

Weekly Exercise Routine

Day 1: Full Body Strength Training

- Warm-up: 5-10 minutes of jogging or brisk walking
- Circuit (2-3 sets of 10-15 reps):
 - Bodyweight squats
 - Push-ups (knee or standard)
 - Dumbbell rows (using water bottles if no weights are available)
 - Plank (hold for 20-30 seconds)
 - Lunges (forward or reverse)
- Cool down: Stretching for major muscle groups (5-10 minutes)

Day 2: Cardio and Agility

- Warm-up: 5-10 minutes of dynamic stretching
- 20-30 minutes of cardiovascular activity (running, cycling, swimming, or dancing)
- Agility drills (3-4 sets):
 - Ladder drills (if available) or cone drills
 - Shuttle runs
- Cool down: 5-10 minutes of walking and stretching

Day 3: Flexibility and Core

- Warm-up: 5-10 minutes of light cardio
- Yoga or Pilates routine (30-45 minutes) focusing on flexibility and core strength
- Core exercises (2-3 sets):
 - Bicycle crunches (15-20 reps)
 - Russian twists (15-20 reps per side)
 - Side planks (hold 15-30 seconds on each side)
- Cool down: Full body stretch (5-10 minutes)

Day 4: Sport or Skill-Based Activity

- Participate in a favorite sport (soccer, basketball, swimming, etc.) for at least 60 minutes
- Focus on skills, teamwork, or friendly competition
- Include a warm-up and cool-down relevant to the sport

Day 5: Active Recovery

- Engage in light activity such as walking, playing outside, or recreational activities
- Focus on stretching and mobility exercises

Day 6: Strength and Conditioning

- Same as Day 1 but vary the exercises to target different muscle groups (e.g., add dumbbell shoulder presses, glute bridges, and mountain climbers)
- Try to increase either sets or reps from the previous session
- Cool down with stretching

Day 7: Rest or Gentle Activity

- Take the day off from structured workouts or engage in gentle activities like walking, hiking, or

leisurely biking.

- Focus on relaxation and overall well-being.

Additional Tips

- **Nutrition:** Ensure a balanced diet with plenty of fruits, vegetables, proteins, and whole grains to support energy needs.
- **Hydration:** Drink plenty of water before, during, and after exercise.
- **Listen to Your Body:** If feeling pain or extreme fatigue, take a break or adjust.

Tracking Progress

Consider maintaining an exercise journal to track workouts, duration, and feelings about each session. This can help identify what activities are most enjoyable and effective.

Safety

Make sure to get proper guidance on form and technique, especially when starting strength training. If necessary, consult a coach or physical education teacher. Always warm up before exercises and cool down afterward to prevent injuries.

This plan aims to create a well-rounded fitness routine while allowing for progress and adaptation over time. Enjoy the journey!