

MyFitZone Bridal Shape-Up Plan

Your wedding day is one of the most important days of your life so you'll certainly want to look and feel your best and most healthy self. Having a last minute fat-burning workout the day before and eating an energy releasing breakfast on the morning of your wedding is great, but don't forget that your health and fitness preparations should start well before you walk down the aisle.

Setting yourself a wedding fitness regime in the run-up to the big day has so many amazing health benefits and this plan provides a 6-month countdown guide for brides-to-be who want to look and feel their best for their big day.

This plan is structured but flexible enough to allow you to fit the exercise sessions around your other weekly commitments.

Before starting each week, plot in your calendar what times you'll be exercising and if you need to swap the days around for your rest days. This will help you stick to the plan.

It is very simple – follow each week and month on the calendar – the workouts named relate to the workout videos that you will find in the 'Bridal Shape-Up Zone'.

Remember to ask me any questions that you may have by emailing me – hello@myfitzone.co.uk - quoting reference 'Bridal Shape-Up' in the subject.

It takes 21 days to form a habit – so the first few weeks are important to your fitness goals!

Good luck and I can't wait to hear how you are getting on!

Bridal Shape-Up 6-Month Fitness Plan

Look like your self at your most beautiful – confident ever after!

Month 1

'The Big Day Fitness Plan' – Look your best on your wedding and feel even better!

Colour Key

Strength

Cardio

Stretch

Active Rest

Rest Day

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Fitness Test & Basics Workout	Workout #1 Fat Shreds workout (30 mins)	Workout #2 (Weights) & Workout #3 (Stretch)	Walk/Jog for at least 15 mins	Workout #4 (HIIT) & Workout #5 (HIIT) (17 mins total)	Workout #6 (Kettlebells) – 2 rounds only (30 mins)	Rest Day
Week 2	Workout #7 Tabata/Strength workout (35 mins)	Workout #8 HIIT workout. Complete 2 rounds (15 mins)	Workout #9 Weights workout (10 mins)	Rest Day	Workout #10 Stretch & Tone workout (35 mins)	Workout #11 HIIT workout (30 mins)	Walk/Jog for at least 15 mins
Week 3	Workout #1 Fat Shreds workout (30 mins)	Workout #2 Weights workout (24 mins)	Workout #3 Stretch & Flex workout (25 mins)	Walk/Jog for at least 15 mins	Workout #4 (HIIT) & Workout #5 (HIIT) (17 mins total)	Workout #6 (Kettlebells) (40 mins)	Rest Day
Week 4	Workout #7 Tabata/Strength workout (35 mins)	Workout #8 HIIT workout. (25 mins)	Workout #9 Weights workout (10 mins)	Rest Day	Workout #10 Stretch & Tone workout (35 mins)	Workout #11 HIIT workout (30 mins)	Fitness Test Walk/Jog for at least 15 mins

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Month 2

'The Big Day Fitness Plan' – Look your best on your wedding and feel even better!

Colour Key

Strength

Cardio

Stretch

Active Rest

Rest Day

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Workout #1 Fat Shreds workout (30 mins)	Workout #2 Weights Workout (24 mins) + 20 mins walk/jog	Workout #3 Stretch& Flex Workout (25 mins) + 20 mins walk/jog	Walk/Jog for at least 20 mins	Workout #4 (HIIT) & Workout #5 (HIIT) (17 mins total)	Workout #6 (Kettlebells) (40 mins)	Rest Day
Week 2	Workout #7 Tabata/ Strength workout (35 mins)	Workout #8 HIIT workout. (25 mins) Complete all 3 rounds	Workout #9 Weights workout (10 mins) + 20 mins walk/jog	Rest Day	Workout #10 Stretch& Tone workout (35 mins)	Workout #11 HIIT workout (30 mins) + 20 mins walk/jog	Walk/Jog for at least 20 mins
Week 3	Workout #1 Fat Shreds workout (30 mins)	Workout #2 Weights Workout (24 mins) + 20 mins walk/jog	Workout #3 Stretch& Flex Workout (25 mins) + 30 mins walk/jog	Walk/Jog for at least 20 mins	Workout #4 (HIIT) & Workout #5 (HIIT) (17 mins total)	Workout #6 (Kettlebells) (40 mins)	Rest Day
Week 4	Workout #7 Tabata/ Strength workout (35 mins)	Workout #8 HIIT workout. (25 mins) Complete all 3 rounds	Workout #9 Weights workout (10 mins) + 20 mins walk/jog	Rest Day	Workout #10 Stretch& Tone workout (35 mins)	Workout #11 HIIT workout (30 mins) + 20 mins walk/jog	Fitness Test Walk/Jog for at least 20 mins

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Month 3

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Colour Key

Strength

Cardio

Stretch

Active Rest

Rest Day

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Workout #12 Fat Shreds workout (20 mins)	Workout #13 Weights workout (27 mins)	Workout #15 HIIT + Workout #14 Stretch& Flex (28 mins total)	Walk/Jog for at least 30 minutes	Workout #16 HIIT + Workout #17 Core (15 mins total)	Workout #18 Weights workout (24 mins)	Rest Day
Week 2	Workout #19 Pert Bum workout (30 mins)	Workout #20 Fat Shreds workout (30 mins)	Workout #21 Upper Body workout (35 mins)	Rest Day	Workout #22 Stretch& Tone workout (35 mins)	Workout #23 Muffin Top workout (25 mins)	Walk/Jog for at least 30 mins
Week 3	Workout #12 Fat Shreds workout (20 mins)	Workout #13 Weights workout (27 mins)	Workout #15 HIIT + Workout #14 Stretch& Flex (28 mins total)	Walk/Jog for at least 30 minutes	Workout #16 HIIT + Workout #17 Core (15 mins total)	Workout #18 Weights workout (24 mins)	Rest Day
Week 4	Workout #19 Pert Bum workout (30 mins)	Workout #20 Fat Shreds workout (30 mins)	Workout #21 Upper Body workout (35 mins)	Rest Day	Workout #22 Stretch& Tone workout (35 mins)	Workout #23 Muffin Top workout (25 mins)	Fitness Test Walk/Jog for at least 30 mins

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Month 4

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Colour Key

Strength

Cardio

Stretch

Active Rest

Rest Day

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Workout #12 Fat Shreds workout (20 mins) + 20 mins walk/jog	Workout #13 Weights workout (27 mins)	Workout #15 HIIT + Workout #14 Stretch& Flex (28 mins total)	Walk/Jog for 40 mins	Workout #16 HIIT + Workout #17 Core (15 mins total)	Workout #18 Weights Workout (24 mins) + 20 mins walk/jog	Rest Day
Week 2	Workout #19 Pert Bum workout (30 mins)	Workout #20 Fat Shreds workout (30 mins)	Workout #21 Upper Body workout (35 mins)	Rest Day	Workout #22 Stretch& Tone workout (35 mins)	Workout #23 Muffin Top workout (25 mins)	Walk/Jog for 40 mins
Week 3	Workout #12 Fat Shreds workout (20 mins) + 20 mins walk/jog	Workout #13 Weights workout (27 mins)	Workout #15 HIIT + Workout #14 Stretch& Flex (28 mins total)	Walk/Jog for 40 mins	Workout #16 HIIT + Workout #17 Core (15 mins total)	Workout #18 Weights Workout (24 mins) + 20 mins walk/jog	Rest Day
Week 4	Workout #19 Pert Bum workout (30 mins)	Workout #20 Fat Shreds workout (30 mins)	Workout #21 Upper Body workout (35 mins)	Rest Day	Workout #22 Stretch& Tone workout (35 mins)	Workout #23 Muffin Top workout (25 mins)	Fitness Test Walk/Jog for 40 mins

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Month 5

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Colour Key

Strength

Cardio

Stretch

Active Rest

Rest Day

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Workout #24 Fat Shreds workout (30 mins)	Workout #25 Dynamic Tension training (35 mins)	Workout #26 HIIT + Workout #27 Stretch& Flex (25 mins total)	Walk/Jog for 45 mins	Workout #28 HIIT + Workout #29 Core (36 mins total)	Workout #30 Kettlebell workout (40 mins)	Rest Day
Week 2	Workout #31 Trim&Tone workout (45 mins)	Workout #32 Pert Bum workout (40 mins)	Workout #33 & Workout #34 Weights workouts (45 mins total)	Rest Day	Workout #35 Chair Trim &Tone workout (30 mins)	Workout #36 & Workout #37 Upper Body workouts (40 mins total)	Walk/Jog for 45 mins
Week 3	Workout #24 Fat Shreds workout (30 mins)	Workout #25 Dynamic Tension training (35 mins)	Workout #26 HIIT + Workout #27 Stretch& Flex (25 mins total)	Walk/Jog for 45 mins	Workout #28 HIIT + Workout #29 Core (36 mins total)	Workout #30 Kettlebell workout (40 mins)	Rest Day
Week 4	Workout #31 Trim&Tone workout (45 mins)	Workout #32 Pert Bum workout (40 mins)	Workout #33 & Workout #34 Weights workouts (45 mins total)	Rest Day	Workout #35 Chair Trim &Tone workout (30 mins)	Workout #36 & Workout #37 Upper Body workouts (40 mins total)	Fitness Test Walk/Jog for 45 mins

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Month 6

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Colour Key

Strength

Cardio

Stretch

Active Rest

Rest Day

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Workout #24 Fat Shreds workout (30 mins)	Workout #25 Dynamic Tension training (35 mins)	Workout #26 HIIT + Workout #27 Stretch& Flex (25 mins total)	Walk/Jog for 45 mins	Workout #28 HIIT + Workout #29 Core (36 mins total)	Workout #30 Kettlebell workout (40 mins)	Rest Day
Week 2	Workout #31 Trim&Tone workout (45 mins)	Workout #32 Pert Bum workout (40 mins)	Workout #33 & Workout #34 Weights workouts (45 mins total)	Rest Day	Workout #35 Chair Trim &Tone workout (30 mins)	Workout #36 & Workout #37 Upper Body workouts (40 mins total)	Walk/Jog for 60 mins
Week 3	Workout #24 Fat Shreds workout (30 mins)	Workout #25 Dynamic Tension training (35 mins)	Workout #26 HIIT + Workout #27 Stretch& Flex (25 mins total)	Walk/Jog for 45 mins	Workout #28 HIIT + Workout #29 Core (36 mins total)	Workout #30 Kettlebell workout (40 mins)	Rest Day
Week 4	Workout #31 Trim&Tone workout (45 mins)	Workout #32 Pert Bum workout (40 mins)	Workout #33 & Workout #34 Weights workouts (45 mins total)	Rest Day	Workout #35 Chair Trim &Tone workout (30 mins)	Workout #36 & Workout #37 Upper Body workouts (40 mins total)	Fitness Test Walk/Jog for 60 mins

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