

# Personalized Exercise Regimen

Date: [Insert Date]

Dear [Client's Name],

Based on our recent consultation and your fitness goals, I have tailored the following exercise regimen specifically for you to help you achieve your weight loss objectives:

## Weekly Exercise Plan

### Monday: Cardio & Strength Training

- 30 minutes of brisk walking or jogging
- Strength training (full body): 3 sets of 12 reps for each of the following:
  - Squats
  - Push-ups
  - Dumbbell Rows
  - Plank (hold for 30 seconds)

### Wednesday: High-Intensity Interval Training (HIIT)

- 20 minutes of HIIT (e.g., 30 seconds sprinting followed by 1-minute walking, repeated)

### Friday: Cardio & Flexibility

- 45 minutes cycling or swimming
- Cool down with 15 minutes of stretching or yoga

### Saturday: Active Recovery

- Choose a fun activity (e.g., hiking, dancing, or playing a sport) for at least 60 minutes.

## Daily Recommendations

- Stay hydrated: Drink at least 8 cups of water a day.
- Nutrition: Complement your exercise with a balanced diet rich in whole foods.

Feel free to reach out if you have any questions or need modifications to your regimen. Wishing you the best on your weight loss journey!

Sincerely,

[Your Name]

[Your Contact Information]