

WEEK 1

S	DAY OFF
M	DAY OFF
T	WEEK 1 GUIDE
W	BED FLEX I
T	DAY OFF
F	BED FLEX I
S	DAY OFF

WEEK 2

S	BED FLEX II
M	DAY OFF
T	WEEK 2 GUIDE
W	BED FLEX II
T	DAY OFF
F	BED FLEX II
S	DAY OFF

WEEK 3

S	BED FLEX II
M	DAY OFF
T	WEEK 3 GUIDE
W	BED FLEX III
T	DAY OFF
F	BED FLEX III
S	DAY OFF

WEEK 4

S	BED FLEX III
M	DAY OFF
T	WEEK 4 GUIDE
W	BED FLEX I
T	DAY OFF
F	BED FLEX II
S	DAY OFF

WEEK 5

S	BED FLEX III
M	DAY OFF
T	WEEK 5 GUIDE
W	D.D. CHAIR FORCE
T	DAY OFF
F	D.D. CHAIR FORCE
S	DAY OFF

WEEK 6

S	CHAIR FORCE I
M	DAY OFF
T	WEEK 6 GUIDE
W	DAY OFF
T	DAY OFF
F	CHAIR FORCE I
S	DAY OFF

WEEK 7

S	CHAIR FORCE I
M	DAY OFF
T	WEEK 7 GUIDE
W	CHAIR FORCE I
T	DAY OFF
F	CHAIR FORCE I
S	DAY OFF

WEEK 8

S	CHAIR FORCE I
M	DAY OFF
T	WEEK 8 GUIDE
W	CHAIR FORCE I
T	DAY OFF
F	CHAIR FORCE I
S	DAY OFF

WEEK 9

S	CHAIR FORCE II
M	DAY OFF
T	WEEK 9 GUIDE
W	CHAIR FORCE II
T	DAY OFF
F	CHAIR FORCE III
S	DAY OFF

WEEK 10

S	CHAIR FORCE III
M	DAY OFF
T	WEEK 10 GUIDE
W	CHAIR FORCE I
T	DAY OFF
F	CHAIR FORCE II
S	DAY OFF

WEEK 11

S	CHAIR FORCE III
M	DAY OFF
T	WEEK 11 GUIDE
W	DAY OFF
T	DAY OFF
F	CHAIR FORCE III
S	DAY OFF

WEEK 12

S	CHAIR FORCE IV
M	DAY OFF
T	WEEK 12 GUIDE
	CHAIR WARRIOR I (17MIN)
W	CHAIR FORCE III
T	DAY OFF
F	CHAIR FORCE IV
	CHAIR FORCE II
S	DAY OFF

WEEK 13

S	CHAIR FORCE IV
M	CHAIR WARRIOR I (17MIN)
T	WEEK 13 GUIDE
	CHAIR WARRIOR I (17MIN)
W	CHAIR FORCE III
T	DAY OFF
F	CHAIR FORCE IV
S	DAY OFF

WEEK 14

S	CHAIR FORCE IV
M	CHAIR WARRIOR I (17MIN)
T	DAY OFF
W	DAY OFF
T	DAY OFF
F	DAY OFF
S	DAY OFF

BED FLEX

A perfect starting point if you're injured, have trouble sitting or standing upright, are recovering in bed, or just haven't been active for a long time.

LM

LIMITED MOBILITY

DDPY

REBUILD