

WEEK 2 TRAINING PLAN

Take it up a notch with Libby's Week 2 exercise guide

MONDAY

40-Min Easy Walk

→ Warm up

None required

→ Workout

Walk for 40 minutes (approx. 4km) at an easy to moderate pace

TUESDAY

10-Min Home Circuit

→ Warm up

Hit PLAY on Libby's 5-Minute Magic Movement routine

→ Workout

30 Donkey Kicks (15 per leg)

20 Squats (or stand up/sit down from chair)

10 Push-ups (complete on your toes OR knees, or rest hands on a bench or table if you need to make these easier)

5 Prone Rows

30-count Plank Hold



WEDNESDAY

40-Min Interval Walk

→ Warm up

Walk at an easy pace for 10 minutes

→ Workout

Walk for 5 minutes at a brisk pace

Walk for 5 minutes at a moderate pace

RPT 5-minute intervals until you reach a total walk time of 40-minutes

THURSDAY

10-Min Home Circuit

→ Warm up

Hit PLAY on Libby's 5-Minute Magic Movement routine

→ Workout

30 Donkey Kicks (15 per leg)

20 Squats (or stand up/sit down from chair)

10 Push-ups (complete on your knees, or rest hands on a bench or table if you need to make these easier)

FRIDAY

Repeat Wednesday's Walk!

SATURDAY

Rest & Stretch Day!

Need some ideas? Just Google 5-Min Easy Stretch and some great free routines pop up!

SUNDAY

Walkabout Sunday!

Make an effort to leave the car at home and walk to explore today! See Week 1.

WALKING INTENSITY GUIDE

EASY PACE: A gentle stroll where you can walk and talk easily (approximately 5km per hour).

MODERATE PACE: You're lightly out of breath and can talk but not sing (approximately 6km per hour).

BRISK PACE: You're breaking a sweat and unable to hold a conversation (approximately 7km per hour).



LIBBY BABET

PRO FITNESS TRAINER

For Libby, what began as a life-changing diagnosis of malignant hypertension in her early 20s, turned into a life-long mission to inspire a new generation of happy, healthy, empowered and of course, active women. The newest trainer to hit our screens on Channel TEN's "The Biggest Loser: Transformed" believes she was put on this planet to help people be happier, feel good about themselves and live life to the full by creating a healthy life culture they live and breathe. This passion led her to found multiple fitness businesses including her Bondi training studio The Upbeat. Libby is also co-founder of Chief Nutrition, a healthy snack bar company with brands Chief Bar and Beauty Food, and co-founder of Nurture Group, a wellness and business event company.

Find out more about Libby: libbybabet.com @libbybabet

LINK TO
5-MINUTE MAGIC
MOVEMENT
ROUTINE
»

WEEK 2 TRAINING PLAN



DONKEY KICKS

1. Get on all fours on mat (hands under shoulders, knees under hips).
2. Keeping right knee bent 90 degrees, flex right foot and lift knee to hip level.
3. Lower knee without touching floor; lift again.
4. Repeat 15 times on one leg, and then repeat on the other leg.



SQUATS

1. Start in a standing position, feet shoulder-width apart and hands clasped in front of chest, elbows slightly bent.
2. Brace your abs, push your hips back and bend your knees, lowering the body into a squat. Pause at the bottom, then push back up to the starting position.
3. Complete 20 squats.

Top tip: if squats are too hard, try sitting on a hard chair and slowly getting up and sitting back down for 15 repetitions.



PRONE ROWS

1. Lay on your stomach on the floor.
2. Place your hands beside your head, and slowly lift your upper body off the floor, engaging your glutes to keep your lower body on the ground.
3. Slowly return your upper body to the floor and rest for a beat.
4. Repeat 5 times.



PUSH-UPS

1. Get onto all fours, and hold your body off the floor with your hands and toes.
 2. Keeping core tight and hands slightly wider than shoulder-width apart, lower your body to the floor so your chest grazes the ground.
 3. Push back up to start.
 4. Complete 10 push-ups.
- Top tip:** if this is too hard, try push-ups on your knees instead.



PLANK HOLDS

1. Plant hands directly under shoulders (slightly wider than shoulder width) like you're about to do a push-up.
2. Push toes into the floor and squeeze glutes to stabilize your body.
3. Neutralize your neck and spine by looking at a spot on the floor about a foot beyond your hands. Your head should be in line with your back.
4. Hold the position for up to 30 seconds.