

90-Day Exercise Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 2	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 3	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 4	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 5	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 6	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 7	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 8	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 9	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 10	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 11	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off
Week 12	20–30 minutes Aerobic Activity	Strength Training Focus on Lower Body	20–30 minutes Aerobic Activity	Strength Training Focus on Upper Body	20–30 minutes Aerobic Activity	Core Strength Training Abs and Back	Day Off