Weekly Workout Schedule

**MONDAY**  Muscle Strengthening Workout

- **Low dumbbell row** 3 sets of 8 reps
- **Scaption** 3 sets of 10 reps
- **Seated wrist curl with dumbbell** 3 sets of 10 reps
- **Glute bridge** 10-15 reps
- **Push up with a resistance band** As many reps as is comfortable
- **Lateral shoulder raise** 3 sets of 10 reps

+5 to 15 minutes of stretching and/or balance exercises

**TUE • THU • SAT**  Aerobic Exercise

- **Examples:**  
  - Barre  
  - Gardening  
  - Pilates  
  - Yoga  
  - Dancing  
  - Tai chi  
  - Walking  
  - Water aerobics

+10 to 15 minutes of stretching and/or balance exercises

**FRIDAY**  Muscle Strengthening Workout

- **Front squats** 4 sets of 12 reps
- **Overhead press** 3 sets of 8 reps
- **Triceps pushback** 3 sets of 8-10 reps
- **Alternating front dumbbell raise** 15 reps on each side
- **Side leg raise** 15-20 reps on each side
- **The clamshell** 15-20 on each side

+5 to 15 minutes of stretching and/or balance exercises

**SUN • WED**  Rest Day