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

NOTE THIS IS STILL BEING WORKED ON!!! PLEASE DO NOT GRADE UNTIL FINISHED!!!

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