



WEEKS NINE TO TWELVE

exercise plan

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week nine	40-minute brisk walk/cycle/swim 2 x 20-second r+l isometric lunge holds	10 x 2-minute jog/1-minute fast walk + physical challenge	Tabata home circuit* 6 exercises. Each exercise: 6 x 20 seconds on, 10 seconds rest	active rest	30-minute brisk walk/cycle/swim + retest physical challenge	try something new, eg, borrow a mountain bike and head out exploring	active rest
	Physical challenge: single leg Romanian dead lifts (RDL). How many can you do on your R leg in 1 minute? How many can you do on your L leg in 1 minute?						
Week ten	45-minute brisk walk/cycle/swim 3 x 20-second r+l isometric lunge holds	10 x 2-minute jog/1-minute fast walk + physical challenge	Tabata* home circuit 7 exercises. Each exercise: 6 x 20 seconds on, 10 seconds rest	active rest	30-minute brisk walk/cycle/swim + retest physical challenge	try something new, eg, grab a tennis racket and head to your local courts for a hit	active rest
	Physical challenge: isometric lunge hold. How long can you hold this position for?						
Week eleven	30-minute brisk walk/cycle/swim 3 x 20-second plank holds	12 x 2-minute jog/1-minute fast walk + physical challenge	Tabata* home circuit 8 exercises. Each exercise: 6 x 20 seconds on, 10 seconds rest	active rest	30-minute brisk walk/cycle/swim + retest physical challenge	try something new, eg, check out a dance class in your area	active rest
	Physical challenge: wall sit.* How long can you hold this position for?						
Week twelve	45-minute brisk walk/cycle/swim 3 x 20-second plank holds	12 x 2-minute jog/1-minute fast walk + physical challenge	Tabata* home circuit 8 exercises. Each exercise: 6 x 20 seconds on, 10 seconds rest	active rest	30-minute brisk walk/cycle/swim + retest physical challenge	try something again that was once new!	active rest
	Physical challenge: plank into wall handstand. How many can you do?						

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

***Tabata** is a form of high-intensity interval training where you do one exercise for 20 seconds, full on, followed by 10 seconds rest. This sequence is repeated for four minutes and then you can have a longer rest before the next set. Tabata is a great metabolic kicker and perfect on those days when you're pushed for time. For example, set your timer so you do 20 seconds of lunges followed by 10 seconds of rest. Repeat for four minutes, then do another exercise.

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