

ForzaPT Basic Home Exercise Plan

A good exercise plan includes five basic components: Cardiovascular (Cardio), Core, Upper Body, Lower Body and Total Body. There are plans created for different levels of intensity and different target goals (e.g. muscle gain, weight loss or both). The exercise plan outlined here is a basic exercise plan to improve endurance and body strength.

Cardio exercise is used to burn fat and increase endurance. Two types of cardios used in this exercise plan: steady rate and interval (alternates between levels of intensity).

Core exercises targets abdominal and lower back region

Upper Body targets arms, shoulders and back

Lower Body targets hips, quads, hamstrings, buttocks, and calves

Total Body targets complete body

	Day 1		Day 2		Day 3		Day 4	
	Type	Time	Type	Time	Type	Time	Type	Time
Work-out Week	Cardio:steady	5 min	Cardio: interval	10 min	Cardio: interval	5 min	Cardio: steady	15 min
	Cardio: interval	5 min	Lower Body	15 min	Core	20 min	Cardio: interval	5 min
	Upper Body	20 min	Upper Body	15 min	Total Body	15 min	Upper Body	10 min
	Core	10 min					Lower Body	5 min

Follow this program 3 to 4 times per week. For optimal total strengthening and endurance a 4 day workout plan is best.

Remember the importance of a warm up (aprox. 5 min) before you begin the exercise plan and cool down (aprox 2-4 min) at the end.

*Please consult with your physician prior to starting any fitness program.



Forza Physiotherapy and Wellness

115 Gallery Cir. Ste 208
San Antonio, TX 78258
(210) 577-1151