



**14**  
**Days**

**Before**

**After**

**Marlyn's Fitness Plan**

# Why workout?

Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.



Trainer: Ana Reynoso



Client: Marlyn Nuñez

- Marlyn's STATS
- 17 year old
- Female
- 4'11

Starting exercise level:  
Beginner





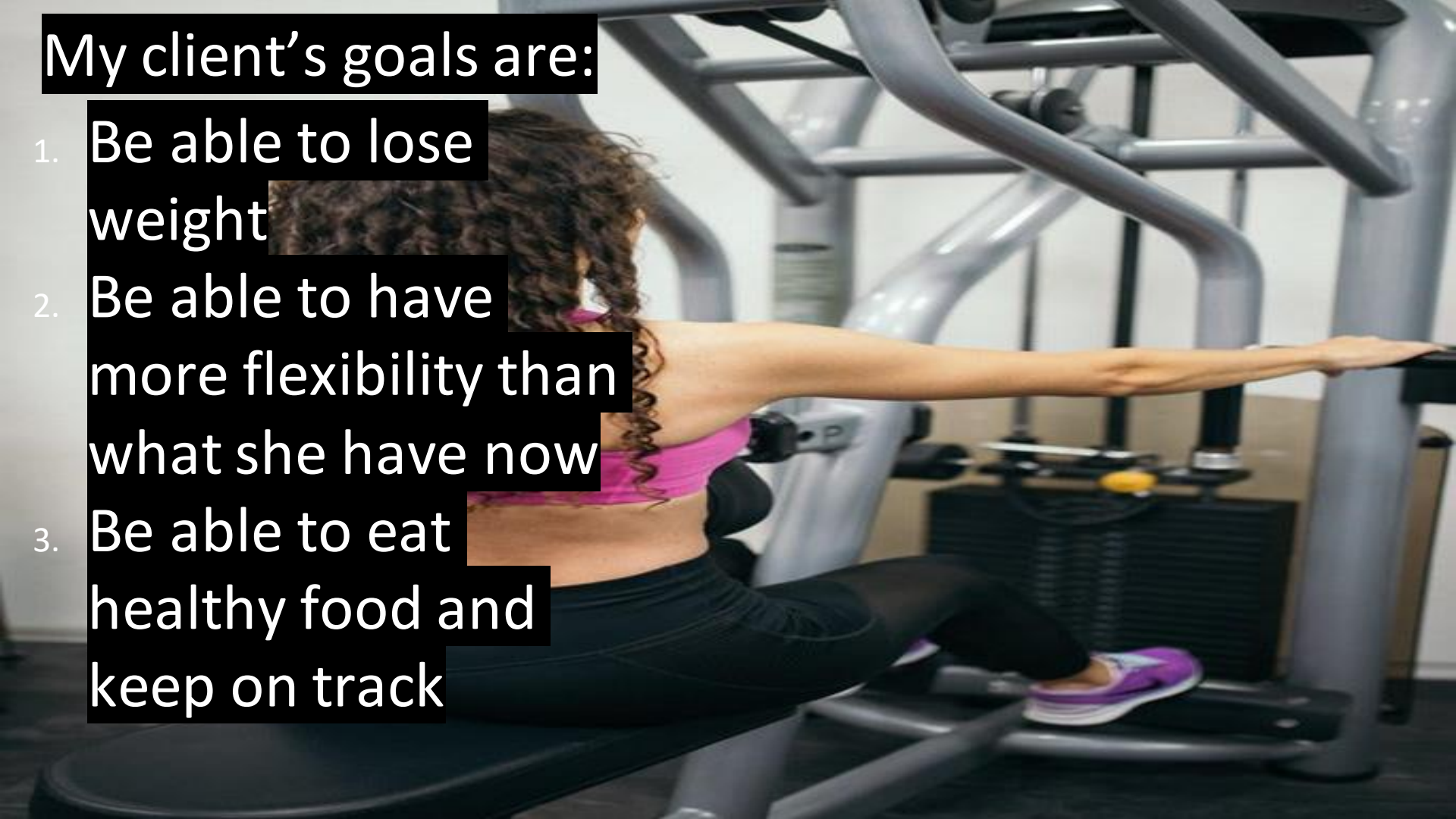


On her own,  
Marlyn's current  
exercise plan  
includes:

- Walking 45 mins  
at a fast pace  
twice a day,  
seven days a  
week.

# My client's goals are:

1. Be able to lose weight
2. Be able to have more flexibility than what she have now
3. Be able to eat healthy food and keep on track



## Cardio Plan

- Keep walking 45 mins, twice a day for 7 days a week
- Add some dumbbells to every morning walks
- Increase more and more speed when you walking and running in the same time





## Upper Body Strength Plan

You have to complete the following two times a week (Tuesday and Thursday)

### Lifting w/10 lb hand weights

- 20 tricep kickbacks
  - 20 shoulder presses
  - bicep curls
- (4 sets) ( Arms and shoulders)

### Body weight exercises:

15 Adjusted pushups (4 sets)

20 pull ups (4 sets)

(Chest and back)



## Lower Body Strength plan

Complete the following  
exercise two times a week  
(Wednesday and Friday)

Body weight exercises:

15 squats (4 sets)

15 running lunges (4 sets)



A woman with dark hair, wearing a black sports bra, is performing a shoulder stretch outdoors. She has her right arm raised and bent at the elbow, with her hand resting on her left shoulder. She is looking towards the right. The background is a grassy area with trees and a concrete ledge.

## Flexibility Plan

Complete the following exercises 6 to seven times a week

Flex and extend the iliopsoas and Biceps femoris (20 repetitions)

Triceps and wrists (4 per side)

Seated twist (Left and right 35 second hold) (15 repetitions)



A person is shown in silhouette, sitting in a meditative pose on a wooden deck. The sun is low on the horizon, creating a warm, golden glow and casting long shadows. Palm trees are visible in the background, and the overall atmosphere is peaceful and serene.

## Days off

You have to be sure to take two days off from strength exercises so your body can recover

(Your rest days will be Saturdays and Sundays)

On your rest days, take a good nap, after you wake up stretch your body and do some meditation





Throughout:

Drink lots of water and eat fruits, also healthy food

Be sure to stay nourished

I hope this whole  
plan works for you