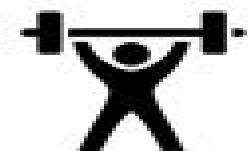


| Workout Type | Intensity | Duration | Frequency | Body Movements |
|----------------------|-----------|----------|---------------------|--|
| HIIT | High | Low | Usually 3-4x / week |  <ul style="list-style-type: none"> • Compound • Repetitive • Dynamic |
| CROSS TRAINING | High | Low | 5-6x / week |  <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 |

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Gunnar Peterson

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