

Weekly Exercise Plan

M	Tu	W	Th	F
10 Lunges on each leg	8 Inchworm Walks	15 Heel Raises	Hold Superman for 10sec 3 times in a row	Stand heel-to-toe (tandem stance) for 30sec with Right foot front. Repeat with Left foot front.
10 Jumps back and forth (side to side)	Stand on one foot for 30sec. Repeat on other foot.	Walk 20 steps on your heels	25 Squats	5 Pencil/Log Rolls in each direction
15 Glute Bridges	20 Heel Raises	Hold plank on hands and feet for 2 rounds of 10sec	Walk heel-to-toe like you're on a balance beam (tandem walk) for 10 steps	12 Lunges on each leg
12 Waddle Walks with a folded pillow between knees	Walk 20 steps on your toes	12 Frog Jumps	5 Sit-ups	10 Hops on each foot
Hold plank on elbows and knees for 30sec	15 Squats	Stand on a pillow with feet together and eyes closed for 30sec	10 Jumps back and forth (forward and backward)	12 Glute Bridges

Images for Reference:

Lunges:



Plank on hands and feet:



Superman Hold:



Plank on elbows and knees:



Glute Bridges:



Heel raises: *please do these at a counter surface or with hands on hips instead of at a chair

