

# NEW YEAR'S HEALTH GOAL CALENDARS - SIX WEEK SHREDDING PLAN

## WEEK 01

**Monday**  
Upper body

1. Bent over rows  2. Lateral pull down   
3. Roman chair extension  4. Barbell curls   
5. Seated chest fly  6. Abs crunches   
Complete three sets of six to eight reps

**Tuesday**  
Cardio HIIT

Elliptical, stair-climber, rower or treadmill: 30 second sprint and 60 second lower intensity exercise. Repeat cycle six - eight times

**Wednesday**  
Lower body

1. Standard squat  2. Hack Lift   
3. Trap bar deadlift  4. Calf raises   
5. Leg extensions   
Complete three sets of six to eight reps

**Thursday**  
Upper body

1. Bent over rows  2. Lateral pull down   
3. Roman chair extension  4. Barbell curls   
5. Seated chest fly  6. Abs crunches   
Complete three sets of six to eight reps

**Friday**  
Cardio HIIT

Elliptical, stair-climber, rower or treadmill: 30 second sprint and 60 second lower intensity exercise. Repeat cycle six - eight times

**Saturday**  
Full body

1. Chest press  2. Lat pull down   
3. Squats  4. Shoulder press   
5. Lunges  6. Abdominal crunches   
Complete three sets of six to eight reps

**Sunday**  
Rest & review

**Week 1 tip:**  
Start as you mean to go on and learn the correct form for each exercise. This ensures you hit the right muscles and minimize injury.

## WEEK 02

**Monday**  
Upper body

1. Bent over rows  2. Lateral pull down   
3. Roman chair extension  4. Barbell curls   
5. Seated chest fly  6. Abs crunches   
Complete three sets of six to eight reps

**Tuesday**  
Lower body

1. Standard squat  2. Hack Lift   
3. Trap bar deadlift  4. Calf raises   
5. Leg extensions   
Complete three sets of six to eight reps

**Wednesday**  
Cardio HIIT

Elliptical, stair-climber, rower or treadmill: 30 second sprint and 60 second lower intensity exercise. Repeat cycle six - eight times

**Thursday**  
Lower body

1. Standard squat  2. Hack Lift   
3. Trap bar deadlift  4. Calf raises   
5. Leg extensions   
Complete three sets of six to eight reps

**Friday**  
Cardio HIIT

Elliptical, stair-climber, rower or treadmill: 30 second sprint and 60 second lower intensity exercise. Repeat cycle six - eight times

**Saturday**  
Full body

1. Chest press  2. Lat pull down   
3. Squats  4. Shoulder press   
5. Lunges  6. Abdominal crunches   
Complete three sets of six to eight reps

**Sunday**  
Rest & review

**Week 2 tip:**  
Protein is the core food group for developing muscle - which helps you burn more fat. Be sure to keep your diet high in protein, even on rest days.

## WEEK 03

**Monday**  
Upper body

1. Bent over rows  2. Lateral pull down   
3. Roman chair extension  4. Barbell curls   
5. Seated chest fly  6. Abs crunches   
Complete three sets of six to eight reps

**Tuesday**  
Cardio HIIT

Elliptical, stair-climber, rower or treadmill: 30 second sprint and 60 second lower intensity exercise. Repeat cycle six - eight times

**Wednesday**  
Lower body

1. Standard squat  2. Hack Lift   
3. Trap bar deadlift  4. Calf raises   
5. Leg extensions   
Complete three sets of six to eight reps

**Thursday**  
Upper body

1. Bent over rows  2. Lateral pull down   
3. Roman chair extension  4. Barbell curls   
5. Seated chest fly  6. Abs crunches   
Complete three sets of six to eight reps

**Friday**  
Cardio HIIT

Elliptical, stair-climber, rower or treadmill: 30 second sprint and 60 second lower intensity exercise. Repeat cycle six - eight times

**Saturday**  
Full body

1. Chest press  2. Lat pull down   
3. Squats  4. Shoulder press   
5. Lunges  6. Abdominal crunches   
Complete three sets of six to eight reps

**Sunday**  
Rest & review

**Week 3 tip:**  
By week three, many people struggle to maintain focus. Remember your motivation and hit those goals #BreaktheWall

## MEAL INSPIRATION

**Breakfast:**  
Tomato and fresh basil omelets

**Lunch:**  
Wholegrain turkey and mozzarella sandwich

**Dinner:**  
Steak, beans and couscous

### Energy Boosters

Almonds and sliced apple

Granola

**Breakfast:**  
Oatmeal with cashews and cantaloupe

**Lunch:**  
Spinach and cheese stuffed potato

**Dinner:**  
Shrimp and coconut rice

### Energy Boosters

Roast beef slices with baby carrots

Whole-wheat crackers with cottage cheese

**Breakfast:**  
Wheat bread, peanut butter with blackberries

**Lunch:**  
Vegetarian chili with a side of green apple

**Dinner:**  
Mustard-glazed cod

### Energy Boosters

Almonds and celery stick

Popcorn and dried apricots

# NEW YEAR'S HEALTH GOAL CALENDARS - SIX WEEK SHREDDING PLAN

## WEEK 04

### Monday

Upper body

- |                          |                          |                      |                          |
|--------------------------|--------------------------|----------------------|--------------------------|
| 1. Bent over rows        | <input type="checkbox"/> | 2. Lateral pull down | <input type="checkbox"/> |
| 3. Roman chair extension | <input type="checkbox"/> | 4. Barbell curls     | <input type="checkbox"/> |
| 5. Seated chest fly      | <input type="checkbox"/> | 6. Abs crunches      | <input type="checkbox"/> |

Complete three sets of six to eight reps

### Tuesday

Full body

- |                |                          |                       |                          |
|----------------|--------------------------|-----------------------|--------------------------|
| 1. Chest press | <input type="checkbox"/> | 2. Lat pull down      | <input type="checkbox"/> |
| 3. Squats      | <input type="checkbox"/> | 4. Shoulder press     | <input type="checkbox"/> |
| 5. Lunges      | <input type="checkbox"/> | 6. Abdominal crunches | <input type="checkbox"/> |

Complete three sets of six to eight reps

### Wednesday

Cardio HIIT

Elliptical, stair-climber, rower or treadmill: 30 second sprint and 60 second lower intensity exercise. Repeat cycle six - eight times

### Thursday

Lower body

- |                      |                          |                |                          |
|----------------------|--------------------------|----------------|--------------------------|
| 1. Standard squat    | <input type="checkbox"/> | 2. Hack Lift   | <input type="checkbox"/> |
| 3. Trap bar deadlift | <input type="checkbox"/> | 4. Calf raises | <input type="checkbox"/> |
| 5. Leg extensions    | <input type="checkbox"/> |                |                          |

Complete three sets of six to eight reps

### Friday

Cardio HIIT

Elliptical, stair-climber, rower or treadmill: 30 second sprint and 60 second lower intensity exercise. Repeat cycle six - eight times

### Saturday

Full body

- |                |                          |                       |                          |
|----------------|--------------------------|-----------------------|--------------------------|
| 1. Chest press | <input type="checkbox"/> | 2. Lat pull down      | <input type="checkbox"/> |
| 3. Squats      | <input type="checkbox"/> | 4. Shoulder press     | <input type="checkbox"/> |
| 5. Lunges      | <input type="checkbox"/> | 6. Abdominal crunches | <input type="checkbox"/> |

Complete three sets of six to eight reps

### Sunday

Rest & review

#### Week 4 tip:

Rest days are breaks from intense exercise. Try light cardio and stretching to soothe muscles and keep you motivated to achieve your goals.

## WEEK 05

### Monday

Upper body

- |                          |                          |                      |                          |
|--------------------------|--------------------------|----------------------|--------------------------|
| 1. Bent over rows        | <input type="checkbox"/> | 2. Lateral pull down | <input type="checkbox"/> |
| 3. Roman chair extension | <input type="checkbox"/> | 4. Barbell curls     | <input type="checkbox"/> |
| 5. Seated chest fly      | <input type="checkbox"/> | 6. Abs crunches      | <input type="checkbox"/> |

Complete three sets of six to eight reps

### Tuesday

Cardio HIIT

Elliptical, stair-climber, rower or treadmill: 30 second sprint and 60 second lower intensity exercise. Repeat cycle six - eight times

### Wednesday

Lower body

- |                      |                          |                |                          |
|----------------------|--------------------------|----------------|--------------------------|
| 1. Standard squat    | <input type="checkbox"/> | 2. Hack Lift   | <input type="checkbox"/> |
| 3. Trap bar deadlift | <input type="checkbox"/> | 4. Calf raises | <input type="checkbox"/> |
| 5. Leg extensions    | <input type="checkbox"/> |                |                          |

Complete three sets of six to eight reps

### Thursday

Upper body

- |                          |                          |                      |                          |
|--------------------------|--------------------------|----------------------|--------------------------|
| 1. Bent over rows        | <input type="checkbox"/> | 2. Lateral pull down | <input type="checkbox"/> |
| 3. Roman chair extension | <input type="checkbox"/> | 4. Barbell curls     | <input type="checkbox"/> |
| 5. Seated chest fly      | <input type="checkbox"/> | 6. Abs crunches      | <input type="checkbox"/> |

Complete three sets of six to eight reps

### Friday

Cardio HIIT

Elliptical, stair-climber, rower or treadmill: 30 second sprint and 60 second lower intensity exercise. Repeat cycle six - eight times

### Saturday

Full body

- |                |                          |                       |                          |
|----------------|--------------------------|-----------------------|--------------------------|
| 1. Chest press | <input type="checkbox"/> | 2. Lat pull down      | <input type="checkbox"/> |
| 3. Squats      | <input type="checkbox"/> | 4. Shoulder press     | <input type="checkbox"/> |
| 5. Lunges      | <input type="checkbox"/> | 6. Abdominal crunches | <input type="checkbox"/> |

Complete three sets of six to eight reps

### Sunday

Rest & review

#### Week 5 tip:

Nutrition is just as important on rest days so keep a vitamin and mineral rich diet to replenish your energy.

## WEEK 06

### Monday

Upper body

- |                          |                          |                      |                          |
|--------------------------|--------------------------|----------------------|--------------------------|
| 1. Bent over rows        | <input type="checkbox"/> | 2. Lateral pull down | <input type="checkbox"/> |
| 3. Roman chair extension | <input type="checkbox"/> | 4. Barbell curls     | <input type="checkbox"/> |
| 5. Seated chest fly      | <input type="checkbox"/> | 6. Abs crunches      | <input type="checkbox"/> |

Complete three sets of six to eight reps

### Tuesday

Full body

- |                |                          |                       |                          |
|----------------|--------------------------|-----------------------|--------------------------|
| 1. Chest press | <input type="checkbox"/> | 2. Lat pull down      | <input type="checkbox"/> |
| 3. Squats      | <input type="checkbox"/> | 4. Shoulder press     | <input type="checkbox"/> |
| 5. Lunges      | <input type="checkbox"/> | 6. Abdominal crunches | <input type="checkbox"/> |

Complete three sets of six to eight reps

### Wednesday

Cardio HIIT

Elliptical, stair-climber, rower or treadmill: 30 second sprint and 60 second lower intensity exercise. Repeat cycle six - eight times

### Thursday

Lower body

- |                      |                          |                |                          |
|----------------------|--------------------------|----------------|--------------------------|
| 1. Standard squat    | <input type="checkbox"/> | 2. Hack Lift   | <input type="checkbox"/> |
| 3. Trap bar deadlift | <input type="checkbox"/> | 4. Calf raises | <input type="checkbox"/> |
| 5. Leg extensions    | <input type="checkbox"/> |                |                          |

Complete three sets of six to eight reps

### Friday

Cardio HIIT

Elliptical, stair-climber, rower or treadmill: 30 second sprint and 60 second lower intensity exercise. Repeat cycle six - eight times

### Saturday

Full body

- |                |                          |                       |                          |
|----------------|--------------------------|-----------------------|--------------------------|
| 1. Chest press | <input type="checkbox"/> | 2. Lat pull down      | <input type="checkbox"/> |
| 3. Squats      | <input type="checkbox"/> | 4. Shoulder press     | <input type="checkbox"/> |
| 5. Lunges      | <input type="checkbox"/> | 6. Abdominal crunches | <input type="checkbox"/> |

Complete three sets of six to eight reps

### Sunday

Rest & review

#### Week 6 tip:

Six weeks in, you'll notice your strength and stamina have improved. Take a rest day to plan the next stage of your ambition and remember your motivation to shred.

## MEAL INSPIRATION



#### Breakfast:

Granola with low-fat yoghurt and strawberries



#### Lunch:

Chicken soup with a side of kale



#### Dinner:

Tuna pasta salad

#### Energy Boosters

Green grapes and pistachio nuts

Natural peanut butter



#### Breakfast:

Turkey and egg-white wrap



#### Lunch:

Couscous with shrimp and fresh basil



#### Dinner:

Grilled chicken breast with Swiss chard

#### Energy Boosters

Dried apples with sliced beef

Raisins and almonds



#### Breakfast:

Wheat English muffin with salmon and avocado



#### Lunch:

Chicken and pesto pasta salad



#### Dinner:

Eggs with spinach and sun-dried tomato

#### Energy Boosters

Low-fat fruit yoghurt

Walnuts with chopped cantaloupe