

Weekly exercise summary

Increase Autophagy · Monday through Sunday

17

Unique items

34

Scheduled occurrences

7

Active days

342 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
Elliptical Z4 Cardio			X					1
Five-minute full-body stretching routine Flexibility	X	X	X	X				4
Assisted or bodyweight pull-up Hypertrophy		X						1
Cable lateral raise Hypertrophy		X						1
Cable standing hip abduction Hypertrophy		X						1
Hammer curl Hypertrophy		X						1
Incline Dumbbell Press Hypertrophy		X						1
Leg press Hypertrophy		X						1
Reverse crunch Hypertrophy	X		X	X				3
Seated calf raise Hypertrophy		X						1
Seated leg curl Hypertrophy		X						1

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Wide-elbow machine row Hypertrophy		X						1
VILPA: Front plank (planche-style hold) Vilpa	X	X	X	X	X	X	X	7
VILPA: Wall-sit intervals Vilpa	X	X	X	X	X	X	X	7