

## Weekly Exercise Routine

Day	Exercise Type	Workout Details
Day 1	Cardiovascular	30 min brisk walking or light jogging
Day 2	Strength Training	Squats (3x10), Push-ups (3x8), Lunges (3x10 each leg)
Day 3	Active Recovery	Gentle yoga or stretching (30 min)
Day 4	Cardiovascular	30 min cycling or swimming
Day 5	Strength Training	Bicep curls (3x12), Shoulder presses (3x12), Seated rows (3x12)
Day 6	Flexibility & Balance	Pilates or Tai Chi (30 min)
Day 7	Rest	Full body recovery and relaxation