Metabolic Rehab Program
Recommended Weekly Workout Schedule

This program focuses on restorative modes of exercise to balance and tone the parasympathetic side of the nervous system. Much of this will come from lifestyle inputs like sleep, meditation, massage, sauna, reading, etc. However, the workout recommendations are below:

**Sample Workout Week:**

**Day 1:**
- 45-60 minutes of leisure walking (not power walking)
- Upper Body Weight Training (traditional straight set training, rest as long as you need) – program on next page

**Day 2:**
- 45-60 minutes of leisure walking (not power walking)
- Restorative yoga class or tai chi or 15-20 minutes of stretching on your own

**Day 3:**
- 45-60 minutes of leisure walking (not power walking)
- Lower Body Weight Training (traditional straight set training, rest as long as you need) – program on next page

**Day 4:**
- 45-60 minutes of leisure walking (not power walking)
- Restorative yoga class or tai chi or 15-20 minutes of stretching on your own

**Day 5:**
- 45-60 minutes of leisure walking (not power walking)
- Upper Body Weight Training (traditional straight set training, rest as long as you need) – program on next page

**Day 6:** 45-60 minutes of leisure walking (not power walking)

**Day 7:** Optional leisure walk or whole day off
**Recommended Weight Workouts:**
You will need at least access to a bench and 2 sets of dumbbells (1 heavy & 1 light). Gym access is best.

**Day 1: Upper Body Training (Chest & Back)**
Perform 4 sets of the following movements, 8-12 reps of each
Do all 4 sets of the movement before moving to the next exercise
Focus on going relatively heavy (should be getting tough by the last 1-3 reps), but not necessarily going fast between movements
Take rest as needed, these workouts should not be rushed

- Incline Bench Press with dumbbells
- Incline Chest Fly with dumbbells
- Single-arm bench row with 1 dumbbell (do R, then L)
- Bent-over Row with dumbbells
- Flat Bench Pull-Over with 1 dumbbell

**Day 3: Lower Body Training**
Perform 4 sets of the following movements, 8-12 reps of each
Do all 4 sets of the movement before moving to the next exercise
Same rules apply as Day 1

- Single-Leg Lunge in place, hold dumbbells or use barbell (do R, then L)
- Squats with dumbbells or barbell
- Straight-leg Deadlifts with dumbbells or barbell
- Bench Step-ups with dumbbells (do reps on R, then on L)
- Bulgarian Split Squats on bench, hold dumbbells (do R, then L)

**Day 5: Upper Body Training (Shoulders, arms, core)**
Perform 4 sets of the following movements, 8-12 reps of each
Do all 4 sets of the movement before moving to the next exercise
Same rules apply as Day 1

- Standing Shoulder Press with dumbbells
- Bench Dips (straight legs or slight bend)
- Seated Biceps Curls (alternating R & L)
- Standing Lateral Raises with dumbbells
- Jack-knives (straight legs or bent at 90 degrees), no weight