

PARKINSON'S WELLNESS PROGRAM

WEEK 1

WEEK 2

WEEK 3

WEEK 4

Warm Up
Flexibility A
Strength/Posture A
Cardio B
Cool Down

Warm Up
Flexibility C
Strength/Posture D
Cardio B
Cool Down

Warm Up
Cardio A
Balance B
Flexibility C
Cool Down

Warm Up
Flexibility C
Strength/Posture A
Cardio B
Cool Down

Warm Up
Flexibility B
Cardio A
Strength/Posture B
Cool Down

Warm Up
Cardio C
Functional PWR Standing
Flexibility A
Cool Down

Warm Up
Flexibility A
Strength/Posture A
Cardio B
Cool Down

Warm Up
Flexibility B
Strength/Posture B
Cardio A
Cool Down

Warm Up
Cardio A
Functional Floor Exercise
Strength/Posture C
Cool Down

Warm Up
Balance A
Cardio B
Flexibility B
Cool Down

Warm Up
Cardio C
Functional PWR Quadruped
Strength/Posture D
Cool Down

Warm Up
Cardio C
Functional Anti-Freezing
Flexibility A
Cool Down



NOTES for success!

Focus on big, powerful movements as you work through each section!