

# Weekly exercise summary

Vegan Keto · Monday through Sunday

**5**

Unique items

**5**

Scheduled occurrences

**1**

Active days

**54 min**

Planned time

| Item                                                            | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Total |
|-----------------------------------------------------------------|-----|-----|-----|-----|-----|-----|-----|-------|
| <b>Elliptical Norwegian 4x4 HIIT (Z5)<br/>Cardio</b>            | X   |     |     |     |     |     |     | 1     |
| <b>Five-minute full-body stretching routine<br/>Flexibility</b> | X   |     |     |     |     |     |     | 1     |
| <b>Reverse crunch<br/>Hypertrophy</b>                           | X   |     |     |     |     |     |     | 1     |
| <b>VILPA: Front plank (planche-style hold)<br/>Vilpa</b>        | X   |     |     |     |     |     |     | 1     |
| <b>VILPA: Wall-sit intervals<br/>Vilpa</b>                      | X   |     |     |     |     |     |     | 1     |