

WEEKLY SCHEDULE

WEEK 9

Any days you are feeling under the weather, you can swap the gym/runs for a long stroll/pilates.

alternately, you can do the gym sessions with a much lighter weight/body weight. It won't knock your progress. Make sure you're listening to your bodies needs.

MONDAY

- Active rest (10k steps)

TUESDAY

- Active rest (10k steps)

WEDNSDAY

- Full body Strength

THURSDAY

- Active rest (10K steps)

FRIDAY

- Bike intervals
- Stretching

SATURDAY

- Upper & Core
- 15 incline minute walk

DAILY GOALS

- Do 1 thing every day that feels challenging
- drink at least 2 litres of water per day
- Journal every morning/evening
- Apply progressive overload within every strength session, keep on improving!

SUNDAY

- lower body strength
- 15 minute exercise bike

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.

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

FULL BODY STRENGTH

- Choose a weight that challenges you without compromising form — if your form slips, drop the weight, master it, then build back up.
- Before your first lift, do 1–2 lighter sets to groove the movement pattern and prep your joints. Make sure to do 3–5 mins of dynamic stretches before your workout.

| EXERCISES | SETS | REPS | WEIGHTS | REST BETWEEN SETS |
|--|------|-----------------|---------|-------------------|
| Superset: Reverse lunges into standing shoulder press | 3 | 8-10 of each | | 1-2 minutes |
| Bulgarian split squats | 3 | 10 | | 1-2 minute |
| superset: RDL X bent over row | 3 | 8 of each | | 1 minute |
| superset: Tricep kickbacks X Single arm bent over row | 3 | 8-10 of each | | 1 minute |
| Dumbbell hammer curls (biceps) | 3 | 10 | | 1 minute |
| Around the worlds (shoulders) | 3 | 10 | | 1 minute |

UPPER/ CORE

Choose a weight that challenges you without compromising form — if your form slips, drop the weight, master it, then build back up.

| Exercises | Sets | Reps | Weight | Rest between sets |
|--------------------------------|------|-------------|--------|-------------------|
| Chest press | 3 | 10 | 10KG | 1-2minutes |
| Shoulder press | 3 | 10 | 7.5KG | 1-2 minutes |
| Cable row (wide or close grip) | 3 | 10 | 8KG | 1-2 minutes |
| Lat pulldown (close grip) | 3 | 10 each arm | 10KG | 1-2 minute |
| Lat pull down (wide grip) | 3 | 10 each arm | 10KG | 1-2 minutes |

Core

| | | | | |
|--|---|--------------------------|------|----------------------|
| Weighted situps | 3 | 10 | 10KG | 30 second - 1 minute |
| Incline sit-ups | 3 | 8-10 | | 1 minute |
| Hanging leg raises using captains chair or pull up bar - optional add dumbbell in between feet | 3 | 8-10 | | 1 minute |
| Russian twists into flutter kicks | 3 | 30 seconds each exercise | 10KG | 30 second - 1 minute |

LOWER BODY STRENGTH

- Before your first lift, do 1–2 lighter sets to groove the movement pattern and prep your joints. Make sure to do 3-5 mins of dynamic stretches before your workout.
- Choose a weight that challenges you without compromising form - if your form slips, drop the weight, master it, then build back up.

| Exercises | Sets | Reps | Weight | Rest between sets |
|---|------|------------------|---|-------------------|
| Superset: Weighted Goblet squat X jumping squats | 3 | 10 each exercise | 8KG | 1-2 minutes |
| Quad leg extension | 3 | 10 | 25KG | 1-2 minutes |
| Single leg press | 3 | 8-10 each leg | 20KG | 1-2 minutes |
| Leg press | 3 | 10 | 60-70KG (aim to be consistent with 70) | 1-2 minutes |
| Abductor machine | 4 | 10 | 40KG | 1 minute |
| Adductor machine | 4 | 10 | | |

BIKE INTERVALS

Goal: Improve cardiovascular fitness and running efficiency through short bursts of effort with built-in recovery.

Total time 35-40 mins

| Section | Details | Time |
|-----------|--|----------|
| Warm-Up | <ul style="list-style-type: none">• Easy cycling at low resistance• Gradually increase resistance | 5-8 mins |
| Main set | <ul style="list-style-type: none">• 45 sec high intensity / 90 sec easy spin x 8• “High intensity” = RPE 9• “Easy spin” = RPE 2-3 | 18 mins |
| Cool down | <ul style="list-style-type: none">• Easy cycling at very low resistance• Gradually reduce cadence• Follow with light stretches for legs and hips | 5-8 mins |

Tips:

- Keep shoulders relaxed, core engaged.
- Adjust resistance so high-intensity intervals are challenging but sustainable.
- Add extra easy spins to recover if needed.

Mobility

Start with deep breathing (30 seconds)

- Inhale through your nose for 4 seconds
- Exhale through your mouth for 6 seconds
- Repeat for 3–4 slow breaths to relax and connect with your body

1. Neck Rolls – 30 sec each direction

- Gently roll your head in slow circles to release neck tension.
- Move slowly — no crunching or forcing

2. Shoulder Rolls – 30 sec forward + 30 sec back

- Big, slow circles with both shoulders to open your chest and loosen tension.

3. Cat-Cow Stretch – 6 reps

Start on hands and knees:

- Inhale, arch your back and lift your head (cow)
- Exhale, round your spine and tuck your chin (cat)

4. Standing Hip Circles – 30 sec each direction

- Stand tall, hands on hips, and slowly circle your hips around.

5. World's Greatest Stretch – 2 reps per side

- From a lunge position, place both hands on the floor, rotate one arm up to the sky and look at your hand.

6. Ankle Circles – 30 sec per foot

- Lift one foot slightly and roll your ankle in slow circles.

7. Child's Pose with Reach – 30–60 sec

- Kneel down, stretch your arms forward, sit back toward your heels.
- Feel the stretch in your back, hips, and shoulders. Breathe deeply