

# WEEKLY SCHEDULE WEEK 2

## MONDAY

### Lower Body Strength

Glutes, Quads + Hamstrings

## TUESDAY

### Pyramid 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 2 FOCUS

This week is all about building on what you learned in Week 1.

Aim to keep your form strong while either:

- increasing your weight slightly
- adding a couple of reps
- or improving your control and confidence

**Small progress is still progress.**

# 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

## Warm up (bodyweight)

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

### PROGRESSION GOAL

If Week 1 felt manageable, aim to slightly increase your weight this week while keeping good form.

## 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:

- 12-15 mins easy bike or 10-15mins incline walk

# Pyramid intervals

**Goal:** Build strength and stamina by gradually increasing then decreasing effort. Push hard on longer intervals, recover fully on the shorter ones

**Total time 20-30 mins**

Section	Time	Effort
Warm-Up	5-10 mins	Easy
Round 1	30 sec/1 min	Hard/Easy
Round 2	1 min/1 min	Hard/Easy
Round 3	2 min/2 min	Hard/Easy
Round 4	1 min/1 min	Hard/Easy
Round 5	30 sec/1 min	Hard/Easy
Cool down	5-10 mins	Easy

**Hard = 9/10 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

## PROGRESSION GOAL

If Week 1 felt manageable, aim to slightly increase your weight this week while keeping good 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	35 secs	1-2 minutes
Russian twists	3	35 secs	1-2 minutes
Seated flutter kicks	3	35 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.

## Pick one option:

Option	Time	Effort
Bike	35 mins	Easy
Incline walk	35 mins	Easy
Combo	15/20 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

## PROGRESSION GOAL

If Week 1 felt manageable, aim to slightly increase your weight this week while keeping good form.

Exercises	Muscle group	Sets	Reps	Rest between sets
Leg press optional single leg	• Legs	3	10/12	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	12	1-2 minutes

## Core

Exercises	Sets	Time	Rest
Russian twists (Weighted)	3	35 secs	30 sec - 1 min
Weighted situps	3	35 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.