

MyFitZone 12-Week Get Fit Plan

Want to improve your health? Need to lose weight? Or just get fit? This activity plan for beginners, combining cardio, strength and flexibility workouts, will get you into the habit of regular exercise in just 12 weeks.

The 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 'Get Fit Zone'.

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

You may have heard the phrase 'Exercise gives you energy' and indeed it is very true. Don't worry if the first few weeks you are tired from exercising and aching – this is a normal transition to getting fit, after the first few weeks - you will be bouncing around with lots of energy.

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

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

12-Week Fitness Plan

Transform your health and fitness for life with MyFitZone

Weeks 1 - 4

Get Fit - Don't Quit – Let's GO!!!

Follow this programme for 12 weeks – do what you can!

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Exercise Basics + Workout #1 - Seated Fitness Test	Workout #2 - Lower Back Strength 1 (35 mins)	Rest Day	Workout #3 - HIIT Session (15 Mins)	Workout #4 Stretch & Tone Series 1 (50 mins)	Active Rest Day – Walk for at least 20 minutes	Rest Day
Week 2	Workout #2 - Lower Back Strength 1 (35 mins)	Workout #5 – HIIT Session (25 mins)	Rest Day	Workout #6 – Chair HIIT Session (25 Mins)	Workout #4 Stretch & Tone Series 1 (50 mins)	Active Rest Day – Walk for at least 20 minutes	Rest Day
Week 3	Workout #7 - Glute & Core Strength (15 Mins)	Workout #2 - Lower Back Strength 1 (35 mins)	Active Rest Day – Walk for at least 15 minutes	Workout #3 - HIIT Session (15 mins)	Workout #4 Stretch & Tone Series 1 (50 mins)	Active Rest Day – Walk for at least 30 minutes	Rest Day
Week 4	Workout #2 - Lower Back Strength 1 (35 mins)	Workout #5 – HIIT Session (25 mins)	Active Rest Day – Walk for at least 15 minutes	Workout #6 – Chair HIIT Session (25 mins)	Workout #4 Stretch & Tone Series 1 (50 mins)	Workout #1 - Seated Fitness Test + Walk for at least 30 minutes	Rest Day

If you aren't ready to start now, when will you be? Be stronger than your excuses!

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Weeks 5 - 8

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 5	Workout #8 Weights Workout (15 mins)	Workout #9 Lower Back Strength 2 (30 mins)	Active Rest Day – Walk for at least 30 minutes	Workout #10 Dynamic Tension Workout (30 mins)	Workout #11 Stretch &Tone Series 2 (50 mins)	Active Rest Day – Walk for at least 60 minutes	Rest Day
Week 6	Workout #8 Weights Workout (15 mins)	Workout #9 Lower Back Strength 2 (30 mins)	Active Rest Day – Walk for at least 30 minutes	Workout #10 Dynamic Tension Workout (30 mins)	Workout #11 Stretch &Tone Series 2 (50 mins)	Active Rest Day – Walk for at least 60 minutes	Rest Day
Week 7	Workout #12 Weights Workout (15 mins)	Workout #9 Lower Back Strength 2 (30 mins)	Active Rest Day – Walk for at least 30 minutes	Workout #13 Weights Workout (25 mins)	Workout #11 Stretch &Tone Series 2 (50 mins)	Weights #14 + Walk for at least 30 minutes	Rest Day
Week 8	Workout #12 Weights Workout (15 mins)	Workout #9 Lower Back Strength 2 (30 mins)	Active Rest Day – Walk for at least 30 minutes	Workout #13 Weights Workout (25 mins)	Workout #11 Stretch &Tone Series 2 (50 mins)	Workout #1 Seated Fitness Test + Workout #14 (20 mins) + Walk for at least 30 mins	Rest Day

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Weeks 9 - 12

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 9	Workout #15 Tabata/Strength Workout (35 mins)	Workout #16 Lower Back Strength 3 (25 mins)	Active Rest Day – Walk for at least 30 minutes	Workout #17 Tabata/Strength Workout (30 mins)	Workout #18 Stretch & Tone Series 3 (40 mins)	Active Rest Day – Walk for at least 60 minutes	Rest Day
Week 10	Workout #15 Tabata/Strength Workout (35 mins)	Workout #16 Lower Back Strength 3 (25 mins)	Active Rest Day – Walk for at least 30 minutes	Workout #17 Tabata/Strength Workout (30 mins)	Workout #18 Stretch & Tone Series 3 (40 mins)	Active Rest Day – Walk for at least 60 minutes	Rest Day
Week 11	Workout #19 Tabata/Strength Workout (30 mins)	Workout #16 Lower Back Strength 3 (25 mins)	Active Rest Day – Walk for at least 30 minutes	Workout #20 Chair HIIT Workout (20 mins)	Workout #18 Stretch & Tone Series 3 (40 mins)	Workout #14 Weights Workout (20 mins) + Walk for at least 30 minutes	Rest Day
Week 12	Workout #19 Tabata/Strength Workout (30 mins)	Workout #16 Lower Back Strength 3 (25 mins)	Active Rest Day – Walk for at least 30 minutes	Workout #20 Chair HIIT Workout (20 mins)	Workout #18 Stretch & Tone Series 3 (40 mins)	Workout #14 Weights Workout (20 mins) + Walk for at least 30 minutes	Workout #1 Seated Fitness Test (5 mins) + What's Next Video

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