


Boost Program

Instructions

- Follow this simple 21-day plan to Kickstart your body
- Print off the plan and stick it to your fridge or somewhere you will see it each day
- Complete the exercises each day and tick off your success 
- CTRL+Click on the exercise for instructional videos
- Once you have completed this program it is recommended you seek out a qualified exercise professional to help develop a personalised program
- If you miss a day, don't worry, pick up from where you left off the next day

Exercise Block A

Complete 2 sets of 10 reps
[Bodyweight Squats](#)
[Bench or Kneeling Push Ups](#)
[Calf Raises](#)

Exercise Block B

Complete 2 sets of 10 reps
[Wall Sit](#) (2 sets x 10sec hold)
[Plank](#) (2 sets x 10sec holds)
[Side Plank](#) (2sets each side x 10sec hold)

Exercise Block C

Complete 2 sets of 10 reps
[Single Leg Glute Bridges](#) (5 reps each side)
[Walking Lunges](#) (5reps each side)
[Seated Wall Angel](#)

Exercise Block D

Complete 2 sets of 10 reps
[Wall Side Stretch](#) (2 sets x 10sec hold each side)
[Wall Rotation Stretch](#) (2 sets x 10 sec hold each side)
[Seated Glute Stretch](#) (2 sets x 10 sec hold)



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MATTER**

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