

WEEKLY SCHEDULE

WEEK 11

MONDAY

Active rest

Light movement + recovery

TUESDAY

Full body Strength

Upper, lower + core

WEDNESDAY

Active rest

Light movement + recovery

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
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	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