


Kickstart Program

Instructions

- o Follow this simple 21-day plan to Kickstart your body
- o Print off the plan and stick it to your fridge or somewhere you will see it each day
- o Complete the exercises each day and tick off your success 
- o CTRL+Click on the exercise for instructional videos
- o Progress to the **Flow program** once you've completed the Kickstart program
- o 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 6 reps
[Sit to Stands](#)
[Trunk Rotations](#)
[Side Bends](#) (3 reps each side)

Exercise Block B

Complete 2 sets of 6 reps
[Heel to Toes](#)
[Wall Angels](#)
[Walking High Knees](#) (3 reps each side)

Exercise Block C

Complete 2 sets of 6 reps
[Lying Hip Thrusters](#)
[Raise the Roof](#)
[Single Leg Balance](#) (3 attempts each side and hold for as long as you can)

Exercise Block D

Complete 2 sets of 6 reps
[Wall Push Ups](#)
[Plank](#) (2 sets x 10sec holds)
[Lunges](#) (3 reps each side)



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