

**Beginners Exercises**

Exercises	Sets	Reps	Rest	Duration
Walking: 15min 30min or 1hr (pace yourself)	None	None	Listen to your body	4wks
Diaphragmatic Breathing (engage abdominal muscles)	3	8 to 10	45 sec to 1 min	4wks
Cat Cow Exercise (slow tempo)	3	8 to 10	1 to 2 min	4wks
Supine Knee to Chest (slow tempo)	3	8 to 10	1 to 2 min	4wks
Supine Pelvic Tilt	3	8 to 10	1 to 2 min	4wks
Clamshell	3	8 to 10	1 to 2 min	4wks

**Intermediate Exercises (Body Weight)**

Exercises	Sets	Reps	Rest	Duration
Body Weight Glute Bridges (engage/squeeze your butt)	3	8 to 10	1 to 2 min	4wks
Wall Push-Ups (go all the way down/ slow control tempo)	3	8 to 10	1 to 2 min	4wks
Body Weight Squats	3	8 to 10	1 to 2 min	4wks
Step Ups	3	8 to 10	1 to 2 min	4wks
Body Weight Stationary Lunges	3	8 to 10	1 to 2 min	4wks
Body Weight Tricep Dips (use either a chair or counter top)	3	5 to 8	1 to 2 min	4wks

**Advance Exercises (Gym/ Weights Required)**

Exercises	Sets	Reps	Tempo	Rest	Duration
Dumbell Chest Press	3	8 to 10	Slow controlled	1: 30 to 2 min	4wks
Dumbell Rows	3	8 to 10	Slow controlled	1: 30 to 2 min	4wks
Dumbell Bicep Curls	3	8 to 10	Slow controlled	1: 30 to 2 min	4wks
Dumbell Romanian Deadlift (**NO PAIN around back area)	3	8 to 10	Slow controlled	1: 30 to 2 min	4wks
Dumbell Goblet Squat (don't let the knees go beyond 90 degree)	3	8 to 10	Slow controlled	1: 30 to 2 min	4wks
Dumbell Lateral Lunges	3	8 to 10	Slow controlled	1: 30 to 2 min	4wks