
















KICKSTART PROGRAMME: EQUIPMENT REQUIRED

LEVEL: BEGINNER

EQUIPMENT REQUIRED: DUMBBELLS, PLATES OR BARBELL

WEEK 01	MON	TUES	WED	THURS	FRI	SAT	SUN
	 HIIT: CARDIO #1		 HIIT: STRENGTH #1		 FULL BODY STRETCH		
	MON	TUES	WED	THURS	FRI	SAT	SUN
	 HIIT: CARDIO #17		 HIIT: STRENGTH #3		 HIIT: CARDIO #3 (low impact)	 ACTIVE RECOVERY STRETCH	
WEEK 03	MON	TUES	WED	THURS	FRI	SAT	SUN
	 HIIT: CARDIO #4		 HIIT: STRENGTH #1		 HIIT: CARDIO #3 (low impact)		 FULL BODY STRETCH
WEEK 04	MON	TUES	WED	THURS	FRI	SAT	SUN
	 HIIT: CARDIO #10		 HIIT: STRENGTH #13		 HIIT: CARDIO #1		 ACTIVE RECOVERY STRETCH

GUIDANCE NOTES:

1. In the online video library, you will find a section entitled 'KICKSTART PROGRAMME: 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.