

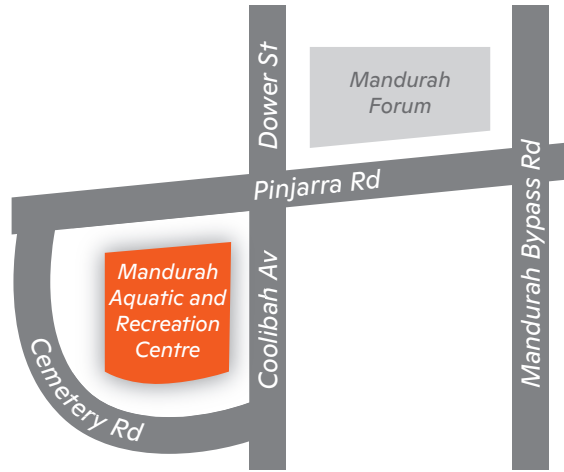
Key/Legend

Low: Sunrise Yoga, Boomers, Tai chi, Aqua Lite, Heart Fit, Yoga Foundations

Medium: Body pump, Body Balance, Bootcamp, Cor30, OR Strength, Circuit blaster, Zen Yoga, Aqua Fit, Pilates, Zumba, ABT, Zen Yoga

High: Body Step, Meta Fit, Boxercise, ORswot, Yoga, Yoga Trilogy, Core Yoga, Aqua Max

HIIT: Spin, Rpm, MetaPwr



Mandurah Aquatic and Recreation Centre

303 Pinjarra Road, Mandurah | Phone: 9550 3600

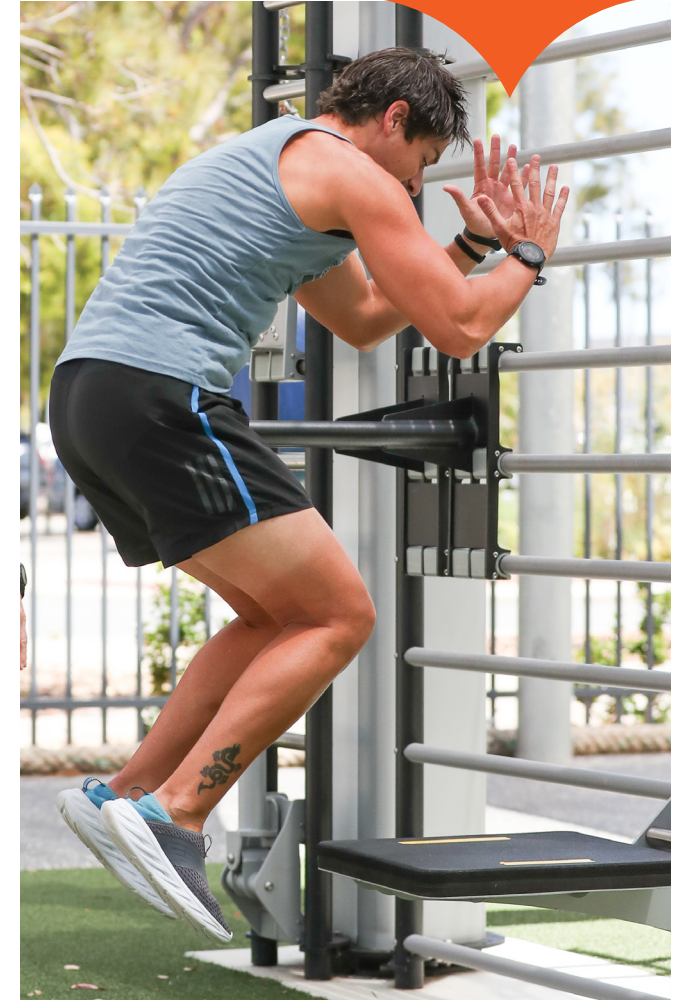


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12 Week Smart Start Plan



Strength Cardio/Group Fitness

Wks	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Health Check Body Scan Program	Low	Strength Circuit Program Phase 1	Low	Strength Circuit Program Phase 1	Low	Low or Rest
2	Low	Medium	Strength Circuit Program	Low	Strength Circuit Program Phase 1	Medium	Low or Rest
3	Low	Medium	Strength Circuit Program Phase 1	Low	Strength Circuit plan Phase 2	Medium	Low or Rest
4	Low	Medium	Strength Circuit plan Phase 2	Medium	Strength Circuit plan Phase 2	Medium	Low or Rest
5	Medium	High	Strength Circuit plan Phase 2	Medium	Strength Upper/Lower Body Routine	High	Low or Rest
6	Medium	High	Strength Circuit plan Phase 2	Medium	Strength Upper/Lower Body Routine	High	Low or Rest
7	Medium	High	Strength Upper/Lower Body Routine	Medium	Strength Upper/Lower Body Routine	High	Low or Rest
8	Medium	High	Strength Upper/Lower Body Routine	Medium	Strength Upper/Lower Body Routine	High	Low or Rest
9	High	HIIT	Strength Upper/Lower Body Routine	High	Strength Upper/Lower Body Routine	HIIT	Low or Rest
10	High	HIIT	Strength Upper/Lower Body Routine	High	Strength Upper/Lower Body Routine	HIIT	Low or Rest
11	High	HIIT	Strength Upper/Lower Body Routine	High	Strength Upper/Lower Body Routine	HIIT	Low or Rest
12	High	HIIT	Strength Upper/Lower Body Routine	High	Strength Upper/Lower Body Routine	HIIT	Low or Rest

Strength Plan

Wks	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Health Check Body Scan Program	20min cardio	Strength Circuit Program Phase 1	20min cardio	Strength Circuit Program Phase 1	10min Yoga	Day off
2	Strength Circuit plan Phase 1	20min cardio	Strength Circuit Program	20min cardio	Strength Circuit Program Phase 1	10min Yoga	Day off
3	Strength Circuit plan Phase 1	20min cardio	Strength Circuit Program Phase 1	20min cardio	Strength Circuit plan Phase 2	10min Yoga	Day off
4	Strength Circuit plan Phase 2	30min cardio	Strength Circuit plan Phase 2	30min cardio	Strength Circuit plan Phase 2	20 min Yoga	Day off
5	Strength Circuit plan Phase 2	30min cardio	Strength Circuit plan Phase 2	30min cardio	Strength Upper/Lower Body Routine	20 min Yoga	Day off
6	Strength Circuit plan Phase 2	30min cardio	Strength Circuit plan Phase 2	30min cardio	Strength Upper/Lower Body Routine	20 min Yoga	Day off
7	Strength Upper/Lower Body Routine	40min cardio	Strength Upper/Lower Body Routine	40min cardio	Strength Upper/Lower Body Routine	30min Yoga	Day off
8	Strength Upper/Lower Body Routine	40min cardio	Strength Upper/Lower Body Routine	40min cardio	Strength Upper/Lower Body Routine	30min Yoga	Day off
9	Strength Upper/Lower Body Routine	40min cardio	Strength Upper/Lower Body Routine	40min cardio	Strength Upper/Lower Body Routine	30min Yoga	Day off
10	Strength Upper/Lower Body Routine	40min cardio	Strength Upper/Lower Body Routine	40min cardio	Strength Upper/Lower Body Routine	30min Yoga	Day off
11	Strength Upper/Lower Body Routine	40min cardio	Strength Upper/Lower Body Routine	40min cardio	Strength Upper/Lower Body Routine	30min Yoga	Day off
12	Strength Upper/Lower Body Routine	40min cardio	Strength Upper/Lower Body Routine	40min cardio	Strength Upper/Lower Body Routine	30min Yoga	Day off