

Sample Weekly Exercise Schedule for Individuals working Mon-Fri

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
54321 Set A 15 min	54321 Set B 15 min	54321 Set A 15 min	54321 Set B 15 min	54321 Set A 15 min	40 min exercise	40 min exercise

40 min exercise - Ideally what you enjoy; examples of effective exercises for weight loss can include boxing, swimming, Zone 2 running, Pilates