

PERSONAL EXERCISE MENU PLANNER

	General	Resistance	Cardiovascular	Sports	Stretching
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					
Beginner	3	2 (15 min)	3 (20 min/ session)	1	3 sets/week
Intermediate	optional	3 (15 min)	4 (30 min/ session)	1-2	4 sets/week
Advanced	optional	4 (15 min)	4-5 (40-60 min/session)	1-2	5 sets/week