

GENERAL SAMPLE · WEEK 01

Build a comfortable starting rhythm.

Two easy sessions with a rest day between them. Use a stable chair, a wall and comfortable walking space.

START EASY

Warm up with 5 minutes of easy walking. Keep an effort where you can speak in full sentences. Rest whenever needed.

01

Chair sit-to-stand

1-2 sets of 5

Use a stable chair against a wall. Stand slowly; use your hands for support if helpful.

02

Wall push-up

1-2 sets of 5

Hands at chest height. Keep feet close to the wall for an easier angle. Move in a comfortable range.

03

Easy walk

5-10 minutes

Choose level ground. Slow down to keep conversation easy. A shorter walk is fine.

Rest 60-90 seconds between sets. Finish with 2 minutes of easy walking.

General example, not an individual prescription. Skip painful movements. Stop for pain, dizziness or chest symptoms and seek appropriate help. Ask your coach about suitable adjustments.