

<b>Monday</b>		
<b>Exercise</b>	<b>Duration/Intensity</b>	<b>Description</b>
Warm-Up	5-10 minutes	Brisk walk or light jog, followed by dynamic stretches.
Sprint Intervals		
Sprint	20 seconds	Run at maximum effort.
Walk/Rest	1 minute	Recover with a slow walk or complete rest.
Repeat	5-8 times	
HIIT Intervals	20 minutes	
Jumping Jacks	30 seconds (high-intensity)	Jump with legs apart and hands overhead.
<b>Wednesday</b>		
<b>Exercise</b>	<b>Duration/Intensity</b>	<b>Description</b>
Warm-Up	5-10 minutes	Brisk walk or light jog, followed by dynamic stretches.
HIIT Intervals	20 minutes	
Jumping Jacks	30 seconds (high-intensity)	Jump with legs apart and hands overhead.
Rest/Walk	1 minute (low-intensity)	Walk slowly or rest.
Bodyweight Squats	30 seconds (high-intensity)	Squat down and stand up quickly.
Rest/Walk	1 minute (low-intensity)	Walk slowly or rest.
Mountain Climbers	30 seconds (high-intensity)	Alternate knees to chest from a plank position.
Rest/Walk	1 minute (low-intensity)	Walk slowly or rest.
Push-Ups	30 seconds (high-intensity)	Perform push-ups at a fast pace.
Rest/Walk	1 minute (low-intensity)	Walk slowly or rest.
Repeat	3 times	
Cool Down	5-10 minutes	Brisk walk to lower heart rate, followed by static stretches.
<b>Friday</b>		
<b>Exercise</b>	<b>Duration/Intensity</b>	<b>Description</b>
Warm-Up	5-10 minutes	Brisk walk or light jog, followed by dynamic stretches.
Core Exercises		
Plank	30 seconds	Hold a plank position with a straight body.
Rest	30 seconds	Rest.
Bicycle Crunches	30 seconds	Alternate bringing opposite elbow to knee.
Rest	30 seconds	Rest.
Russian Twists	30 seconds	Twist torso with feet off the ground, tapping hands side to side.
Rest	30 seconds	Rest.
Repeat	2 times	
Cool Down	5-10 minutes	Brisk walk to lower heart rate, followed by static stretches.