

90-Day Innate Physical Fitness Plan - Beginner

Descriptions of all exercises for all fitness categories for all levels of the Innate Physical Fitness Plan are posted with free access at www.eatwellmovewellthinkwell.com.

Days 1, 3, and 5

- Daily Physical Activity Workout - Aerobic Power Fitness Interval Training - Warm up with a slow walk or jog for 6 minutes. Then complete four (4) sets of the following: Three minutes of walking or jogging as fast as possible (AFAP) followed by three minutes of slow walking for active recovery (AR). TOTAL TIME = 30 minutes
- Daily 30 Minutes Walking/Light Aerobic Fitness Activity
- Daily Neuromusculoskeletal (NMS) Fitness Routine

Days 2, 4, and 6

- Daily Physical Activity Workout - Muscular Fitness

Pushups - 1 set of maximum repetitions in 30 seconds, rest one minute; 1 set max repetitions in 30 seconds, rest 1 minute; 1 set of max repetitions in 30 seconds, rest one minute.

Squats - 1 set of max repetitions in 45 seconds, rest one minute; 1 set max repetitions in 45 seconds, rest 1 minute; 1 set of max repetitions in 45 seconds, rest one minute.

Plank - 1 set of maximum time in plank position for one minute, rest one minute; 1 set of maximum time in plank position for one minute, rest one minute; 1 set of maximum time in plank position for one minute, rest one minute.

- Daily 30 Minutes Walking/Light Aerobic Fitness Activity
- Daily NMS Fitness Routine

Day 7

- Rest Day from Aerobic Power Fitness and Muscular Fitness
- Daily 30 Minutes Walking/Light Aerobic Fitness Activity
- Daily NMS Fitness Routine