
















KICKSTART PROGRAMME : NO EQUIPMENT REQUIRED

LEVEL: BEGINNER				EQUIPMENT REQUIRED: NONE			
WEEK 01	MON	TUES	WED	THURS	FRI	SAT	SUN
	 HIIT: CARDIO #1		 HIIT: CARDIO #3 (low impact)		 FULL BODY STRETCH		
	MON	TUES	WED	THURS	FRI	SAT	SUN
	 HIIT: CARDIO #17		 HIIT: CARDIO #3 (low impact)		 HIIT: CARDIO #4	 ACTIVE RECOVERY STRETCH	
WEEK 02	MON	TUES	WED	THURS	FRI	SAT	SUN
	 HIIT: CARDIO #17		 HIIT: CARDIO #8		 HIIT: CARDIO #10		 FULL BODY STRETCH
	MON	TUES	WED	THURS	FRI	SAT	SUN
	 HIIT: CARDIO #8		 HIIT: CARDIO #4		 HIIT: CARDIO #1		 ACTIVE RECOVERY STRETCH

GUIDANCE NOTES:

1. In the online video library, you will find a section entitled 'KICKSTART PROGRAMME: NO EQUIPMENT REQUIRED'. This contains all of the workouts above.
2. Always consult your doctor before starting any new fitness regime. If you are new to fitness, follow the modifications provided. This will allow you to build up your fitness gradually without pushing yourself too hard.
3. The schedule above has been designed to allow for maximum muscle recovery time, but feel free to rearrange the workouts/rest days to suit your schedule. Just ensure all workouts are completed within the week.