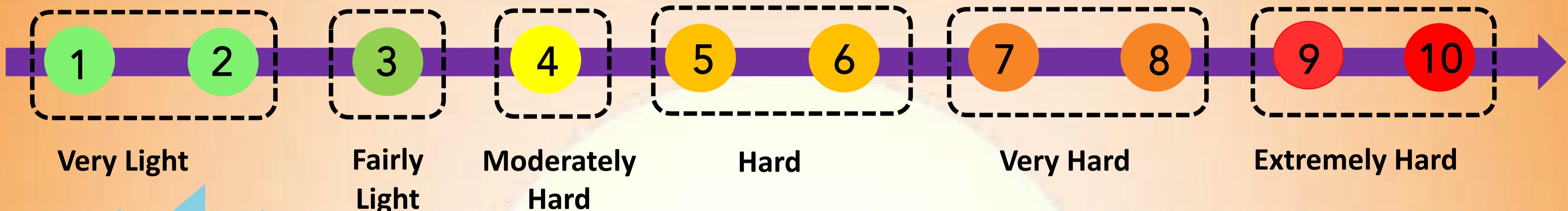


A Stronger You Formula

Rate of Perceived Exertion (RPE)



Weekly Tips

Aerobics

Frequency

2 to 3x per week

Flexibility

2 to 3x per week

Strength

2 to 3x per week

Balance

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

