



ARE YOU UP FOR THE CHALLENGE?

DESIGNED TO HAVE YOU LOOKING YOUR BEST. THIS 12-WEEK CHALLENGE HAS BEEN SPECIALLY DESIGN BY WOMEN'S FITNESS EXPERT PERSONAL TRAINER, LIBBY BABET

It's time to ramp up your fitness and score a bangin' summer bod! If you're not sure where to start, pin this lift-out up on your bedroom wall and take our 12-week challenge to overhaul your fitness, tone up and get your fat burners firing!

First set your goals and tick off each day's workout as you complete it. If you miss a session, don't worry, just pick up where you left off the next day. You'll get the best results if you stay consistent with your training, eat healthy whole foods (most of the time!) and get plenty of sleep.

So check out our training guidelines below, work out your Max Heart Rate (MHR) so you can track your workouts and progress, set your goals and get going! We've provided some example workouts for you to choose from, but feel free to add your own flavour by switching a few sessions for things that inspire you.

FIRST UP, MEASURE YOUR CURRENT FITNESS AND SET YOUR GOALS ...

Figure out your Max Heart Rate (MHR): Use the equation of 205 minus half your age (so if you're 30, a 205-15 = a MHR of 190).

Measure your Resting Heart Rate (RHR): Your RHR is best measured first thing in the morning. An easy way to do this is to go to sleep with your heart rate monitor on and take a reading first thing. Otherwise, grab a stopwatch, find a pulse in your wrist or neck and count how many beats there are over 60 seconds. A shortcut is to just count the number of beats in 10 seconds and times that number by six (10 x 6 = 60 beats per minute).

Measure your body: If weight is a goal, step on the scales - even better if you can use body composition scales to measure your body fat percentage. More importantly, first Google 'how to take body measurements', grab a measuring tape and measure your chest, waist, tummy, hips, thighs and upper arms. Even better, take 'before' pictures of yourself! Wear your bikini and take snaps from the front, back and side.

THE WORKOUTS

EASY RUN

An easy run is going at a pace you should be able to comfortably hold a conversation at. Your heart rate should be at 60%-75% of your MHR. It's a great way to get back into exercise if it's been a while, and a good recovery session between more intense forms of exercise.

HILLS RUN

Warm up by jogging to your nearest long, sloping hill and then run up and down the hill, covering approximately the distance suggested before heading for home. You should aim for 60%-80% of MHR.

TEMPO RUN

For these runs, you want to run at a challenging pace for the majority of the time you're on the road/treadmill. You should aim for 80%-95% of MHR.

INTERVAL CARDIO

This means a series of efforts (run/swim/cycle/row/stairs) at speeds a lot faster than normal training (that is, 85%-100% of MHR), with rest intervals following immediately afterwards.

Set your SMART goal: Decide on your goal and make it Specific, Measureable, Attainable, Realistic and within a specified Timeframe. It doesn't have to be a body goal - you might want to run 5km in less than 25 minutes by 1 March, for example... the sky's the limit, so make sure it's a goal you're inspired to go for, but one that's also achievable.

Measure your fitness: Do these four fitness tests at the beginning, mid-way point and again at the end of your 12-week challenge.

YOU'LL BE GLAD YOU MADE THE EFFORT WHEN YOU SEE YOUR PROGRESS!

1 Pushup test: set your timer, how many pushups can you do in one minute?

2 Core test: lie on your back and raise your legs above you, keeping them straight. Now slowly lower them down towards the ground, inch by inch, keeping your back flat on the ground for as long as possible. As soon as your lower back arches or comes off the floor, stop there and take note of how close to the ground your feet are. As your core strength increases, you should be able to get your feet closer to the ground without your lower back leaving the floor.

3 Leg power test: sink into a squat hold and press 'start' on your stopwatch. Every two seconds, complete a squat jump, then land back in a squat hold position. How long can you keep jumping for before your legs give out? Record your time!

4 Cardio test: strap on your heart rate monitor and choose a running speed that's realistic for you. Now time yourself running 1km and check your heart rate immediately after you finish. Record it. When you repeat this test, run the same kilometre at the same speed and, with any luck, your heart rate will be a lot lower! This is a great test to repeat monthly, keeping a log of your heart rate each run.

BODYWEIGHT

These are great sessions to do at home, they're quick and require zero equipment - but you want to be consistent with your exercise. Simply pick five or six bodyweight exercises and do about 20 reps of each, then repeat for 15 minutes. There are loads of options but these can include push-ups, squats, dips and everyone's favourite burpees!

CIRCUIT

You might like to join a local fitness group, or head to the gym for these sessions, but you can easily set up your own circuit at home, too. Usually circuits involve free weights, but you can improvise with household items like bags full of books and chairs/benches. Exercises can include sit-ups, bench dips, step-ups, shuttle runs and skipping.

LONG WALK

A long walk will burn calories, but really it's an awesome recovery session for sore muscles and it's super relaxing.

YOGA OR STRETCH

It's important to make sure you're stretching after every session, but a good 30-60 minute stretch session each week is a great way to ensure you avoid injuries.

BEFORE

INSPIRATION
/ AFTER

Harvey Norman® FITNESS PLANNER 12 WEEK CHALLENGE

WEEK	WHAT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	ACTION	CIRCUIT	EASY RUN	BODYWEIGHT SESSION	INTERVAL CARDIO	CIRCUIT	LONG WALK OR YOGA	REST OR PLAY!
	HEART RATE	120 TO MAX BPM	90 TO 140 BPM	110 TO MAX BPM	120 TO MAX BPM	120 TO MAX BPM	80 TO 110 BPM	N/A
	DISTANCE	45 MIN	20-30 MIN	15 MIN	20 MIN	45 MIN	30 MIN TO 1 HOUR	N/A
	RESULT							
2	ACTION	CIRCUIT	HILLS RUN	BODYWEIGHT SESSION	INTERVAL CARDIO	CIRCUIT	LONG WALK OR YOGA	REST OR PLAY!
	HEART RATE	120 TO MAX BPM	110 TO 150 BPM	110 TO MAX BPM	120 TO MAX BPM	120 TO MAX BPM	80 TO 110 BPM	N/A
	DISTANCE	45 MIN	15-20 MIN SLOPING HILLS	15 MIN	20 MIN	45 MIN	30 MIN TO 1 HOUR	N/A
	RESULT							
3	ACTION	CIRCUIT	EASY RUN	BODYWEIGHT SESSION	INTERVAL CARDIO	CIRCUIT	LONG WALK OR YOGA	REST OR PLAY!
	HEART RATE	120 TO MAX BPM	90 TO 140 BPM	110 TO MAX BPM	120 TO MAX BPM	120 TO MAX BPM	80 TO 110 BPM	N/A
	DISTANCE	45 MIN	25-35 MIN	15 MIN	20 MIN	45 MIN	30 MIN TO 1 HOUR	N/A
	RESULT							
4	ACTION	CIRCUIT	TEMPO RUN	BODYWEIGHT SESSION	INTERVAL CARDIO	CIRCUIT	LONG WALK OR YOGA	REST OR PLAY!
	HEART RATE	120 TO MAX BPM	160 TO 175 BPM	110 TO MAX BPM	120 TO MAX BPM	120 TO MAX BPM	80 TO 110 BPM	N/A
	DISTANCE	45 MIN	20-25 MIN	15 MIN	20 MIN	45 MIN	30 MIN TO 1 HOUR	N/A
	RESULT							
5	ACTION	CIRCUIT	EASY RUN	BODYWEIGHT SESSION	INTERVAL CARDIO	CIRCUIT	LONG WALK OR YOGA	REST OR PLAY!
	HEART RATE	120 TO MAX BPM	90 TO 140 BPM	110 TO MAX BPM	120 TO MAX BPM	120 TO MAX BPM	80 TO 110 BPM	N/A
	DISTANCE	45 MIN	35-45 MIN	15 MIN	20 MIN	45 MIN	30 MIN TO 1 HOUR	N/A
	RESULT							
6	ACTION	CIRCUIT	HILLS RUN	BODYWEIGHT SESSION	INTERVAL CARDIO	CIRCUIT	LONG WALK OR YOGA	REST OR PLAY!
	HEART RATE	120 TO MAX BPM	110 TO 150 BPM	110 TO MAX BPM	120 TO MAX BPM	120 TO MAX BPM	80 TO 110 BPM	N/A
	DISTANCE	45 MIN	20-30 MIN SLOPING HILLS	15 MIN	20 MIN	45 MIN	30 MIN TO 1 HOUR	N/A
	RESULT							
7	ACTION	CIRCUIT	EASY RUN	BODYWEIGHT SESSION	INTERVAL CARDIO	CIRCUIT	LONG WALK OR YOGA	REST OR PLAY!
	HEART RATE	120 TO MAX BPM	90 TO 140 BPM	110 TO MAX BPM	120 TO MAX BPM	120 TO MAX BPM	80 TO 110 BPM	N/A
	DISTANCE	45 MIN	35-45 MIN	15 MIN	20 MIN	45 MIN	30 MIN TO 1 HOUR	N/A
	RESULT							
8	ACTION	CIRCUIT	TEMPO RUN	BODYWEIGHT SESSION	INTERVAL CARDIO	CIRCUIT	LONG WALK OR YOGA	REST OR PLAY!
	HEART RATE	120 TO MAX BPM	160 TO 175 BPM	110 TO MAX BPM	120 TO MAX BPM	120 TO MAX BPM	80 TO 110 BPM	N/A
	DISTANCE	45 MIN	25-30 MIN	15 MIN	20 MIN	45 MIN	30 MIN TO 1 HOUR	N/A
	RESULT							
9	ACTION	CIRCUIT	EASY RUN	BODYWEIGHT SESSION	INTERVAL CARDIO	CIRCUIT	LONG WALK OR YOGA	REST OR PLAY!
	HEART RATE	120 TO MAX BPM	90 TO 140 BPM	110 TO MAX BPM	120 TO MAX BPM	120 TO MAX BPM	80 TO 110 BPM	N/A
	DISTANCE	45 MIN	40-50 MIN	15 MIN	20 MIN	45 MIN	30 MIN TO 1 HOUR	N/A
	RESULT							
10	ACTION	CIRCUIT	EASY RUN + HILLS	BODYWEIGHT SESSION	INTERVAL CARDIO	CIRCUIT	LONG WALK OR YOGA	REST OR PLAY!
	HEART RATE	120 TO MAX BPM	90 TO 150 BPM	110 TO MAX BPM	120 TO MAX BPM	120 TO MAX BPM	80 TO 110 BPM	N/A
	DISTANCE	45 MIN	15 MIN EASY + 20 MIN HILLS	15 MIN	20 MIN	45 MIN	30 MIN TO 1 HOUR	N/A
	RESULT							
11	ACTION	CIRCUIT	EASY RUN	BODYWEIGHT SESSION	INTERVAL CARDIO	CIRCUIT	LONG WALK OR YOGA	REST OR PLAY!
	HEART RATE	120 TO MAX BPM	90 TO 140 BPM	110 TO MAX BPM	120 TO MAX BPM	120 TO MAX BPM	80 TO 110 BPM	N/A
	DISTANCE	45 MIN	40-50 MINS	15 MIN	20 MIN	45 MIN	30 MIN TO 1 HOUR	N/A
	RESULT							
12	ACTION	CIRCUIT	TEMPO RUN	BODYWEIGHT SESSION	INTERVAL CARDIO	CIRCUIT	LONG WALK OR YOGA	REST OR PLAY!
	HEART RATE	120 TO MAX BPM	160 TO 175 BPM	110 TO MAX BPM	120 TO MAX BPM	120 TO MAX BPM	80 TO 110 BPM	N/A
	DISTANCE	45 MIN	30-35 MINS	15 MIN	20 MIN	45 MIN	30 MIN TO 1 HOUR	N/A
	RESULT							