

Day 1: Intense lower body training.

Day 2: Take more time than normal to stretch.

Day 3: Active rest, such as a brisk walk, or playing games with family, friends, or a pet.

Day 4: Intense upper body training.

Day 5: Meditate in comfortable stretches.

Day 6: Cardio, such as martial arts, swimming, running, hiking, dancing, or the like.

Day 7: Take more time than normal to stretch.

Repeat.