

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