

👉 What is your fitness level?

Beginner

Intermediate

Advanced

👉 What is your fitness goal?

Loss weight

👉 What type of workout do you prefer?



Cardio



Strength training



Yoga



Stretching



Other

📅 How often do you want to work out?

1-2 times per week

How many days should the workout plan cover?



Submit

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This may take a few seconds to generate your workout plan. Please don't close the app.

Workout Plan

Personalized Yoga Workout Plan for Endurance Improvement

User Information:

- Fitness Goal: Improve endurance
- Fitness Level: Beginner
- Preferred workout: Yoga
- Workout frequency: 1-2 times per week

Day 1: Strength Yoga

Warm up: 5-10 minutes of gentle yoga stretches

Exercises:

1. Chair pose - hold for 10 breaths, repeat 3 times (1 set)
2. Warrior I - hold for 5 breaths, repeat 3 times each side (1 set)
3. Half moon pose - hold for 3-5 breaths, repeat 3 times each side (1 set)
4. Downward dog - hold for 10 breaths, repeat 3 times (1 set)
5. Plank - hold for 30 seconds, repeat 3 times (1 set)
6. Bridge pose - hold for 10 breaths, repeat 3 times (1 set)

Day 2: Cardio Yoga

Warm up: 5-10 minutes of gentle yoga stretches

Exercises:

Walking Workout Openai Last 90 Days

Lei Shi



Walking Workout Openai Last 90 Days:

The 90-day Fitness Walking Program Mark Fenton, Seth Bauer, 1995 No exercise has swept the nation like walking. It's simple, it works, and you've been doing it all your life. Now The 90 Day Fitness Walking Program leaves you no excuses. The editors of Walking magazine take you through a day to day progressive workout that helps you strengthen your heart, burn fat, feel healthier, and remain injury free all in 90 days. Most importantly, they guide you to building a safe, healthy, effective exercise habit that will last a lifetime. Day one: walk for ten minutes today, tomorrow, and the next day, but take day four off, and why? Starting up, fitting exercise into your day, and how to talk to your doctor about beginning a program. Chart your course, following your progress with an easy to use training log. It's the shoes, choosing the right pair and why it's so important. Stretch and strengthen simple stand up exercises for before and after your walk to keep your entire body supple and toned. How am I doing? How to assess your improving health and fitness. Sticks and stones, whether hand weights and walking poles are right for you. Do the diet, hydration, nutrition, calorie burn, and cutting the fat. Moving forward, advanced techniques, speed workouts, and racewalking for the ambitious. Beyond the book, how to write your own exercise prescription and keep up this great habit now that the first ninety days are behind you. *The Billboard*, 1926 **Training for Life** Debbie Rocker, Laura Tucker, 2007 A complete walking workout and diet plan demonstrates how to use walking as a natural form of exercise to quickly improve overall health in a guide that pairs nutritional recommendations with a series of walking and upper body workouts.

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