FAMILY · MORALE · WELFARE · RECREATION

4 Week Beginner Exercise Program

Goals: Strength, Mobility, Cardiovascular Foundation

Week 1		Week 2		Week 3		Week 4	
Monday - Mobility (20 Sec Each)		Monday - Mobility (20 Sec Each)		Monday - Mobility (20 Sec Each)		Monday - Mobility (20 Sec Each)	
Foam Roll Hamstring, Calf, Glute		Foam Roll Hamstring, Calf, Glute		Foam Roll Hamstring, Calf, Glute		Foam Roll Hamstring, Calf, Glute	
Standing Calf Stretch on Wall		Standing Calf Stretch on Wall		Standing Calf Stretch on Wall		Standing Calf Stretch on Wall	
Seated Hamstring stretch (hurdle)		Seated Hamstring stretch (hurdle)		Seated Hamstring stretch (hurdle)		Seated Hamstring stretch (hurdle)	
Lying Knee to Chest Pull		Lying Knee to Chest Pull		Lying Knee to Chest Pull		Lying Knee to Chest Pull	
Cobra Pose		Cobra Pose		Cobra Pose		Cobra Pose	
Childs Pose		Childs Pose		Childs Pose		Childs Pose	
Overhead Tricep Stretch		Overhead Tricep Stretch		Overhead Tricep Stretch		Overhead Tricep Stretch	
Wednesday - Strength	Sets x Reps	Wednesday - Strength	Sets x Reps	Wednesday - Strength	Sets x Reps	Wednesday - Strength	Sets x Reps
Plank	15 sec	Plank	20 sec	Plank	25 sec	Plank	30 sec
Side Plank	15 sec	Side Plank	15 sec	Side Plank	20 sec	Side Plank	20 sec
Glute Bridge	2 x 8	Glute Bridge	2 x 10	Glute Bridge	3 x 8	Glute Bridge	3 x 10
Step Ups	2 x 5 each	Step Ups	2 x 8 each	Step Ups	3 x 5 each	Step Ups	3 x 8 each
Bodyweight Squat	2 x 3 cacii	Bodyweight Squat	2 x 10	Bodyweight Squat	3 x 8	Bodyweight Squat	3 x 10
Resistance Band Row	2 x 8	Resistance Band Row	2 x 10 2 x 10	Resistance Band Row	3 x 8	Resistance Band Row	3 x 10
Friday - Cardio	2 X O	Friday - Cardio	2 X 10	Friday - Cardio	3 x 8	Friday - Cardio	3 x 10
3-5 min cardio of choice WU		3-5 min cardio of choice WU		3-5 min cardio of choice WU		3-5 min cardio of choice WU	
3 Rounds of 30 sec. each:		3 Rounds of 35 sec. each:		3 Rounds of 40 sec. each:		3 Rounds of 45 sec. each:	
Row machine or Cycle		Row machine or Cycle		Row machine or Cycle		Row machine or Cycle	
No Jump Burpees		No Jump Burpees		No Jump Burpees		No Jump Burpees	
· '		, ,				Standing Marches	
Standing Marches 15-45 min cardio of choice:		Standing Marches 15-45 min cardio of choice:		Standing Marches 15-45 min cardio of choice:		15-45 min cardio of choice:	
Walking, Jogging, Biking,		Walking, Jogging, Biking,		Walking, Jogging, Biking,		Walking, Jogging, Biking,	
Rowing, Stairclimber, etc.		Rowing, Stairclimber, etc.		Rowing, Stairclimber, etc.		Rowing, Stairclimber, etc.	