# Weekly exercise summary

Edition 2026 · Weeks 3–4 · Start Pescatarian Keto · Monday through Sunday

| 20 | 35 | 7 | 374 min |
|---|---|---|---|
| Unique items | Scheduled occurrences | Active days | Planned time |

| Item | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Total |
|---|---|---|---|---|---|---|---|---|
| **Elliptical Norwegian 4x4 HIIT (Z5)**<br>**Cardio** | X | | | | | | | 1 |
| **Elliptical Z2**<br>**Cardio** | | | | | X | | | 1 |
| **Elliptical Z3**<br>**Cardio** | | | | X | | | | 1 |
| **Elliptical Z4**<br>**Cardio** | | | X | | | | | 1 |
| **Five-minute full-body stretching routine**<br>**Flexibility** | X | X | X | X | | | | 4 |
| **Assisted or bodyweight pull-up**<br>**Hypertrophy** | | X | | | | | | 1 |
| **Dumbbell lateral raise**<br>**Hypertrophy** | | X | | | | | | 1 |
| **Hammer curl**<br>**Hypertrophy** | | X | | | | | | 1 |
| **Hip abduction machine**<br>**Hypertrophy** | | X | | | | | | 1 |
| **Incline Dumbbell Press**<br>**Hypertrophy** | | X | | | | | | 1 |
| **Leg press**<br>**Hypertrophy** | | X | | | | | | 1 |
| **Reverse crunch**<br>**Hypertrophy** | X | | X | X | | | | 3 |
| **Seated calf raise**<br>**Hypertrophy** | | X | | | | | | 1 |
| **Seated leg curl**<br>**Hypertrophy** | | X | | | | | | 1 |

| Item | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Total |
|---|---|---|---|---|---|---|---|---|
| **Triceps-focused parallel-bar dip**<br>**Hypertrophy** | | X | | | | | | 1 |
| **Wide-elbow machine row**<br>**Hypertrophy** | | X | | | | | | 1 |
| **VILPA: Front plank (planche-style hold)**<br>**Vilpa** | X | | X | | X | | X | 4 |
| **VILPA: Pelvic-floor contractions (Kegels)**<br>**Vilpa** | | X | | X | | X | | 3 |
| **VILPA: Split-squat isometric**<br>**Vilpa** | | X | | X | | X | | 3 |
| **VILPA: Wall-sit intervals**<br>**Vilpa** | X | | X | | X | | X | 4 |