

🔥 What is your fitness level?

Beginner

Intermediate

Advanced

🎯 What is your fitness goal?

Loss weight

🏃 What type of workout do you prefer?



Cardio



Strength training



Yoga



Stretching



Other

📅 How often do you want to work out?

1-2 times per week

How many days should the workout plan cover?



Submit

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Submit

This may take a few seconds to generate your workout plan. Please don't close the app.

## Workout Plan

### Personalized Yoga Workout Plan for Endurance Improvement

#### User Information:

- Fitness Goal: Improve endurance
- Fitness Level: Beginner
- Preferred workout: Yoga
- Workout frequency: 1-2 times per week

#### Day 1: Strength Yoga

Warm up: 5-10 minutes of gentle yoga stretches

#### Exercises:

1. Chair pose - hold for 10 breaths, repeat 3 times (1 set)
2. Warrior I - hold for 5 breaths, repeat 3 times each side (1 set)
3. Half moon pose - hold for 3-5 breaths, repeat 3 times each side (1 set)
4. Downward dog - hold for 10 breaths, repeat 3 times (1 set)
5. Plank - hold for 30 seconds, repeat 3 times (1 set)
6. Bridge pose - hold for 10 breaths, repeat 3 times (1 set)

#### Day 2: Cardio Yoga

Warm up: 5-10 minutes of gentle yoga stretches

#### Exercises:

# Walking Workout Openai Last 90 Days

**Mark Fenton, Seth Bauer**



## **Walking Workout Openai Last 90 Days:**

*The Billboard*, 1926      The 90-day Fitness Walking Program Mark Fenton, Seth Bauer, 1995 No exercise has swept the nation like walking. It's simple, it works, and you've been doing it all your life. Now The 90 Day Fitness Walking Program leaves you no excuses. The editors of *Walking* magazine take you through a day to day progressive workout that helps you strengthen your heart, burn fat, feel healthier, and remain injury free all in 90 days. Most importantly, they guide you to building a safe, healthy, effective exercise habit that will last a lifetime. Day one: walk for ten minutes today, tomorrow, and the next day, but take day four off, and why? Starting up fitting exercise into your day, and how to talk to your doctor about beginning a program. Chart your course, following your progress with an easy to use training log. It's the shoes, choosing the right pair, and why it's so important. Stretch and strengthen simple stand up exercises for before and after your walk to keep your entire body supple and toned. How am I doing? How to assess your improving health and fitness. Sticks and stones, whether hand weights and walking poles are right for you. Do the diet, hydration, nutrition, calorie burn, and cutting the fat. Moving forward, advanced techniques, speed workouts, and racewalking for the ambitious. Beyond the book, how to write your own exercise prescription and keep up this great habit now that the first ninety days are behind you.      *Walking For Fitness* Nina Barough, 2016-12-06 Discover the benefits of power walking and take simple steps to boost your energy levels with *Walking for Fitness*. Whether you want to include walking in your workout regimen or simply want to be more active and reach the recommended 10,000 steps a day, this collection of strategies can help you maximize the benefits of fitness walking. Seven 12 week long walking programs target a range of goals from weight loss to completing a marathon. Step by step photographs demonstrate correct techniques, and stretching and strengthening exercises are explained to complement your walking program and help you improve your overall well being. Now revised and updated, *Walking for Fitness* provides you with everything you need to achieve good health, increased vitality, and weight loss. No matter your age or fitness level, make every step count with *Walking for Fitness*.      **The Walking Diet** Les Snowden, Maggie Humphreys, 1991 The exercise diet book. Simply by following this walking plan, you can become fitter, healthier, and slimmer.      The Walking Diet Les Snowden, Maggie Humphreys, 1991

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