



# 2018 New Year Kick-Start Plan!



Start 2018 as you mean to go on!

What you need to do:

- ♥ Follow the calendar of workouts – cross off each day as you complete it
- ♥ Follow the online video workouts and do the live classes every week
- ♥ Let me know how you are getting on and if you would like 'swap out' workout suggestions
- ♥ When emailing use reference in the subject – 'New Year Kick-Start'
- ♥ Claim your free t-shirt - email me at [hello@myfitzone.co.uk](mailto:hello@myfitzone.co.uk) with your size



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <sup>st</sup> Fitness Test! A nice one to start as will only take 10 minutes max	2 <sup>nd</sup> 15-Minute HIIT Session	3 <sup>rd</sup> Live Online Class 	4 <sup>th</sup> Active Rest Day	5 <sup>th</sup> 25-Minute HIIT Session	6 <sup>th</sup> 30-Minute Glutes (Pert Workout This is my 'Pert Bum #1' workout	7 <sup>th</sup> Live Online Class 
8 <sup>th</sup> 35-Minute Trim & Tone Workout	9 <sup>th</sup> 30-Minute Fat Shreds Workout	10 <sup>th</sup> Live Online Class 	11 <sup>th</sup> Active Rest Day	12 <sup>th</sup> 35-Minute Full Body Workout	13 <sup>th</sup> 30-Minute Glutes (Pert Bum!) Workout	14 <sup>th</sup> Live Online Class 
15 <sup>th</sup> 25-Minute Trim & Tone Workout	16 <sup>th</sup> 30-Minute HIIT Session	17 <sup>th</sup> Live Online Class 	18 <sup>th</sup> Active Rest Day	19 <sup>th</sup> 25-Minute Core, Glutes & Love Handles workout <i>Lose the Muffin Top</i>	20 <sup>th</sup> 40-Minute Glutes (Pert Workout This is my 'Pert Bum #2' workout	21 <sup>st</sup> Live Online Class 
22 <sup>nd</sup> 10-Minute Glutes & Core workout	23 <sup>rd</sup> 30-Minute Fat Shreds Workout	24 <sup>th</sup> Live Online Class 	25 <sup>th</sup> Active Rest Day	26 <sup>th</sup> 15-Minute HIIT Session	27 <sup>th</sup> 40-Minute Glutes (Pert Bum!) Workout	28 <sup>th</sup> Live Online Class 
29 <sup>th</sup> 10-Minute Full Body Cardio Workout	30 <sup>th</sup> 12-Minute Full Body Cardio Workout	31 <sup>st</sup> Repeat the Fitness Test See how much you've improved!	Well done! You have completed the January Kick-Start plan! Why not now try the 'Monthly Workout Plan' on my website? I have a new plan ready to go starting 1 <sup>st</sup> February.			