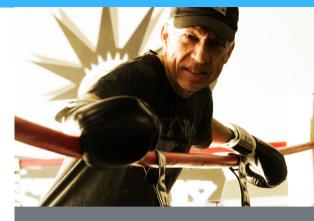
## PARKINSON WELLNESS PROGRAM

## WEEK 1 WEEK 2 WEEK 3 WEEK 4 Warm Up Warm Up Warm Up Warm Up Cardio Cardio Flexibility Cardio **Upper Body Strength Functional Strength** Balance Strength Cardio Cardio Cardio Core Flexibility Flexibility Cardio Flexibility Cool Down Cool Down Cool Down Cool Down Warm Up Warm Up Warm Up Warm Up Cardio Cardio Flexibility Cardio Core Core Core Balance Cardio Cardio Cardio Cardio Flexibility Flexibility Strength Flexibility Cool Down Cool Down Cool Down Cool Down Warm Up Warm Up Warm Up Warm Up Cardio Cardio Cardio Balance Balance Lower Body Strength Upper Body Strength Low Body Strength Cardio Cardio Cardio Cardio Flexibility Balance Core Flexibility Cool Down Cool Down Cool Down Cool Down



## Tips for success!

Aim for 3-5 sessions of high intensity exercise per week!

Needing a More indivdualized Program?

Contact one of our specialized PTs for a free consultation.

info@wellness360fitness.com 585-259-0782

