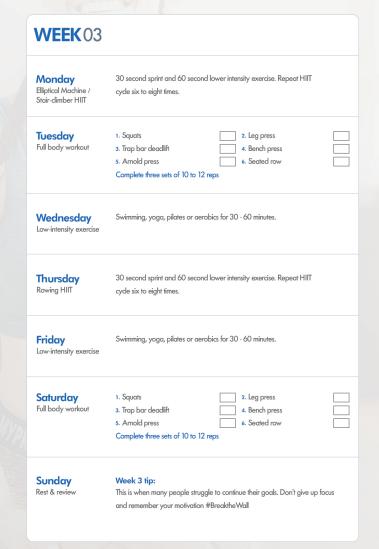
NEW YEAR'S HEALTH GOAL CALENDARS - SIX WEEK SLIMMING PLAN



WEEK 01			
Monday Treadmill HIIT	30 second sprint and 60 second lower intensity exercise. Repeat HIIT cycle six to eight firmes.		
Tuesday Full body workout	1. Squats		
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.		

	WEEK02				
	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.			
	Thursay 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			



MEAL INSPIRATION



)h	Breakfast: Instant Oats Lunch: Fresh fish and mixed seasonal veggies	Light bites Oatmeal and chocolate chip cookies
<u>#</u>	Dinner: Mixed salad with chicken and whole-wheat pasta or wholegrain rice	

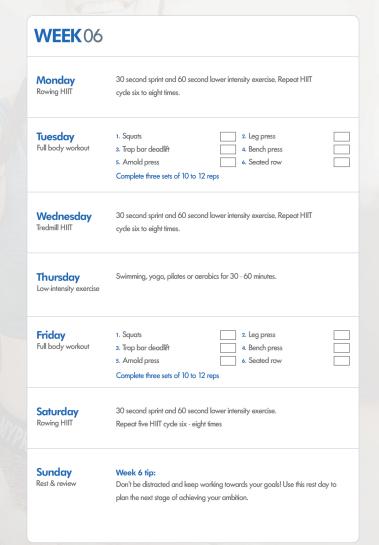


NEW YEAR'S HEALTH GOAL CALENDARS - SIX WEEK SLIMMING PLAN



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	Squats 2. Leg press . Trap bar deadlift 4. Bench 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	Squats 2. Leg press . Trap bar deadlift 4. Bench 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	Squats 2. Leg press 4. Bench 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	Squats 2. Leg press . Trap bar deadlift 4. Bench 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 fimes	
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.	



MEAL INSPIRATION



Breakfast: Spinach, mixed pepper omelets with turkey bacon Lunch: Ground beef with white rice or baked potato	Light bites Greek yogurt, mixed berrie and almonds
Dinner: Avocado-toast pizza	

