Weekly exercise summary

Edition 2026 · Weeks 10–11 · Vegan High Protein · Monday through Sunday

17	39	7	307 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
Five-minute full-body stretching routine Flexibility	X	X		X				3
Assisted or bodyweight pull-up Hypertrophy		X		X				2
Dumbbell lateral raise Hypertrophy		X		X				2
Hammer curl Hypertrophy		X		X				2
Hip abduction machine Hypertrophy		X		X				2
Incline Dumbbell Press Hypertrophy		X		X				2
Leg press Hypertrophy		X		X				2
Reverse crunch Hypertrophy	X							1
Seated calf raise Hypertrophy		X		X				2
Seated leg curl Hypertrophy		X		X				2
Triceps-focused parallel-bar dip Hypertrophy		X		X				2
Wide-elbow machine row Hypertrophy		X		X				2
VILPA: Front plank (planche-style hold) Vilpa	X		X		X		X	4

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
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