

**April 22, 2025**

## **Personalized 4-Week Training Plan**

### **Week 1**

#### **Day 1 - Full Body Strength**

- **\*\*Warm-up (5-10 min)\*\***
- Brisk walk or stationary bike
- Arm circles and gentle dynamic stretches
  
- **\*\*Main workout (35-45 min)\*\***
- Bodyweight Squats - 3 × 10 (light to moderate)
- Wall Push-ups - 3 × 8
- Seated Dumbbell Shoulder Press - 2 × 10 (light)
- Standing Dumbbell Curl - 2 × 10 (light)
- Seated Leg Extension (machine) - 2 × 12
- Standing Calf Raise - 2 × 12
  
- **\*\*Cool-down (5-10 min)\*\***
- Gentle full-body stretches
- Deep breathing exercises
  
- **\*\*Safety note:\*\*** Monitor your breathing and heart rate throughout, taking rest as needed. Avoid holding your breath during exercises and move at a comfortable pace.

#### **Day 2 - Cardio & Core**

- **\*\*Warm-up (5-10 min)\*\***
- Marching in place or easy treadmill walk
- Shoulder and torso rotations
  
- **\*\*Main workout (35-45 min)\*\***
- Treadmill Walking (incline 0-2%) - 15 min (moderate pace)

- Standing Knee Raises - 3 × 12 per side
- Seated Russian Twists (no weight) - 2 × 12
- Side Step Touches - 3 × 15 per side
- **Cool-down (5-10 min)**
- Gentle walking
- Stretching focusing on hips and lower back
- **Safety note:** Use your inhaler before activity if prescribed and keep it accessible. Avoid overexertion and rest if you feel short of breath.

### **Day 3 - Upper Body Strength**

- **Warm-up (5-10 min)**
- Arm swings and gentle band pull-aparts
- Neck and wrist circles
- **Main workout (35-45 min)**
- Seated Chest Press (machine) - 3 × 10 (light)
- Seated Row (machine) - 3 × 10 (light)
- Dumbbell Lateral Raise - 2 × 10 (light)
- Seated Dumbbell Triceps Extension - 2 × 10
- Wall Push-ups - 2 × 8
- **Cool-down (5-10 min)**
- Upper body and arm stretches
- Deep breathing
- **Safety note:** Maintain good posture and avoid rapid movements. Take breaks to catch your breath and monitor blood pressure.

### **Day 4 - Active Recovery (light yoga / walk)**

- **Warm-up (5-10 min)**
- Gentle walk or mobility drills
- **Main workout (30-40 min)**

- Light yoga sequence (focus on breathing, gentle stretching)
- Easy walking outdoors if possible
- **Cool-down (5-10 min)**
- Relaxation and deep breathing
- **Safety note:** Choose activities that feel comfortable. If you experience any dizziness or shortness of breath, stop and rest.

## **Day 5 - Lower Body Strength**

- **Warm-up (5-10 min)**
- Marching in place and gentle hip circles
- **Main workout (35-45 min)**
- Seated Leg Press (machine) - 3 × 10 (light to moderate)
- Standing Hamstring Curl (machine or bodyweight) - 2 × 12
- Seated Calf Raise (machine) - 2 × 12
- Step-ups (low platform) - 2 × 10 per leg
- Glute Bridge - 2 × 10
- **Cool-down (5-10 min)**
- Lower body stretching
- Controlled deep breathing
- **Safety note:** Move smoothly through each exercise, avoid holding your breath, and pause if you feel lightheaded or out of breath.

## **Day 6 - Cardio Intervals**

- **Warm-up (5-10 min)**
- Easy stationary cycling or treadmill walking
- **Main workout (35-45 min)**
- Stationary Bike - 5 min easy, then 1 min brisk/2 min easy × 4 cycles
- Seated Marching - 3 × 12 per leg
- Standing Side Taps - 3 × 15 per side

- **Cool-down (5-10 min)**
- Gentle cycling or walking
- Full-body stretching
- **Safety note:** Keep intensity moderate and rest as needed. Monitor breathing and use inhaler pre-emptively if required.

## **Day 7 - Mobility & Flexibility**

- **Warm-up (5-10 min)**
- Gentle walking or light cycling
- **Main workout (30-40 min)**
- Full-body mobility routine (shoulder, hip, and ankle circles)
- Static stretching for all major muscle groups
- **Cool-down (5-10 min)**
- Seated relaxation and deep breathing
- **Safety note:** Move gently through all stretches and avoid holding your breath. Stop if you feel any discomfort.

## **Week 2**

### **Day 1 - Full Body Strength**

- **Warm-up (5-10 min)**
- Brisk walk or stationary bike
- Dynamic arm and leg swings
- **Main workout (35-45 min)**
- Bodyweight Squats - 3 × 12
- Incline Push-ups (bench or wall) - 3 × 8
- Seated Dumbbell Shoulder Press - 3 × 10
- Standing Dumbbell Curl - 2 × 12
- Seated Leg Extension (machine) - 3 × 12
- Standing Calf Raise - 3 × 12

- **Cool-down (5-10 min)**
- Gentle stretching
- Deep breathing
  
- **Safety note:** Prioritize slow, controlled movements. Pause for rest and check your breathing throughout.

## **Day 2 - Cardio & Core**

- **Warm-up (5-10 min)**
- Easy treadmill walk
- Torso rotations and side bends
  
- **Main workout (35-45 min)**
- Treadmill Walking - 18 min (slightly faster pace if comfortable)
- Seated Leg Raises - 3 x 10
- Standing Side Crunches - 3 x 12 per side
- Step Touches - 3 x 15 per side
  
- **Cool-down (5-10 min)**
- Gentle walking
- Stretching
  
- **Safety note:** Use inhaler as needed. Keep intensity moderate and stop if breathing becomes difficult.

## **Day 3 - Upper Body Strength**

- **Warm-up (5-10 min)**
- Arm swings and band pull-aparts
  
- **Main workout (35-45 min)**
- Seated Chest Press (machine) - 3 x 12
- Seated Row (machine) - 3 x 12
- Dumbbell Lateral Raise - 3 x 10
- Dumbbell Triceps Kickbacks - 2 x 10
- Incline Push-ups - 2 x 8

- **Cool-down (5-10 min)**
- Upper body stretch
- Deep breathing
- **Safety note:** Adjust weights to light/moderate. Avoid holding your breath and rest as needed.

## **Day 4 - Active Recovery (light yoga / walk)**

- **Warm-up (5-10 min)**
- Light walk or mobility drills
- **Main workout (30-40 min)**
- Gentle yoga flow or outdoor walk
- **Cool-down (5-10 min)**
- Relaxation and deep breathing
- **Safety note:** Focus on easy movement and breathing. Pause if you notice any signs of breathlessness or dizziness.

## **Day 5 - Lower Body Strength**

- **Warm-up (5-10 min)**
- Marching in place and hip circles
- **Main workout (35-45 min)**
- Seated Leg Press (machine) - 3 × 12
- Standing Hamstring Curl - 3 × 12
- Seated Calf Raise - 3 × 12
- Step-ups (slightly higher platform if comfortable) - 3 × 10 per leg
- Glute Bridge - 3 × 12
- **Cool-down (5-10 min)**
- Lower body stretching
- Deep breathing
- **Safety note:** Use slow, controlled form. Rest if you feel out of breath or lightheaded.

## **Day 6 - Cardio Intervals**

- **\*\*Warm-up (5-10 min)\*\***
- Easy cycling or treadmill walk
- **\*\*Main workout (35-45 min)\*\***
- Stationary Bike - 5 min easy, then 1 min brisk/2 min easy × 5 cycles
- Seated Marching - 3 × 15 per leg
- Standing Side Taps - 3 × 18 per side
- **\*\*Cool-down (5-10 min)\*\***
- Gentle cycling or walking
- Stretching
- **\*\*Safety note:\*\*** Keep intensity moderate and monitor your breathing. Use your inhaler if needed and rest as required.

## **Day 7 - Mobility & Flexibility**

- **\*\*Warm-up (5-10 min)\*\***
- Light walking
- **\*\*Main workout (30-40 min)\*\***
- Full-body mobility routine
- Static stretching for all major muscle groups
- **\*\*Cool-down (5-10 min)\*\***
- Seated relaxation and deep breathing
- **\*\*Safety note:\*\*** Move through stretches gently. Stop if you feel discomfort or shortness of breath.

## **Week 3**

### **Day 1 - Full Body Strength**

- **\*\*Warm-up (5-10 min)\*\***
- Brisk walk or stationary bike

- **\*\*Main workout (35-45 min)\*\***
- Bodyweight Squats - 3 × 15
- Incline Push-ups - 3 × 10
- Seated Dumbbell Shoulder Press - 3 × 12
- Dumbbell Curl - 3 × 12
- Seated Leg Extension (machine) - 3 × 15
- Standing Calf Raise - 3 × 15
- **\*\*Cool-down (5-10 min)\*\***
- Gentle stretching
- Deep breathing
- **\*\*Safety note:\*\*** Increase reps only if comfortable. Monitor blood pressure and breathing.

## **Day 2 - Cardio & Core**

- **\*\*Warm-up (5-10 min)\*\***
- Easy treadmill walk
- **\*\*Main workout (35-45 min)\*\***
- Treadmill Walking - 20 min (steady, moderate pace)
- Seated Leg Raises - 3 × 12
- Standing Side Crunches - 3 × 15 per side
- Step Touches - 3 × 18 per side
- **\*\*Cool-down (5-10 min)\*\***
- Gentle walking
- Stretching
- **\*\*Safety note:\*\*** Stay hydrated and pace yourself. Use inhaler if breathing becomes difficult.

## **Day 3 - Upper Body Strength**

- **\*\*Warm-up (5-10 min)\*\***
- Arm swings and gentle band pull-aparts
- **\*\*Main workout (35-45 min)\*\***



- Seated Chest Press (machine) - 3 × 15
- Seated Row (machine) - 3 × 15
- Dumbbell Lateral Raise - 3 × 12
- Dumbbell Triceps Kickbacks - 3 × 10
- Incline Push-ups - 3 × 10
- \*\*Cool-down (5-10 min)\*\*
- Upper body stretching
- Deep breathing
- \*\*Safety note:\*\* Use slow, controlled movement and do not hold your breath.

## **Day 4 - Active Recovery (light yoga / walk)**

- \*\*Warm-up (5-10 min)\*\*
- Gentle walk or mobility drills
- \*\*Main workout (30-40 min)\*\*
- Gentle yoga flow or walk outdoors
- \*\*Cool-down (5-10 min)\*\*
- Relaxation and deep breathing
- \*\*Safety note:\*\* Focus on breath and comfort. Pause activity if you feel dizzy or short of breath.

## **Day 5 - Lower Body Strength**

- \*\*Warm-up (5-10 min)\*\*
- Marching in place and hip circles
- \*\*Main workout (35-45 min)\*\*
- Seated Leg Press (machine) - 3 × 15
- Standing Hamstring Curl - 3 × 15
- Seated Calf Raise - 3 × 15
- Step-ups - 3 × 12 per leg
- Glute Bridge - 3 × 15
- \*\*Cool-down (5-10 min)\*\*

- Lower body stretching
- Deep breathing
- **Safety note:** Rest as needed and avoid sudden, forceful movements.

## **Day 6 - Cardio Intervals**

- **Warm-up (5-10 min)**
- Easy cycling or treadmill walk
- **Main workout (35-45 min)**
- Stationary Bike - 5 min easy, then 1 min brisk/2 min easy × 5 cycles
- Seated Marching - 3 × 18 per leg
- Standing Side Taps - 3 × 20 per side
- **Cool-down (5-10 min)**
- Gentle cycling or walking
- Stretching
- **Safety note:** Keep intensity comfortable. Monitor for symptoms and use inhaler as prescribed.

## **Day 7 - Mobility & Flexibility**

- **Warm-up (5-10 min)**
- Light walk
- **Main workout (30-40 min)**
- Full-body mobility routine
- Static stretching
- **Cool-down (5-10 min)**
- Seated relaxation and deep breathing
- **Safety note:** Move through stretches with care. Avoid holding your breath.

## **Week 4**

### **Day 1 - Full Body Strength**

- **\*\*Warm-up (5-10 min)\*\***
- Brisk walk or stationary bike
- **\*\*Main workout (35-45 min)\*\***
- Bodyweight Squats - 3 × 15
- Incline Push-ups - 3 × 12
- Seated Dumbbell Shoulder Press - 3 × 12
- Dumbbell Curl - 3 × 12
- Seated Leg Extension (machine) - 3 × 15
- Standing Calf Raise - 3 × 15
- **\*\*Cool-down (5-10 min)\*\***
- Gentle stretching
- Deep breathing
- **\*\*Safety note:\*\*** Maintain controlled movement. Monitor for any shortness of breath or dizziness.

## **Day 2 - Cardio & Core**

- **\*\*Warm-up (5-10 min)\*\***
- Easy treadmill walk
- **\*\*Main workout (35-45 min)\*\***
- Treadmill Walking - 22 min (moderate, steady pace)
- Seated Leg Raises - 3 × 15
- Standing Side Crunches - 3 × 15 per side
- Step Touches - 3 × 20 per side
- **\*\*Cool-down (5-10 min)\*\***
- Gentle walk
- Stretching
- **\*\*Safety note:\*\*** Use inhaler if needed. Stop if you experience difficulty breathing.

## **Day 3 - Upper Body Strength**

- **\*\*Warm-up (5-10 min)\*\***

- Arm swings and gentle band pull-aparts
- **\*\*Main workout (35-45 min)\*\***
- Seated Chest Press (machine) - 3 × 15
- Seated Row (machine) - 3 × 15
- Dumbbell Lateral Raise - 3 × 12
- Dumbbell Triceps Kickbacks - 3 × 12
- Incline Push-ups - 3 × 12
- **\*\*Cool-down (5-10 min)\*\***
- Upper body stretching
- Deep breathing
- **\*\*Safety note:\*\*** Use light to moderate weights, avoid breath holding, and rest as needed.

#### **Day 4 - Active Recovery (light yoga / walk)**

- **\*\*Warm-up (5-10 min)\*\***
- Light walk or mobility drills
- **\*\*Main workout (30-40 min)\*\***
- Gentle yoga flow or outdoor walk
- **\*\*Cool-down (5-10 min)\*\***
- Relaxation and deep breathing
- **\*\*Safety note:\*\*** Select movements that feel comfortable. Pause if you feel any discomfort.

#### **Day 5 - Lower Body Strength**

- **\*\*Warm-up (5-10 min)\*\***
- Marching in place and hip circles
- **\*\*Main workout (35-45 min)\*\***
- Seated Leg Press (machine) - 3 × 15
- Standing Hamstring Curl - 3 × 15
- Seated Calf Raise - 3 × 15
- Step-ups - 3 × 15 per leg

- Glute Bridge - 3 x 15
- \*\*Cool-down (5-10 min)\*\*
- Lower body stretching
- Deep breathing
- \*\*Safety note:\*\* Keep movements slow and controlled. Monitor for dizziness or breathlessness.

## **Day 6 - Cardio Intervals**

- \*\*Warm-up (5-10 min)\*\*
- Easy cycling or treadmill walk
- \*\*Main workout (35-45 min)\*\*
- Stationary Bike - 5 min easy, then 1 min brisk/2 min easy x 6 cycles
- Seated Marching - 3 x 20 per leg
- Standing Side Taps - 3 x 20 per side
- \*\*Cool-down (5-10 min)\*\*
- Gentle cycling or walking
- Stretching
- \*\*Safety note:\*\* Pace yourself and keep inhaler nearby. Stop if you experience chest tightness or dizziness.

## **Day 7 - Mobility & Flexibility**

- \*\*Warm-up (5-10 min)\*\*
- Light walk
- \*\*Main workout (30-40 min)\*\*
- Full-body mobility routine
- Static stretching
- \*\*Cool-down (5-10 min)\*\*
- Seated relaxation and deep breathing
- \*\*Safety note:\*\* Move gently and avoid holding your breath. Rest if you feel discomfort.

---

## Additional Training Tips

### 1. How to Choose the Right Weight

You should be able to complete the recommended number of repetitions with proper form. The last 1-2 reps should feel challenging but doable. If you're breezing through, increase the weight. If you're struggling to complete more than half the reps, lower it.

### 2. Rest Between Sets

- For strength-focused exercises: rest 1.5-2 minutes
- For hypertrophy (muscle building): rest 45-90 seconds
- For endurance or fat-burning: rest 30-60 seconds

### 3. Progress Gradually

Each week, try to increase your weight slightly, add an extra rep, or reduce rest time. Small, consistent improvements add up.

### 4. Warm-up and Cool Down

Always warm up for 5-10 minutes before your workout (light cardio or dynamic stretching).

Finish with static stretches to improve recovery and flexibility.

### 5. Listen to Your Body

Rest if you're sore or fatigued. It's better to skip one session than get injured and miss a month.

### 6. Nutrition Matters

Training is only half the battle. Fuel your body with whole foods, stay hydrated, and aim for enough protein each day.

---

This training plan was generated by **\*\*MyFitTrainingPlan.com\*\*** - your AI-powered fitness companion.