



WEEKS ONE TO FOUR

exercise plan

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|------------|--|--|--|-------------|---|--|-------------|
| Week one | 25-minute brisk walk/cycle/swim | 5 x 2-minute hill walk/jog/bike + physical challenge | home circuit: 5 x bodyweight exercises: 3 x 10 every exercise | active rest | 30-minute brisk walk/cycle/swim + retest physical challenge | try something new - yoga on YouTube (30 minutes) | active rest |
| | Physical challenge: wall sit How long can you hold this position for? | | | | | | |
| Week two | 30-minute brisk walk/cycle/swim | 5 x 2-minute hill walk/jog/bike + physical challenge | home circuit 5 bodyweight exercises: 3 x 10 every exercise | active rest | 30-minute brisk walk/cycle/swim + retest physical challenge | try something new, maybe explore a new walking track in your area (30 minutes) | active rest |
| | Physical challenge: push-ups How many push-ups can you do in 45 seconds? | | | | | | |
| Week three | 35-minute brisk walk/cycle/swim | 5 x 2-minute hill walk/jog/bike + physical challenge | home circuit 6 bodyweight exercises: 3 x 10 every exercise | active rest | 30-minute brisk walk/cycle/swim + retest physical challenge | try something new, eg, take a new class at the gym (30 minutes) | active rest |
| | Physical challenge: backward lunges How many lunges can you do in 1 minute? | | | | | | |
| Week four | 4-minute brisk walk/cycle/swim | 5 x 2-minute hill walk/jog/bike + physical challenge | home circuit 6 bodyweight exercises: 3 x 10 every exercise | active rest | 30-minute brisk walk/cycle/swim + retest physical challenge | try something new, eg, go aqua jogging (30 minutes) | active rest |
| | Physical challenge: sit-ups with rotation How many can you do in 2 minutes? | | | | | | |

Bodyweight exercises - These include push-ups, burpees, crab walk, planks and squats. Examples will be shown in upcoming videos and fitness columns.

Hill walks - You can use stairs if you don't have an appropriate hill near you. Walk up two minutes and then walk back down to recover.

Try something new - Make sure you share your new experience with us on social media @healthyfoodguide

Exercise examples are in your Motivate emails, Sarah Cowley's 'fit for life' column and your downloadable exercise card at healthyfood.co.nz/KSPlan