

WEEK 4 TRAINING PLAN

Make your last week count with Libby's Week 4 exercise guide

MONDAY

50-60 Minute Easy Walk

→ Warm up

None required

→ Workout

Walk for 50-60 minutes (approx. 4km) at an easy to moderate pace (note: you can break this up into 2 x 25-30 minute walks if it fits your lifestyle better, morning and lunch for example)

TUESDAY

15-Min Home Circuit

→ Warm up

Hit [PLAY](#) on Libby's 5-Minute Magic Movement routine

→ Workout

50 Standing Sprints (one count for every step)

40 Standing Flies

30 Hip Raises

20 Star Jumps (if you can't do high impact, just step out to the side with one leg instead of jumping with two!)

10 Reverse Lunges (per leg, so 10 right side + 10 left side)

5 Lateral Lunges (per leg, so 5 right side + 5 left side)

30 seconds Core Rollbacks

WEDNESDAY

40-Min Interval Walk/Run

→ Warm up

Walk for 5 minutes at a moderate pace

Walk for 5 minutes at a brisk pace

→ Workout

Walk for 1 minute at an easy to moderate pace

Walk for 1 minute at a brisk pace

Jog for 1 minute at an easy pace (can't run today? Swap this for more 'brisk walk' time)

Repeat these intervals until you reach a total walk time of 40 minutes

THURSDAY

Repeat Tuesday's Circuit!

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.

***Advanced option for ANY week ANY day... add one full minute of burpees or squat jumps to your routine!**

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).

5 TOP TIPS

TO MAKE EXERCISE MORE FUN

HERE'S OUR TOP TIPS:

1 Exercise with a friend
Having someone to exercise with can help you get started and keep you motivated.

2 Think games
Try playing frisbee with the kids, have a game of cricket or just kick a footy around.

3 Hit the right note
Put on your favourite tunes to energise you - walk, jog, or dance off some energy!

4 Go places
Take a bushwalk with a friend, or walk to your favourite café and grab a coffee. You could also check out festivals and markets in your area.

5 Join a club!
You are much more likely to continue your exercise program if there are common goals, you're having a sociable time and other people are counting on your participation.

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STANDING SPRINTS

1. Stand tall and hold your arms by your sides like you would if you were jogging.
2. Run on the spot as fast as you can, and complete 50 steps fast.



STANDING FLYS

1. Bend forward at the hip no more than 90 degrees, keeping your back flat, and knees slightly bent.
2. Hold your arms out in front of you, pointed towards the ground.
3. Slowly lift both arms out to the side, maintaining a slight bend in the elbows and squeeze your shoulder blades together.
4. Slowly lower your arms back toward the ground. Repeat 40 times.



HIP RAISES

1. Lie flat on your back with your hands by your sides and your knees bent, place your feet flat on the floor about hip width apart.
2. Pushing through your heels, lift your hips off the floor while keeping your back straight. Hold at the top for a second creating a bridge from your knees to your shoulders.
3. Slowly bring your butt back down to the floor to complete the rep. Complete 30 reps.

TOP TIP: make it harder by moving extra slow!



STAR JUMPS

1. Start in a quarter squat position with your back flat, feet together, and palms touching the sides of your lower legs.
2. Jump up, raising your arms and legs out to your sides (your body should form an "X" in mid-air).
3. Land softly with your feet together and immediately lower yourself back into the starting position. Complete 20 jumps.

TOP TIP: if you can't do high impact, just step out to the side with one leg instead of jumping with two.

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REVERSE LUNGES

1. Stand with feet hip-width apart, then step backwards with your right leg until your knees are at 90-degree angles - your right knee should be pointing towards the ground, your right knee should be in line with your toes.
2. Push yourself forward to the start position and repeat with your left leg.
3. Repeat 10 times on each leg.



LATERAL LUNGES

1. Start by standing tall with your feet parallel and shoulder-width apart. Your back should be straight and your weight on your heels.
2. Take a big step to the side and, ensuring you keep your torso as upright as possible, lower until the knee of your leading leg is bent no more than 90°, keeping your other leg straight.
3. Push back up and return to the starting position. Repeat 5 on each leg.



CORE ROLLBACKS

1. Sit up nice and tall, place your legs out wide, keeping your feet flat on the floor.
2. Holding your arms out in front of your at shoulder height, slowly roll backwards to until you feel your abdominals engage, pause for a breath, and slowly roll back up to a seated position. Continue for 30 seconds, moving slowly.