

Your Custom 7 Day Workout Plan (*Sample*)

This is a sample plan and meant to show what your custom plan might look like. The workouts listed here are not meant to be followed.

Workout Plan Notes: In this area you will see notes from Meredith about your overall workout plan. This plan will be designed for you based on your health goals.

DAY 1: (Title Of Your Day 1 Workout)

Notes: This is where you will see any notes from Meredith for this day's workout. You may have a few (2 - 4) options to choose from depending on your needs and goals.

Your Workout Options: (examples)

Standing Workout With Weights | 20 Min: https://www.youtube.com/watch?v=_tPETrKicbA

- Any additional notes from Meredith on this workout

Beginner HIIT Workout | 15min: <https://www.youtube.com/watch?v=gT9WO94knPg&t=70s>

- Any additional notes from Meredith on this workout

Seated Cardio Boxing Workout For Seniors And Beginners | 20Min:

<https://www.youtube.com/watch?v=pkCJ65SN0oo>

- Any additional notes from Meredith on this workout

DAY 2: (Title Of Your Day 2 Workout)

Notes: This is where you will see any notes from Meredith for this day's workout. You may have a few (2 - 4) options to choose from depending on your needs and goals.

Your Workout Options: (examples)

Seated Strength Training Full Body Workout For Seniors And Beginners | 20 Min:

<https://www.youtube.com/watch?v=luAHTqaLb58>

- Any additional notes from Meredith on this workout

Seated HIIT Workout For Seniors | Intermediate Level | 20 Min:

<https://www.youtube.com/watch?v=DT5xHwaAvQc&t=5s>

- Any additional notes from Meredith on this workout

DAY 3: (Title Of Your Day 3 Workout)

Notes: This is where you will see any notes from Meredith for this day's workout. You may have a few (2 - 4) options to choose from depending on your needs and goals.

Your Workout Options: (examples)

Seated Strength Training Full Body Workout For Seniors And Beginners | 20 Min:

<https://www.youtube.com/watch?v=luAHTqaLb58>

- Any additional notes from Meredith on this workout

Seated HIIT Workout For Seniors | Intermediate Level | 20 Min:

<https://www.youtube.com/watch?v=DT5xHwaAvQc&t=5s>

- Any additional notes from Meredith on this workout

DAY 4: (Title Of Your Day 4 Workout)

Notes: This is where you will see any notes from Meredith for this day's workout. You may have a few (2 - 4) options to choose from depending on your needs and goals.

Your Workout Options: (examples)

Seated Strength Training Full Body Workout For Seniors And Beginners | 20 Min:

<https://www.youtube.com/watch?v=luAHTqaLb58>

- Any additional notes from Meredith on this workout

Seated HIIT Workout For Seniors | Intermediate Level | 20 Min:

<https://www.youtube.com/watch?v=DT5xHwaAvQc&t=5s>

- Any additional notes from Meredith on this workout

Seated Cardio Boxing Workout For Seniors And Beginners | 20Min:

<https://www.youtube.com/watch?v=pkCJ65SN0oo>

- Any additional notes from Meredith on this workout

DAY 5: (Title Of Your Day 5 Workout)

Notes: This is where you will see any notes from Meredith for this day's workout. You may have a few (2 - 4) options to choose from depending on your needs and goals.

Your Workout Options: (examples)

Seated Strength Training Full Body Workout For Seniors And Beginners | 20 Min:

<https://www.youtube.com/watch?v=luAHTqaLb58>

- Any additional notes from Meredith on this workout

Seated HIIT Workout For Seniors | Intermediate Level | 20 Min:

<https://www.youtube.com/watch?v=DT5xHwaAvQc&t=5s>

- Any additional notes from Meredith on this workout

Seated Cardio Boxing Workout For Seniors And Beginners | 20Min:

<https://www.youtube.com/watch?v=pkCJ65SN0oo>

- Any additional notes from Meredith on this workout

DAY 6: (Title Of Your Day 6 Workout)

Notes: This is where you will see any notes from Meredith for this day's workout. You may have a few (2 - 4) options to choose from depending on your needs and goals.

Your Workout Options: (examples)

Seated Strength Training Full Body Workout For Seniors And Beginners | 20 Min:

<https://www.youtube.com/watch?v=luAHTqaLb58>

- Any additional notes from Meredith on this workout

Seated HIIT Workout For Seniors | Intermediate Level | 20 Min:

<https://www.youtube.com/watch?v=DT5xHwaAvQc&t=5s>

- Any additional notes from Meredith on this workout

Seated Cardio Boxing Workout For Seniors And Beginners | 20Min:

<https://www.youtube.com/watch?v=pkCJ65SN0oo>

- Any additional notes from Meredith on this workout

DAY 7: (Title Of Your Day 7 Workout)

Notes: This is where you will see any notes from Meredith for this day's workout. You may have a few (2 - 4) options to choose from depending on your needs and goals.

Your Workout Options: (examples)

Seated Strength Training Full Body Workout For Seniors And Beginners | 20 Min:

<https://www.youtube.com/watch?v=luAHTqaLb58>

- Any additional notes from Meredith on this workout

Seated HIIT Workout For Seniors | Intermediate Level | 20 Min:

<https://www.youtube.com/watch?v=DT5xHwaAvQc&t=5s>

- Any additional notes from Meredith on this workout

Seated Cardio Boxing Workout For Seniors And Beginners | 20Min:

<https://www.youtube.com/watch?v=pkCJ65SN0oo>

- Any additional notes from Meredith on this workout