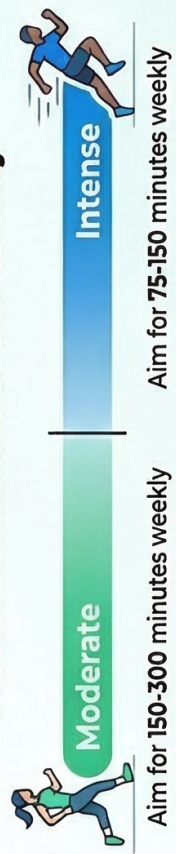


Your Weekly Blueprint for Physical Activity

This guide outlines the specific requirements for two training modules: Endurance and Resistance, detailing frequency, intensity, and structure to meet health recommendations.

The Endurance Module

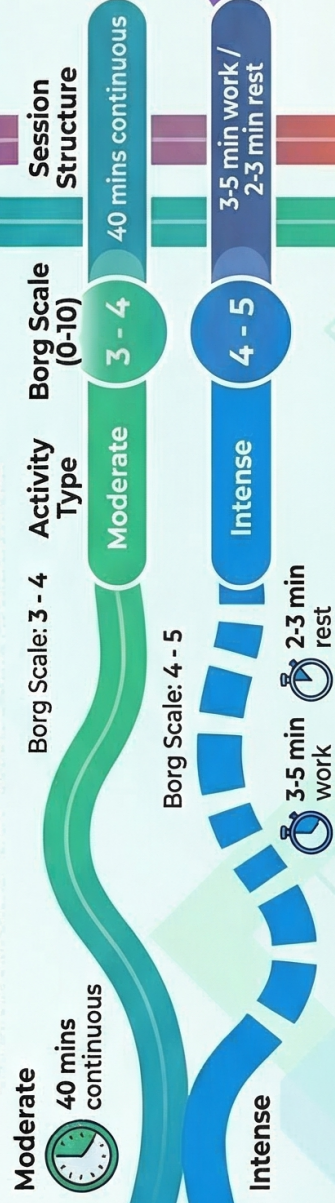
Moderate vs. Intense Activity



The "Talk Test" Intensity Gauge

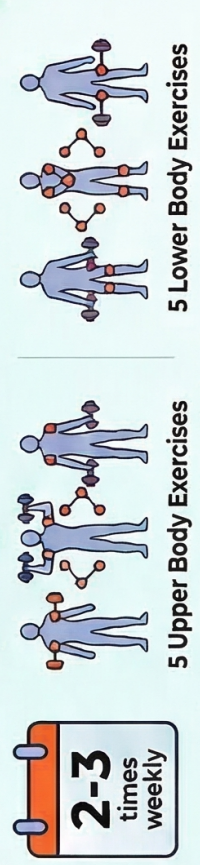


Continuous vs. Interval Sessions

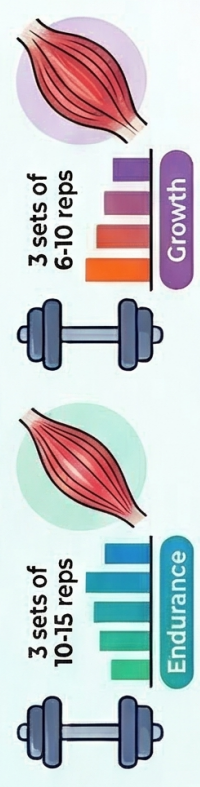


The Resistance Module

Frequency and Exercise Count



Target Repetitions for Results



The 10-Minute Bookend Rule

