

# WEEKLY SCHEDULE

## WEEK 10

### MONDAY

#### Active rest

Light movement + recovery

### TUESDAY

#### Active rest

Light movement + recovery

### WEDNESDAY

#### Full body Strength

Upper, lower + core

### THURSDAY

#### Active rest

Light movement + recovery

### FRIDAY

#### Bike intervals

Short hard efforts + recovery

### SATURDAY

15 mins incline  
walk+upper/core

### DAILY NON NEGOTIABLES

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

### 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
<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

# 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	Time	Effort
Warm-Up	10 mins	Easy
Main set	9-10 rounds: 1 min/1 min	Hard/Easy
Cool down	10 mins	Easy

**Hard = 7-8/10 effort**  
**moderate = 3-4/10 effort**

## 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