

Weekly exercise summary

Initial Autophagy stimulus with IF 16h and pescatarian diet · Monday through Sunday

18

Unique items

45

Scheduled occurrences

7

Active days

427 min

Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Elliptical Norwegian 4x4 HIIT (Z5) Cardio	X							1
Elliptical Z2 Cardio					X			1
Elliptical Z3 Cardio			X					1
Five-minute full-body stretching routine Flexibility	X	X	X	X	X			5
Assisted or bodyweight pull-up Hypertrophy		X		X				2
Cable lateral raise Hypertrophy		X		X				2
Cable standing hip abduction Hypertrophy		X		X				2
Hammer curl Hypertrophy		X		X				2
Incline Dumbbell Press Hypertrophy		X		X				2
Leg press Hypertrophy		X		X				2
Reverse crunch Hypertrophy	X		X		X			3
Seated calf raise Hypertrophy		X		X				2
Seated leg curl Hypertrophy		X		X				2
Triceps-focused parallel-bar dip Hypertrophy		X		X				2

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Wide-elbow machine row Hypertrophy		X		X				2
VILPA: Front plank (planche-style hold) Vilpa	X	X	X	X	X	X	X	7
VILPA: Pelvic-floor contractions (Kegels) Vilpa		X		X				2
VILPA: Wall-sit intervals Vilpa	X		X		X	X	X	5