This schedule was sent from my aunt and I think it was perfect for the week

My goal is to get more active and start getting more exercise because I got lazy with quarantine and COVID-19. I will achieve this by doing this routine every week and changing it up every 5 days. By a month I should be more active.

If you see 3/20 or similar the smaller number is Reps and the larger number is Time

Monday

Warm up

1. Push ups (10 minutes/10 reps of 15)

Muscular Strength

2. Deep squat (25 squats per rep/5 reps)

Cardio

3. Elliptical (30 minutes/ ~7 miles)

Cool down

4. Curl ups (10 minutes/10 reps of 15

Tuesday

Warm up

1. Push ups (10 minutes/10 reps of 15)

Muscular Strength

2. Deep squat (25 squats per rep/5 reps)

Cardio

3. Elliptical (30 minutes/ ~7 miles)

Cool down

4. Curl ups (10 minutes/10 reps of 15

Wendsday

Warm up

1. Push ups (10 minutes/10 reps of 15)

Muscular Strength

2. Deep squat (25 squats per rep/5 reps)

Cardio

3. Elliptical (30 minutes/ ~7 miles)

Cool down

4. Curl ups (10 minutes/10 reps of 15  
  
Thursday

Warm up

1. Push ups (10 minutes/10 reps of 15)

Muscular Strength

2. Deep squat (25 squats per rep/5 reps)

Cardio

3. Elliptical (30 minutes/ ~7 miles)

Cool down

4. Curl ups (10 minutes/10 reps of 15

Friday

Warm up

1. Push ups (10 minutes/10 reps of 15)

Muscular Strength

2. Deep squat (25 squats per rep/5 reps)

Cardio

3. Elliptical (30 minutes/ ~7 miles)

Cool down

4. Curl ups (10 minutes/10 reps of 15