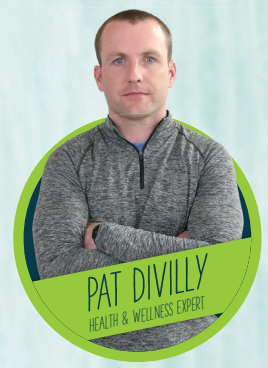


# EXERCISE PLANNER



## WEEK ONE

	Movement	Timing	Rounds
Skipping		1 min	1
Sky Punches		45 seconds	3
Boxer Shuffle		45 seconds	3
Upper Cuts		45 seconds	3
Squats & Hooks		45 seconds	3
Plank		45 seconds	1

Make sure you warm up for 1min before you start and 1min to cool down. Allow yourself 15 secs to recover after each round. Before you start your week pick a reward you are going to give yourself if you hit your target, be sure to mark below every day after your workout.

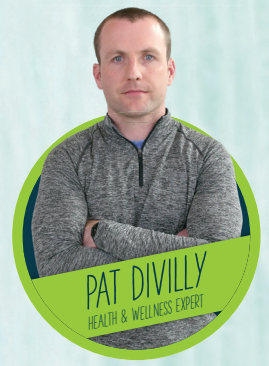
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Reward
Week One								

SEE WORKOUT VIDEOS AT [CENTRA.IE/LIVEWELL](https://centra.ie/livewell)

\*You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.



# EXERCISE PLANNER



## WEEK TWO

Movement		Timing	Rounds
Jumping Jacks		1min	1
Jump The Line		45 seconds	3
Jab & Crosses		45 seconds	3
Fast Feet		45 seconds	3
Hooks & Squats		45 seconds	3
Plank		45 seconds	1

Make sure you warm up for 1min before you start and 1.25min to cool down. Allow yourself 15 secs to recover after each round. Before you start your week pick a reward you are going to give yourself if you hit your target, be sure to mark below every day after your workout.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Reward
Week One								

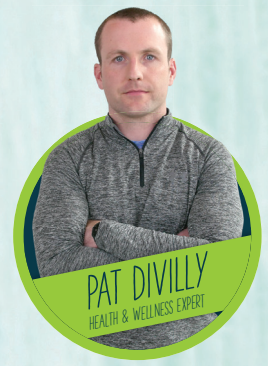
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# EXERCISE PLANNER



## WEEK THREE

Movement		Timing	Rounds
High Knees		1min	1
Mountain Climbers		45 seconds	3
Jabs		45 seconds	3
Plank Jacks		45 seconds	3
Punches & Drops		45 seconds	3
Plank		60 seconds	1

Make sure you warm up for 1min before you start and 1min to cool down. Allow yourself 15 secs to recover after each round. Before you start your week pick a reward you are going to give yourself if you hit your target, be sure to mark below every day after your workout.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Reward
Week One								

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