

Heart Healthy Weekly Exercise Schedule

During the week, your schedule can become hectic and exercise may take a backseat. Here's an exercise schedule that can fit into the hectic week!



Monday

Stretching

Dynamic Stretching:

- *Leg Swings*-3x10 sec
- *High Knees*-15 sec
- *Arm Circles*-10 sec each way

Activity

45 Minutes of aerobic activity.

-Walking or jogging are great options

Cooldown

Static Stretches:

- *Standing Toe Touches*-15 sec hold
- *Standing Quad Stretch*-10 sec hold

Tuesday

Stretching

Dynamic Stretching:

- *Butt Kicks*-15 sec
- *Jumping Jacks*-25 total
- *Lunges*-20 Lunges

Activity

30 Minutes of moderate strength Exercise.

-Strength classes or at home HIIT workouts are great options

Cooldown

Static Stretches:

- *Lying T-Stretch*-20 sec each leg hold

Wednesday

Stretching

Dynamic Stretching:

- *Jumping Jacks*-25 total
- *Leg Swings*- 10 sec each leg

Activity

30 Minutes of moderate activity.

-Jogging, hiking, walking, or bike riding are great options

Cooldown

Static Stretches:

- *Standing Toe Touches*-10 secs hold
- *Arm Across Body*-10 secs each arm hold

Thursday

REST DAY!!

Activity

This day can be used as an active recovery day and stretching day.

Friday

Stretching

Dynamic Stretching:

- *Lunges*- 16 total
- *Arm Circles*-20 secs

Activity

30 minutes of moderate strength training.

-HIIT and At-Home workouts

Cooldown

Static Stretches:

- *Downward Dog*-10 secs
- *Feet Together/Frog Stretch*-20 secs