## **Resistance Training Exercise Plan**

Notes:

Exercise	Week 1	Week 2	Week 3	Week 4
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Key:

RB = Resistance Band SB = Stability Ball DB = Dumb Bell BB = Bar Bell CW = Cuff Weight

© Prairie Health Companion

## **Resistance Training Exercise Plan**

Notes:

Exercise	Week 1	Week 2	Week 3	Week 4
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Key:

RB = Resistance Band SB = Stability Ball DB = Dumb Bell BB = Bar Bell CW = Cuff Weight

© Prairie Health Companion