

# RESET CHALLENGE: WEEK 1

For each exercise, you can choose whether to take the **B (beginner)**, **I (intermediate)**, or **A (advanced) option**. The plan is completely flexible; you can mix up the level to suit your diary, mood and/or fitness level. You can do the exercises in sets to make a circuit (e.g. do two rounds, every other day) or do each one individually and spread throughout the day. Get your steps in across the day, wherever you can. Just tick off each one as you go, so you can easily track where you are for the week.

For a reset bonus, add in a one of our healthy breakfast ideas and start each day off with a nutritional kick.

Day	Plank (secs)			Sit ups (secs)			Jumping jacks (secs)			Push ups (reps)			Squats (reps)			Steps ('000s)			Bonus: healthy breakfast
	B	I	A	B	I	A	B	I	A	B	I	A	B	I	A	B	I	A	
1	30	40	50	15	20	25	25	45	65	3	8	12	25	30	35	6	8	10	
2	30	40	50	15	20	25	25	45	65	3	8	12	25	30	35	6	8	10	
3	30	40	50	15	20	25	25	45	65	3	8	12	25	30	35	6	8	10	
4	30	40	50	15	20	25	25	45	65	3	8	12	25	30	35	6	8	10	
5	30	40	50	15	20	25	25	45	65	3	8	12	25	30	35	6	8	10	
6	30	40	50	15	20	25	25	45	65	3	8	12	25	30	35	6	8	10	
7	Rest day															6	8	10	