Weekly exercise summary

Edition 2026 · Week 9 · Water Fast + Electrolyte · Monday through Sunday

9	29	7	241 min
Unique items	Scheduled occurrences	Active days	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	4
VILPA: Pelvic-floor contractions (Kegels) **Vilpa**		X		X		X		3
VILPA: Split-squat isometric **Vilpa**		X		X		X		3
VILPA: Wall-sit intervals **Vilpa**	X		X		X		X	4