

WEEKLY TAI CHI - YOGA - STRENGTH PLAN

Tuesday: Tai Chi Eight • Friday: Tai Chi Ten • Sunday: Rest

MONDAY

MAIN PLAN

Yoga + walk

SUGGESTED AMOUNT

Yoga 20-30 min

Walk 20-30 min



WHY / HOW TO USE IT:

Back and hip mobility before Tuesday. Keep yoga gentle enough that you finish feeling looser, not tired.

TUESDAY

MAIN PLAN

TAI CHI EIGHT - 2:30 PM

SUGGESTED AMOUNT

60-minute class



WHY / HOW TO USE IT:

Primary Tai Chi technique and balance day. Use a slightly higher stance or a brief seated reset if the back starts tightening.

WEDNESDAY

MAIN PLAN

Main weight-training day

SUGGESTED AMOUNT

35-45 min

Optional easy walk



WHY / HOW TO USE IT:

Train legs, hips, core, and upper back. Favor controlled sets of 8-12 reps. Include supported squats, abductors/adductors, leg work, heel/toe raises, and a seated row if available.

WEEKLY TAI CHI - YOGA - STRENGTH PLAN

Thursday through Sunday - recovery, Tai Chi Ten, light strength, and rest

THURSDAY

MAIN PLAN

Yoga + chair Tai Chi + walk

SUGGESTED AMOUNT

**Yoga 20-25 min
Chair Tai Chi 10 min
Walk 20-30 min**



WHY / HOW TO USE IT: Recovery and skill day. Keep it light so the back and legs are fresh for Friday. Practice breathing, Cloud Hands, weight shifts, marching, and knee extensions.

FRIDAY

MAIN PLAN

TAI CHI TEN - 10:30 AM

SUGGESTED AMOUNT

60-minute class



WHY / HOW TO USE IT: New-learning day. Because Tai Chi Ten is new, emphasize form, breathing, and weight transfer rather than deep stances or trying to master everything at once.

SATURDAY

MAIN PLAN

Light strength + walk

SUGGESTED AMOUNT

**Weights 20-30 min
Walk 20-30 min**



WHY / HOW TO USE IT: Second strength stimulus, but lighter than Wednesday. Good choices: supported squats, hip abductors, leg work, heel/toe raises, core, and seated row.

SUNDAY

MAIN PLAN

FULL REST DAY

SUGGESTED AMOUNT

No planned exercise



WHY / HOW TO USE IT: Recovery day. Ordinary daily activity is fine, but no formal workout is required.

BACK & FATIGUE RULES

- Rest before back pain becomes severe.
- A higher/shallower Tai Chi stance is acceptable.
- If Wednesday weights leave you sore, make Saturday lighter.

WEEKLY PRIORITIES

- Technique before depth.
- Strength before exhaustion.
- Yoga should leave the back looser; walking should feel easy-to-moderate.