

Weekly exercise summary

Water Fast + Electrolyte · Monday through Sunday

7

Unique items

29

Scheduled occurrences

7

Active days

244 min

Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Elliptical Norwegian 4x4 HIIT (Z5) Cardio	X							1
Walking Z1 (Warmup) Cardio		X	X		X	X	X	5
Five-minute full-body stretching routine Flexibility	X	X	X	X	X	X	X	7
High-bar back squat Hypertrophy				X				1
Reverse crunch 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