

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

## WEEK 01

**Monday**  
Treadmill HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat HIIT cycle six to eight times.

**Tuesday**  
Full body workout  
1. Squats  2. Leg press   
3. Trap bar deadlift  4. Bench press   
5. Arnold press  6. Seated row   
Complete three sets of 10 to 12 reps

**Wednesday**  
Low-intensity exercise  
Swimming, yoga, pilates or aerobics for 30 - 60 minutes.

**Thursday**  
Stationary bike HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat HIIT cycle six to eight times.

**Friday**  
Elliptical Machine / Stair-climber HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat five HIIT cycle six - eight times

**Saturday**  
Low-intensity exercise  
Swimming, yoga, pilates or aerobics for 30 - 60 minutes.

**Sunday**  
Rest & review  
**Week 1 tip:**  
Working out tears and breaks down muscles. Rest allows muscle recovery and reduces chances of injury. Eat well, get eight hours sleep, perfect your form and stay focused.

## WEEK 02

**Monday**  
Rowing HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat HIIT cycle six to eight times.

**Tuesday**  
Low-intensity exercise  
Swimming, yoga, pilates or aerobics for 30 - 60 minutes.

**Wednesday**  
Treadmill HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat HIIT cycle six to eight times.

**Thursday**  
Full body workout  
1. Squats  2. Leg press   
3. Trap bar deadlift  4. Bench press   
5. Arnold press  6. Seated row   
Complete three sets of 10 to 12 reps

**Friday**  
Stationary bike HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat five HIIT cycle six - eight times

**Saturday**  
Low-intensity exercise  
Swimming, yoga, pilates or aerobics for 30 - 60 minutes.

**Sunday**  
Rest & review  
**Week 2 tip:**  
Even during rest days, keep your diet protein rich to help your body recover. This will keep you working out at full strength on your next gym trip, helping to hit those slimming goals

## WEEK 03

**Monday**  
Elliptical Machine / Stair-climber HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat HIIT cycle six to eight times.

**Tuesday**  
Full body workout  
1. Squats  2. Leg press   
3. Trap bar deadlift  4. Bench press   
5. Arnold press  6. Seated row   
Complete three sets of 10 to 12 reps

**Wednesday**  
Low-intensity exercise  
Swimming, yoga, pilates or aerobics for 30 - 60 minutes.

**Thursday**  
Rowing HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat HIIT cycle six to eight times.

**Friday**  
Low-intensity exercise  
Swimming, yoga, pilates or aerobics for 30 - 60 minutes.

**Saturday**  
Full body workout  
1. Squats  2. Leg press   
3. Trap bar deadlift  4. Bench press   
5. Arnold press  6. Seated row   
Complete three sets of 10 to 12 reps

**Sunday**  
Rest & review  
**Week 3 tip:**  
This is when many people struggle to continue their goals. Don't give up focus and remember your motivation #BreaktheWall

## MEAL INSPIRATION

**Breakfast:**  
Non-dairy oatmeal and fresh fruit juice

**Lunch:**  
Whole grain turkey and mozzarella flatbread

**Dinner:**  
Mixed vegetables or seasonal salad lean red meat

**Light Bites**  
Portion of fruit and low fat yoghurt

**Breakfast:**  
Instant Oats

**Lunch:**  
Fresh fish and mixed seasonal veggies

**Dinner:**  
Mixed salad with chicken and whole-wheat pasta or wholegrain rice

**Light bites**  
Oatmeal and chocolate chip cookies

**Breakfast:**  
Vegan banana oatmeal

**Lunch:**  
Chicken breast with sweet potato & seasonal greens

**Dinner:**  
Tuna/salmon steak with rice, salad & light dressing

**Light bites**  
Pina colada vegan protein shake

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

## WEEK 04

**Monday**  
Treadmill HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat HIIT cycle six to eight times.

**Tuesday**  
Low-intensity exercise  
Swimming, yoga, pilates or aerobics for 30 - 60 minutes.

**Wednesday**  
Full body workout  
1. Squats  2. Leg press   
3. Trap bar deadlift  4. Bench press   
5. Arnold press  6. Seated row   
Complete three sets of 10 to 12 reps

**Thursday**  
Stationary bike HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat HIIT cycle six to eight times.

**Friday**  
Full body workout  
1. Squats  2. Leg press   
3. Trap bar deadlift  4. Bench press   
5. Arnold press  6. Seated row   
Complete three sets of 10 to 12 reps

**Saturday**  
Rowing HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat five HIIT cycle six - eight times

**Sunday**  
Rest & review  
**Week 4 tip:**  
Rest days don't have to mean being inactive. Try some light stretching to keep moving, increase blood circulation and aid recovery.

## WEEK 05

**Monday**  
Full body workout  
1. Squats  2. Leg press   
3. Trap bar deadlift  4. Bench press   
5. Arnold press  6. Seated row   
Complete three sets of 10 to 12 reps

**Tuesday**  
Treadmill HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat HIIT cycle six to eight times.

**Wednesday**  
Full body workout  
1. Squats  2. Leg press   
3. Trap bar deadlift  4. Bench press   
5. Arnold press  6. Seated row   
Complete three sets of 10 to 12 reps

**Thursday**  
Low-intensity exercise  
Swimming, yoga, pilates or aerobics for 30 - 60 minutes.

**Friday**  
Stationary bike HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat five HIIT cycle six - eight times

**Saturday**  
Elliptical Machine / Stair-climber HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat five HIIT cycle six - eight times

**Sunday**  
Rest & review  
**Week 5 tip:**  
Even on a slimming plan, it's important to look after your nutrition on rest days. Prots, carbs and fats are all needed by the body after intense exercise for recovery - and to keep your goals on track.

## WEEK 06

**Monday**  
Rowing HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat HIIT cycle six to eight times.

**Tuesday**  
Full body workout  
1. Squats  2. Leg press   
3. Trap bar deadlift  4. Bench press   
5. Arnold press  6. Seated row   
Complete three sets of 10 to 12 reps

**Wednesday**  
Treadmill HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat HIIT cycle six to eight times.

**Thursday**  
Low-intensity exercise  
Swimming, yoga, pilates or aerobics for 30 - 60 minutes.

**Friday**  
Full body workout  
1. Squats  2. Leg press   
3. Trap bar deadlift  4. Bench press   
5. Arnold press  6. Seated row   
Complete three sets of 10 to 12 reps

**Saturday**  
Rowing HIIT  
30 second sprint and 60 second lower intensity exercise. Repeat five HIIT cycle six - eight times

**Sunday**  
Rest & review  
**Week 6 tip:**  
Don't be distracted and keep working towards your goals! Use this rest day to plan the next stage of achieving your ambition.

## MEAL INSPIRATION

**Breakfast:**  
Oatmeal, fruit and seeds

**Lunch:**  
Fiery five bean chili

**Dinner:**  
Chicken salad with spinach, peppers, mushrooms, lemon juice, olive oil and pepper.

**Light Bites**  
Popcorn and dried apricots

**Breakfast:**  
Spinach, mixed pepper omelets with turkey bacon

**Lunch:**  
Ground beef with white rice or baked potato

**Dinner:**  
Avocado-toast pizza

**Light bites**  
Greek yogurt, mixed berries and almonds

**Breakfast:**  
Vegan banana oatmeal

**Lunch:**  
Chicken breast with sweet potato & seasonal greens

**Dinner:**  
Tuna/salmon steak with rice, salad & light dressing

**Light bites**  
Pina colada vegan protein shake