

Peri-Fit

WORKOUT GUIDE

DAY 1

Strength Training (Lower Body)

- **Focus:** glutes, hamstrings, quads
- **45-60 min:** squats, deadlifts, lunges, hip thrusts

DAY 2

LISS Cardio + Core or Mobility

- **30-45 min:** walk or gentle cycle
- **10-15 min:** Pilates-style core + hip mobility or foam rolling

DAY 3

Strength Training (Upper Body)

- **Focus:** shoulders, back, chest, arms
- **45-60 min:** push-ups, rows, presses, pulls

DAY 4

Rest or Restorative Movement

- **Yoga, qigong, tai chi, stretching**
- **Optional:** light walk for 20-30 min

DAY 5

Strength Training (Full Body or Lower Body)

- **Can repeat Day 1 or use machines for variety**
- **Include balance/stability work**

DAY 6

Moderate Cardio + Core Stability

- **30 min jog, dance class, hike, or swim**
- **10 min core or glute activation**

DAY 7

Rest or Mindful Movement

- **No intense exercise**
- **Breathwork, gentle yoga, time in nature**