

Workout Type	Intensity	Duration	Frequency	Body Movements
HIIT	High	Low	Usually 3-4x / week	 <ul style="list-style-type: none"> • Compound • Repetitive • Dynamic
CROSS TRAINING	High	Low	5-6x / week	 <ul style="list-style-type: none"> • Compound • Complex • Variable • Dynamic
STRETCHING	Low	High	3-7x / week	 <ul style="list-style-type: none"> • Isolated • Simple • Usually Static
WALKING PROGRAM	Low	High	3-7x / week	 <ul style="list-style-type: none"> • Repetitive • Simple • Dynamic
STEADY STATE CARDIO	High	High	3-5x / week	 <ul style="list-style-type: none"> • Repetitive • Simple • Dynamic
HOME/REHAB EXERCISES	Low	Low	3-7x / week	 <ul style="list-style-type: none"> • Repetitive • Isolated • Simple
RECREATIONAL SPORTS	High	High	1-3x / week	 <ul style="list-style-type: none"> • Compound • Complex • Variable • Dynamic
WEIGHTLIFTING	High	Low	3-5x / week	 <ul style="list-style-type: none"> • Variable • Dynamic

Cellular Health Workout Plan America

Lingsheng Yao

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