



NEW YEAR CHALLENGE

Week 1

It's all about the technique
1 Perfect set each exercise

Monday	Lower body
Tuesday	Upper body
Wednesday	Body weight exercises session (full body)
Thursday	Cardio workout session + Abs workout
Friday	Body weight session (full body)
Saturday	Cardio workout session + Abs workout
Sunday	Rest day

Week 2

Try adding 3 -5 reps per exercise

Monday	Lower body
Tuesday	Upper body
Wednesday	Body weight exercises session (full body)
Thursday	Cardio workout session + Abs workout
Friday	Body weight session (full body)
Saturday	Cardio workout session + Abs workout
Sunday	Rest day

Week 3

Try adding 5mins+ on the CV session

Monday	Lower body
Tuesday	Upper body
Wednesday	Body weight exercises session (full body)
Thursday	Cardio workout session + Abs workout
Friday	Body weight session (full body)
Saturday	Cardio workout session + Abs workout
Sunday	Rest day

Week 4

Focus back on to the technique
Add a 2nd set each exercise

Monday	Lower body
Tuesday	Upper body
Wednesday	Body weight exercises session (full body)
Thursday	Cardio workout session + Abs workout
Friday	Body weight session (full body)
Saturday	Cardio workout session + Abs workout
Sunday	Rest day

Week 5

Finish strong

Add Reps, Focus on technique & make the 2nd set your best.