

THE SIX WEEK FITNESS CHALLENGE

♂ MALE BEGINNER

This programme is designed for individuals who conduct little or no physical training (less than 60 minutes per week).

Before You Start

The programme will help build up your physical fitness so you are prepared for the challenge of initial training.

Please ensure that you warm up and cool down thoroughly to help avoid potential injuries. You are also advised to check with your doctor that you are medically ready to undertake this programme.

The Workouts

- » Each day of the week has a colour which indicates which workout to complete.
- » Where there are two workouts in one day, try and complete one in the morning and the other later in the day if time permits.
- » Running is best completed on a flat sports field. Treadmills can be used but limit this to once a week and not for timed 2.4km runs.
- » We recommend you seek professional advice as to the type of running shoe to wear, as some shoe types will cause you injuries. Advice can be sought from specific sport shoe retailers.
- » Each exercise has the number repetitions (reps) first, followed by the number of sets. You should have between 1-2 minutes rest between each set.
- » Press Ups: If you are struggling to do the prescribed number, place your hands on a higher object, like a desk, and complete the set.

	WEEK 1		WEEK 2		WEEK 3		WEEK 4		WEEK 5		WEEK 6																								
WORK OUT DAY	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
RUN	Attempt to run at a comfortable pace for 20 minutes. If this cannot be achieved, jog/walk jog as an alternative.		Attempt to run at a comfortable pace for 25 minutes. If this cannot be achieved, jog/walk jog as an alternative.		Run at a comfortable pace for 25 minutes. Run 2.4kms in 12.30 minutes.		Run at a comfortable pace for 30 minutes. Run 2.4kms in 12 minutes.		Run at a comfortable pace for 30 minutes. Run 2.4kms in 11:30 minutes.		Run at a comfortable pace for 30 minutes. Run 2.4kms in 11 minutes.		Run at a comfortable pace for 30 minutes. Run 2.4kms in 11 minutes. Run at a comfortable pace for 20 minutes.																						
PRESS UPS	5-10 x 3 sets		8-12 x 3 sets		10-15 x 3 sets		15-20 x 3 sets		20 x 3 sets		25+ x 1 sets																								
CURL UPS	10-15 x 3 sets		10-15 x 3 sets		15 x 3 sets		15-20 x 3 sets		20 x 3 sets		20 x 2 sets																								
HALF SQUATS	10-15 x 3 sets		12-15 x 3 sets		15-20 x 3 sets		15-20 x 3 sets		20 x 3 sets		20 x 2 sets																								
BACK ARCHES	10-15 x 3 sets		12-15 x 3 sets		15 x 3 sets		15 x 3 sets		15 x 3 sets		15 x 3 sets																								
PULL UPS							Attempt		Attempt		Attempt																								

Please visit www.defencecareers.mil.nz to view more information and videos of these exercises.