5 each direction	Lift one foot off the ground, rotate ankle slowly, then switch sides.
Standing Hamstring Stretch	20-30 sec each leg	Step one foot forward, hinge at the hips, keep back straight, reach toward toes.
Quad stretch	20-30 sec each leg	Standing, bend one knee, grab your ankle, pull heel toward glutes gently.