

STRENGTH TRAINING

1. **Warm-up:** 5-10 minutes of light cardio (e.g., walking, jogging) to increase blood flow and prepare the body for exercise.



2. **Strength Training:** Perform a series of exercises targeting major muscle groups. Examples include squats, lunges, push-ups, and deadlifts. Aim for 3-4 sets of 8-12 repetitions per exercise.

3. **Cardio:** Incorporate cardiovascular exercise to improve heart health and burn calories. Options include running, cycling, or swimming. Aim for 20-30 minutes of moderate-intensity cardio.



4. **Cool-down:** End your workout with a 5-10 minute cool-down period, including stretching to reduce muscle soreness and improve flexibility.