

Setting up an exercise plan



Look at your week and see when you can fit in some exercise

Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Exercise						
PM			Exercise	Exercise		Exercise	

Between 3 - 5 times each week works well for many people

Then think about the Three Cs - **Consistency - Challenge - Control**

Consistency

In order to get healthier, lose weight or get stronger you've got to STAY CONSISTENT
Keep trying, aiming for at least three times a week, and you'll start to make progress
But you've got to stick at it, like anything in life, you don't get there through a one-time effort

Challenge

Once you're consistent you need to be challenged. It's got to be JUST HARD ENOUGH
If you can do the same exercises as last time, make them harder by doing more
Or you can do harder and / or heavier things. But to keep improving you need to keep trying

Control

Once you have the level of challenge right, you need to WORK AT MAKING IT BETTER
To get the most out of your time and effort, you need to control each exercise you do
Do each bit of each exercise as well as you can, always aiming to make it feel cleaner and more controlled

The Other Stuff

To get the most out of the Three Cs, it helps to have some other things going well too

SLEEP - 7 - 9 hours for most of us most of the time

FOOD - Just enough, but not too much - as much fresh stuff as you can manage

WATER - We live in Queensland. It's warm and humid. Drink plenty of water every day

GET OUTSIDE - It's good for mental health and we live in Queensland. It's nice, enjoy it

On the back of this page is an empty template you can use to set up a trial couple of weeks

If you would like some more help to get started just get in touch

Andy

Weekly exercise template



If you can stick to 3 - 5 days a week for four weeks, you'll be well on your way

It doesn't have to be the same every week, as long as it works for you

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

Through your week try to involve some

Upper body pushing exercises

Like push ups, dips or overhead presses

Upper body pulling exercises

Like hanging, rows or pull ups

Leg exercises

Like squats, lunges, steps or jumps

Cardiovascular exercise

Like walking (briskly!), running, hiking, swimming or dancing

Lots of incidental activity

Walking around through your day, taking the stairs, active housework or gardening

Good luck, and feel free to get in touch if you would like any help