

Example Week

Day	Aerobic	Strength	Flexibility
Sunday	Brisk Walk (10 min)	Bosu Workout Free Weights (all major muscles)	10-15 min stretch at home (during tv show)
Monday	Off	Off	Off
Tuesday	Stair run (5 min) Jump rope (5 min)	Off	Yoga DVD
Wednesday	Brisk Walk (10 min)	Resistance Bands (all major muscles)	Gentle stretching after strength training
Thursday	Off	Pilates Class (core)	Off
Friday	Aerobics DVD	Off	Off
Saturday	Active family day or cleaning project	Off	10-15 min stretch at home (during tv show)