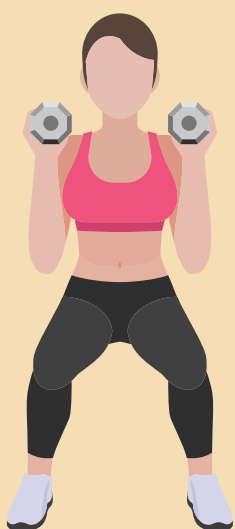


# HOW TO STACK YOUR WORKOUTS FOR MAXIMUM RESULTS

## Key Exercise Categories



- **Cardio:** Boost heart health (30–60 mins moderate or 20–60 mins vigorous, 3–5x/week)
- **Resistance:** Build strength (2–3x/week for major muscle groups)
- **Flexibility:** Improve mobility (2–3x/week)
- **Functional Training:** Enhance balance and coordination (2–3x/week)

## Assess Your Routine



- **Include all** exercise categories
- **Rest 1–2 days/week** to avoid injury
- **Add variety** to challenge body and mind

## Stacking Workouts



- **Pair exercises** for efficiency
- Example Schedule:
  - **Monday:** Cardio + Resistance
  - **Tuesday:** Functional + Flexibility
  - **Friday:** Light Cardio + Functional

## Fusion Workout Ideas



- **Cardio Sculpt** (Cardio + Strength)
- **Yogalates** (Yoga + Pilates)
- **Boot Camp** (HIIT + Strength)



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