

Day	Daily Morning Routine	Daily Activity	Week 1	Week 2	Week 3	Week 4
Monday	Morning stretch	Physical activity 1,2,3 OR 30 min walk	Boxing cardio	Boxing cardio	Strength	Mixed madness
Tuesday	Morning stretch	Light jump rope practice	Strength	Strength	Boxing cardio	Boxing cardio
Wednesday	Morning stretch	Physical activity 1,2,3 OR 30 min walk	Mixed madness	Interactive padwork	Mixed madness	Strength
Thursday	Morning stretch	Light jump rope practice	Strength	Strength	Interactive padwork	Mixed madness
Friday	Morning stretch	Physical activity 1,2,3 OR 30 min walk	Interactive padwork	Mixed madness	Strength	Interactive padwork
Saturday	X	X	Mobility	Mobility	Mobility	Mobility
Sunday	X	X	Rest	Rest	Rest	Rest