



NEURO ACADEMY

WEEKLY EXERCISE PLAN



**THE BRAIN
DOCS**



Monday

STRETCHING

Begin by stretching for 5 to 10 minutes. Refer to our Flexibility Training Exercises to stretch your neck, shoulders, hips, hamstrings, and ankles.

FOOT PEDAL EXERCISER

Find a comfy chair. Turn on the news or your favorite TV show and begin to pedal your foot pedal exerciser at 1 to 2 miles per hour. Increase your speed to three miles per hour during the first commercial break (slow down if you're unable to maintain this speed for the entire commercial break). At the end of the break, return to pedaling at 1.5 to 2 miles per hour. Maintain a normal speed during the next ad break.

Continue with this pattern of low- to high-intensity aerobic exercise during every other ad break, pedaling for 30 to 45 minutes total. It may take some time to build up to longer periods of intensity-consistency is most important when you're first starting an exercise program.

SQUATS

Separate your feet one and a half to two feet apart. Stand tall, and then bend your knees to roughly 90 degrees as you press your hips back. Pull your abdomen inward to support your lower back, and keep your knees in line with your feet to prevent knee pain. If balance is an issue for you, hold on to the back of a chair for additional support. You want to move slowly and with control.

Start with five reps or as many as you can do without compromising your form. Increase the number of reps over time.

Tuesday

STRETCHING

Repeat yesterday's stretching routine. Be sure to challenge yourself with the flexibility exercises, but not to the point of pain.

FOOT PEDAL EXERCISER

Repeat yesterday's low- to high-intensity routine for 30 to 45 minutes.

SQUATS

Do 5 to 10 push-ups either at the wall or on the floor with your knees bent for extra support. If you're accustomed to doing regular push-ups, then do at least 10 with your abdomen firm and back straight.

Wednesday

REST

Thursday

STRETCHING

Repeat the stretching routine, but stretch more deeply this time (though not to the point of pain).

FOOT PEDAL EXERCISER

Repeat the same low- to high-intensity aerobic exercise routine for 30 to 45 minutes. This time, try to increase your speed during each commercial break, and do your best to maintain your speed throughout the entire break.

SQUATS

Repeat the squats from Monday, but add at least one repetition while maintaining form and balance.

Friday

STRETCHING

Repeat the stretching routine and continue to challenge your flexibility.

FOOT PEDAL EXERCISER

Repeat yesterday's routine (increase your speed during each commercial break, and do your best to maintain your speed throughout the entire break).

PUSH-UPS

Repeat push-ups at the wall or on the floor with your knees bent. Add at least one repetition.

Saturday

REST

Sunday

REST