



EXERCISE WHEEL

WALKING OR JOGGING

WEEKS 1 TO 6 OF THE PROGRAM

WALK 3 SETS OF 15 MINUTES.

FOR THE LAST 5 MINUTES OF EACH SET, SLIGHTLY INCREASE YOUR WALKING PACE.

WEEKS 7 TO 12 OF THE PROGRAM

WALK CONTINUOUSLY FOR 60 MINUTES.

EVERY 10 MINUTES, SLIGHTLY INCREASE YOUR WALKING PACE FOR THE LAST 3 MINUTES.

STRENGTH EXERCISES

WEEKS 1 TO 6 OF THE PROGRAM

10 REPETITIONS

3 SETS

WEEKS 7 TO 12 OF THE PROGRAM

8 REPETITIONS

3 SETS

REST

REMEMBER TO REST 1 MINUTE BETWEEN SETS.

BREATHE CORRECTLY

BREATHE NORMALLY, DO NOT HOLD YOUR BREATHE DURING THE EXERCISES.

EXERCISES

REMEMBER THAT THE EXERCISE MUST INVOLVE A "SOMEWHAT HARD" EFFORT. (SEE PAGES 8 AND 9 OF THE PASSPORT).

IF THERE IS ANY DOUBT HOW TO CARRY OUT THE EXERCISES, PLEASE CONSULT THE PASSPORT.

