

# Beginner FITNESS PROGRAM



<b>1</b> SAT  Walk 2km	<b>2</b> SUN <b>HAVE YOU JOINED THE CAREFLIGHT TERRITORY CHALLENGE FACEBOOK GROUP?</b> 50 Push-ups (knees)	<b>3</b> MON  50 Sit-Ups	<b>4</b> TUES  Swim 100m or Run 500m	<b>5</b> WED 50 Club Complete: 50 Push-Ups, 50 Sit-Ups and 50 Squats
<b>6</b> THUR  Max Plank Challenge	<b>7</b> FRI 2 x 400m Run, rest 2 minutes between	<b>8</b> SAT Walk 500m, carrying 8kg in each hand	<b>9</b> SUN <b>CONGRATULATIONS! YOU'VE EARNED YOUR CHOCOLATE</b> 20 Minutes of Stretching	<b>10</b> MON  Swim 200m or Run 1000m
<b>11</b> TUES 4 Minutes, as many Push-Ups as Possible	<b>12</b> WED 4 Minutes, as many Sit-Ups as Possible	<b>13</b> THUR  4 x 200m Run, rest 1 minute between	<b>14</b> FRI 3 Rounds: 20 Push-Ups, 30 Sit-Ups, 40 Squats	<b>15</b> SAT <b>HALF WAY THERE!</b> Back Pack Carry 1000m 10kg, then 3 minutes Plank
<b>16</b> SUN <b>YOU'RE HELPING CAREFLIGHT NT CARE FOR 20 PEOPLE A DAY</b> 20 Minutes of Stretching	<b>17</b> MON  Swim 250m or Run 1.25km	<b>18</b> TUES 50 Club Complete: 50 Push-Ups, 50 Sit-Ups and 50 Squats	<b>19</b> WED Walk 750m, carrying 8kg in each hand	<b>20</b> THUR 9 down to 1 of Push-Ups and Squats
<b>21</b> FRI  3 Rounds: Run 300m, 30 Sit-Ups	<b>22</b> SAT Back Pack Carry 1500m 10kg, then 3 minutes Plank	<b>23</b> SUN <b>DON'T FORGET TO SHARE YOUR PROGRESS!</b> 20 Minutes of Stretching	<b>24</b> MON  Swim 300m or run 1.5km	<b>25</b> TUES 10 Minutes, As Many Rounds As Possible: 5 Push-Ups, 10 Sit-Ups, 15 Squats
<b>26</b> WED Walk 1000m, carrying 8kg in each hand	<b>27</b> THUR  Max Plank Challenge	<b>28</b> FRI 50 Club Complete: 50 Push-Ups, 50 Sit-Ups and 50 Squats	<b>29</b> SAT 2km Backpack Walk 10kg	<b>30</b> SUN <b>LAST DAY!</b> Test- 20 Push-Ups, 30 Sit-Ups, 1 Minute Plank & Swim 100m (or Run 500m)