

1. Fitness Plan

We are starting small, with a focus on consistency and routine. For now until established –

Form Daily, **30+ min Bowflex MAX + (10) Bosu knee push-up splits (3-4min typ)**

Target Establishing routine, balancing cardio & strength

Idea Daily alt cardio session, 10+ min Bowflex MAX (e.g. 10+ AM, 30+ PM)

Starting small, the goal here is to establish routine, integrate this into my lifestyle

Equipment:

- Bowflex MAX
- Bosu Ball

Notes:

- Splitting the MAX with Bosu activity is very balanced, has a great feel to it