2027 Workout Planner

MONDAY

Full-body strength
Squat · push · pull
10 min easy walk

TUESDAY

Cardio base
30 min easy pace
5 min stretch

WEDNESDAY

Mobility + core
20 min mobility
10 min core

THURSDAY

Lower-body strength
Hinge · lunge · carry
Cool down

FRIDAY

Cardio choice
Intervals or steady pace
Keep it enjoyable

SATURDAY

Outdoor movement
Walk · hike · cycle
Fresh air goal

SUNDAY

Recovery day
Gentle stretch
Plan next week

NOTES

Weekly goal: 3 focused sessions
Movement target: 150 minutes
Choose consistency over intensity