

## Fitness Plan

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### Example Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio</b>	Zumba class at the gym for 45 minutes in the evening	Brisk walk around the parking lot at work for 15 minutes at lunchtime  Brisk walk around the neighborhood for 15 minutes in the evening	Swim at the gym for 30 minutes in the evening	Brisk walk around the parking lot at work for 15 minutes at lunchtime  Brisk walk around the neighborhood for 15 minutes in the evening	Exercise Rest Day: Get in 10,000 steps	Bike ride around the neighborhood for 45 minutes in the morning	Exercise Rest Day: Get in 10,000 steps
<b>Resistance</b>		Lift weights at home after walk, targeting upper body muscles		Lift weights at home after walk, targeting lower body muscles			
<b>Flexibility</b>	Stretch after Zumba	Stretch after lifting weights	Stretch after swimming	Stretch after lifting weights		Stretch after biking	

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<b>Cardio</b>							
<b>Resistance</b>							
<b>Flexibility</b>							