

# Personalized Fitness Plan

Profile: 36yo female, 90kg, spine injury desk job  
Goal: relax back

**\*\*Coach's Action Plan for a 36-year-old Female with a Spine Injury and a Desk Job\*\***

**\*\*Weeks 1-4: Foundation Building\*\***

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10-minute gentle stretching (hamstrings, hip flexors)	10-minute yoga for relaxation	Rest day	10-minute walking	Desk exercises (shoulder rolls, wrist extensions)	30-minute yoga	Rest day
2	15-minute stretching (quadriceps, lower back)	15-minute Pilates for core strength	Rest day	15-minute walking	Desk exercises (neck stretches, ankle rotations)	30-minute yoga	Rest day
3	20-minute stretching (calf raises, hip circles)	20-minute yoga for flexibility	Rest day	20-minute walking	Desk exercises (wrist extensions, shoulder blade squeezes)	30-minute yoga	Rest day
4	25-minute stretching (hamstrings, hip flexors)	25-minute Pilates for core strength	Rest day	25-minute walking	Desk exercises (neck stretches, ankle rotations)	30-minute yoga	Rest day

**\*\*Progression Rules:\*\***

1. Gradually increase stretching duration by 5 minutes each week.
2. Add 5-10 minutes of walking or light cardio on non-stretching days.
3. Incorporate desk exercises 2-3 times a week, focusing on different muscle groups.
4. Increase Pilates or yoga sessions to 30-40 minutes as you build endurance.

**\*\*Modifications for Injuries:\*\***

1. If you experience pain or discomfort during stretching, stop immediately and consult your doctor.
2. Avoid deep twists or bends that may exacerbate your spine injury.
3. Use a yoga block or strap to support your body during stretches.
4. Prioritize gentle, controlled movements over intense or forceful ones.

**\*\*Nutrition Timing:\*\***

1. Eat a balanced breakfast within an hour of waking up to fuel your morning activities.
2. Snack on fruits, nuts, or energy bars every 2-3 hours to maintain energy levels.
3. Consume a protein-rich lunch to support muscle recovery.
4. Avoid heavy meals or caffeine close to bedtime to promote relaxation.

**\*\*Habit System:\*\***

1. Set reminders on your phone to perform stretching exercises and desk exercises at the same time each day.
2. Create a habit tracker to monitor your progress and stay motivated.
3. Share your goals and progress with a friend or family member to increase accountability.

4. Reward yourself with non-food items (e.g., a new yoga mat, a relaxing bath) after reaching milestones.

**\*\*Questions for You:\*\***

1. What specific areas of your back or body do you feel most tension or pain in?
2. Are there any medical restrictions or concerns I should be aware of when creating your personalized plan?