## Cardio:
- **Frequency:** 3-5x per week
- **Duration:** 20-60 minutes

## Resistance
- **Intensity:** 55-90% HR max, 12-16 RPE
- **Activity:** Large muscle groups
- **Duration:** 1 set of 3-20 reps
- **Flexibility:**
  - **Frequency:** 5-7x per week
  - **Intensity:** Stretch to slight discomfort
- **Duration:** 2-4 reps of 15-30 sec hold
- **Activity:** Static stretching

## Stretching
- **Frequency:** 5-7x per week

## Core
- **Activity:** Large muscle groups
- **Duration:** 2-4 reps of 15-30 sec hold

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### Personal Goals:

#### Short Term: 2-6 weeks
- **Frequency:** 2-3x per week
- **Intensity:** Volitional fatigue, 14-18 RPE
- **Duration:** 1 set of 3-20 reps

#### Intermediate Term: 2-6 months
- **Activity:** 8-10 major muscle group exercises

#### Long Term: 1-2 years
- **Intensity:** Stretch to slight discomfort

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### Additional Notes:

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