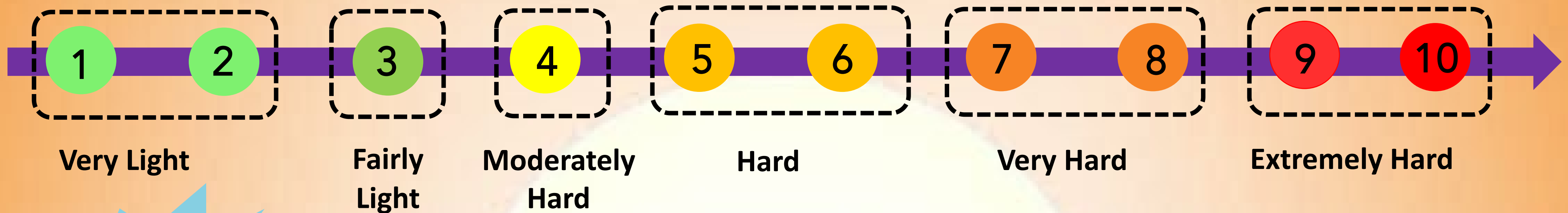


# A Stronger You Formula

## Rate of Perceived Exertion (RPE)



### Weekly Tips

	Aerobics	Flexibility	Strength	Balance
Frequency	2 to 3x per week	2 to 3x per week	2 to 3x per week	2 to 3x per week
RPE	3 to 4	3 to 4	5	3 to 4
Duration	20 minutes	7 minutes	10 minutes	8 minutes

