

Designing a workout plan

Instructor: Aditi Kelkar

Warm up:5-10minutes

Stretching

1. Intensity:

- Maximum heart rate (55-95%):
- Rate of Perceived Exertion (RPE):

Progression: (Increase THR).

Frequency:

(Recommended exercise 3-5 days/week): ~~Class twice /week~~

Progression: (Increase number of laps):

3.Duration:

Beginning with (1st week) : minutes

Progression:

4. Type: Walking /Jogging(Aerobic exercise):.....