PROJECT 100 / WEEKLY PLANNER

Five sessions. 69 band exercise slots.

Days 1-3: muscle focus. Days 5-6: matched Pilates kit. Days 4 and 7: recovery.

Resistance and individual adjustments: agree with your personal trainer.

DAY 1 — **Chest + triceps + Core**

Chest: 6 / Triceps: 6 / Core: 3

DATE / SETS / REPS / RESISTANCE

DAY 2 — **Legs + shoulders + Core**

Legs: 6 / Shoulders: 6 / Core: 3

DATE / SETS / REPS / RESISTANCE

DAY 3 — **Arms + back + Core**

Arms: 6 / Back: 6 / Core: 3

DATE / SETS / REPS / RESISTANCE

DAY 4 — **Rest / recovery**

Rest and recovery

DATE / SETS / REPS / RESISTANCE

DAY 5 — **Full body A / moderate**

Legs and hips: 3 / Back: 3 / Chest and shoulders: 3 / Arms and core: 3

DATE / SETS / REPS / RESISTANCE

DAY 6 — **Full body B / easy practice**

Legs and hips: 3 / Chest and shoulders: 3 / Back: 3 / Arms and core: 3

DATE / SETS / REPS / RESISTANCE

DAY 7 — **Rest / recovery**

Rest and recovery

DATE / SETS / REPS / RESISTANCE

Main red / secondary blue / support green. Session sets are planned, not counted from recordings.