

Weekly exercise summary

Peak Muscle Growth · 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
Elliptical Norwegian 4x4 HIIT (Z5) Cardio	X							1
Five-minute full-body stretching routine Flexibility	X							1
Reverse crunch Hypertrophy	X							1
VILPA: Front plank (planche-style hold) Vilpa	X							1
VILPA: Wall-sit intervals Vilpa	X							1