

Kick-start four-week exercise plan

	Week <i>one</i>	Week <i>two</i>	Week <i>three</i>	Week <i>four</i>
<i>Mon</i>	Power half hour	Power half hour	Power half hour	Power half hour
<i>Tues</i>	Circuit: 3x band, 2x body weight. Chair squat test	Circuit: 5x band, 2x body weight. Eight repetitions of each, three times	Circuit: 5x band, 2x body weight. Eight repetitions of each, four times	Circuit: 5x band, 2x body weight. 10 repetitions of each, three times. Chair squat test
<i>Wed</i>	Rest and recover	Rest and recover	Rest and recover	Rest and recover
<i>Thurs</i>	Intervals: 5x 1min on and 1min recovery	Intervals: 5x 2min on and 2min recovery	Intervals: 6x 2min on and 2min recovery	Intervals: 7x 2min on and 2min recovery
<i>Fri</i>	Circuit: 4x band, 2x body weight. Eight repetitions of each, three times. Plank test	Circuit: 5x band, 2x body weight. Eight repetitions of each, four times	Circuit: 5x band, 2x body weight. Eight repetitions of each, five times	Circuit: 5x band, 2x body weight. 10 repetitions of each, three times. Plank test
<i>Sat</i>	Power half hour	Power half hour	Power half hour	Power half hour
<i>Sun</i>	Rest and recover	Rest and recover	Rest and recover	Rest and recover



To sign up for your 12 weeks of Kick-start Motivator emails, head to healthyfood.co.nz/talkKS