

A large, bold, black serif font 'BP' is centered on a light yellow rectangular background. The 'B' and 'P' are closely spaced, with the 'P' having a distinctive shape with a dot and a small circle inside its loop.

Spring into Action Plan

-14-day Program-

Featured in this booklet

1. Weekly (repeatable) Nutrition Plan (includes Animal Protein)

- Expanded meal to meal recipes
- Shopping list

2. Weekly (repeatable) Nutrition Plan (Vegetarian Choices)

- Expanded meal-to-meal recipes
- Shopping list

3. Weekly (repeatable) Activity Plan

- Easy & safe options
- Linked more committed options.

This program offers a schedule that encourages you to adjust to fit.

Contact Brad Pamp for any questions.

Brad Pamp

OPTION ONE: Nutrition Plan - Animal Protein Version

- Consider printing this page to record your dietary choices and indicate your exercise commitment.

At a glance

DAY	Breakfast	Lunch	Dinner	Snacks (Opt)
1	Greek Yogurt bowl	Chicken & Avocado Salad	Grilled Salmon with Roast Veg	Almonds & Cucumber
	Exercise	Stamina	Strength	Stretch
	Breakfast	Lunch	Dinner	Snacks (Opt)
2	Poached Eggs & Veg	Beef & Pumpkin Salad	Roast Chicken & Cauli Mash	Celery & Hummus
	Exercise	Stamina	Strength	Stretch
	Breakfast	Lunch	Dinner	Snacks (Opt)
3	Protein Smoothie	Tuna & Bean salad	Grilled Lamb Cutlets with Greek Salad	Mixed Nuts (salted)
	Exercise	Stamina	Strength	Stretch
	Breakfast	Lunch	Dinner	Snacks (Opt)
4	Overnight Oats	Chicken Salad Wrap	Barramundi with Sweet Potato	Apple & Cottage Cheese
	Exercise	Stamina	Strength	Stretch
	Breakfast	Lunch	Dinner	Snacks (Opt)
5	Veggie Omelette	French salad	Beef Stir Fry	Pumpkin Seeds & tomatoes
	Exercise	Stamina	Strength	Stretch
	Breakfast	Lunch	Dinner	Snacks (Opt)
6	Chia Pudding	Roast Veg & Halloumi Salad	Roast Pork with Spinach & Carrots	Yoghurt & Walnuts
	Exercise	Stamina	Strength	Stretch
	Breakfast	Lunch	Dinner	Snacks (Opt)
7	Smashed Avo on toast	Chicken Cesar Salad	Grilled Prawns & Quinoa Salad	Carrots & Tzatziki
	Exercise	Stamina	Strength	Stretch

Day 1 - Breakfast Greek Yoghurt Bowl Ingredients: • ¾ cup Greek yoghurt (unsweetened) • ½ cup mixed berries • 1 tbsp chia seeds • 1 tbsp walnuts Method: 1. Scoop yoghurt into a bowl. 2. Top with berries, chia, walnuts. 3. Mix lightly and enjoy.	Day 1 - Lunch Chicken & Avocado Salad Ingredients: • 150g chicken breast, grilled & sliced • ½ avocado, sliced • 2 cups mixed greens • ½ cucumber, sliced • 1 tomato, chopped • Dressing: 1 tbsp olive oil, ½ lemon juice, 1 tsp Dijon mustard Method: 1. Toss greens, cucumber, tomato in a bowl. 2. Add sliced chicken & avocado. 3. Whisk dressing and drizzle on top.	Day 1 - Dinner Grilled Salmon with Roast Veg Ingredients: • 2 salmon fillets • 1 zucchini, sliced • 1 capsicum, chopped • 200g pumpkin, cubed • 1 tbsp olive oil, salt & pepper • 1 handful rocket • 1 tsp balsamic vinegar Method: 1. Heat oven to 200°C. Toss zucchini, capsicum, pumpkin in olive oil, salt & pepper. Roast 25 mins. 2. Grill salmon 3–4 mins per side until cooked. 3. Serve salmon over rocket with roasted veg. Drizzle balsamic.
Day 2 - Breakfast Poached Eggs & Veg Ingredients: • 2 eggs • 1 tsp vinegar • 1 cup spinach • ½ cup mushrooms, sliced • 1 tomato, halved • 1 tsp olive oil Method: 1. Poach eggs in simmering water + vinegar for 3–4 mins. 2. Sauté spinach, mushrooms & tomato in olive oil until softened. 3. Plate veg with eggs on top.	Day 2 - Lunch Beef & Pumpkin Salad Ingredients: • 150g beef strips, grilled • 1 cup roasted pumpkin cubes • 2 cups spinach leaves • 40g feta, crumbled • Dressing: 1 tbsp olive oil, 1 tsp balsamic vinegar Method: 1. Grill beef until cooked, slice thinly. 2. Toss spinach, pumpkin & feta in a bowl. 3. Add beef & drizzle dressing.	Day 2 - Dinner Roast Chicken with Cauli Mash Ingredients: • 2 chicken drumsticks • 1 tbsp olive oil, salt & pepper • 1 small cauliflower, chopped • 1 tbsp butter (or olive oil) • 1 bunch broccolini, steamed Method: 1. Roast chicken with olive oil, salt & pepper at 200°C for 35–40 mins. 2. Boil cauliflower until soft, drain & blend with butter. 3. Serve chicken with cauli mash & Broccolini.

Day 3 - Breakfast Protein Smoothie Ingredients: • 1 cup almond milk • 1 banana • 1 handful spinach • 1 tbsp hemp seeds • 1 scoop protein powder Method: 1. Blend all ingredients until smooth. 2. Pour into glass & serve.	Day 3 - Lunch Tuna & Bean Salad Ingredients: • 1 can tuna in spring water, drained • ½ cup cooked green beans • 2 cups rocket • 1 tbsp capers • Dressing: 1 tbsp olive oil, juice of ½ lemon Method: 1. Toss rocket, beans, capers in a bowl. 2. Add tuna on top. 3. Drizzle dressing.	Day 3 - Dinner Grilled Lamb Cutlets with Greek Salad Ingredients: • 3 lamb cutlets • 2 tomatoes, chopped • 1 cucumber, chopped • 40g feta, cubed • 8 olives • 1 tbsp olive oil Method: 1. Season lamb with salt & pepper, grill 3–4 mins per side. 2. Toss salad ingredients together. 3. Serve lamb with salad.
Day 4 - Breakfast Overnight Oats Ingredients: • ½ cup rolled oats • 1 cup almond milk • 1 tbsp chia seeds • 1 tbsp almond butter • ½ cup blueberries Method: 1. Combine oats, chia, almond milk in jar. Refrigerate overnight. 2. Top with almond butter & blueberries.	Day 4 - Lunch Chicken Salad Wrap Ingredients: • 1 low-carb wrap • 100g grilled chicken, sliced • ½ avocado, sliced • 1 tomato, diced • 1 cup cos lettuce • 1 tbsp Greek yoghurt Method: 1. Lay wrap flat, spread yoghurt. 2. Layer lettuce, chicken, avo, tomato. 3. Roll up tightly, cut in half.	Day 4 - Dinner Barramundi with Sweet Potato Ingredients: • 2 barramundi fillets • 1 medium sweet potato, cubed • 200g green beans • 1 tbsp olive oil, salt & pepper Method: 1. Roast sweet potato 25 mins at 200°C with olive oil. 2. Steam green beans. 3. Pan-fry barramundi in olive oil, 4 mins each side. 4. Serve together.

Day 5 - Breakfast Veggie Omelette Ingredients: • 2 eggs, whisked • ¼ capsicum, diced • ½ zucchini, diced • ¼ onion, diced • 1 tbsp grated parmesan • 1 tsp olive oil Method: 1. Sauté veg in olive oil. 2. Pour eggs over, sprinkle parmesan. 3. Cook until set, fold in half.	Day 5 - Lunch French Salad Ingredients: • 1 can tuna • 2 boiled eggs, halved • ½ cup boiled potato cubes • ½ cup green beans, cooked • 6 olives • 1 tbsp olive oil Method: 1. Arrange greens, beans, potato, tuna & eggs. 2. Top with olives. 3. Drizzle olive oil.	Day 5 - Dinner Beef Stir Fry Ingredients: • 200g beef strips • 1 cup broccoli florets • ½ cup snow peas • 1 tbsp sesame seeds • 1 tbsp tamari • 1 tsp olive oil Method: 1. Heat wok with oil, cook beef until brown. 2. Add broccoli & snow peas, stir fry 4 mins. 3. Add tamari, sprinkle sesame seeds.
Day 6 - Breakfast Chia Pudding Ingredients: • 3 tbsp chia seeds • 1 cup almond milk • ½ cup raspberries • 1 tbsp sunflower seeds Method: 1. Mix chia seeds with almond milk in jar. Refrigerate 4+ hrs. 2. Top with raspberries & sunflower seeds.	Day 6 - Lunch Roast Veg & Haloumi Salad Ingredients: • 1 zucchini, sliced • 1 capsicum, chopped • 1 carrot, sliced • 100g haloumi, grilled • Dressing: 1 tbsp olive oil, 1 tsp balsamic Method: 1. Roast veg at 200°C for 25 mins. 2. Grill haloumi slices until golden. 3. Toss together, drizzle dressing.	Day 6 - Dinner Roast Pork with Spinach & Carrots Ingredients: • 500g pork tenderloin • 2 carrots, sliced • 1 tbsp olive oil, salt & pepper • 2 cups spinach Method: 1. Roast pork at 200°C for 25–30 mins, rest & slice. 2. Roast carrots with olive oil for 20 mins. 3. Sauté spinach in olive oil. 4. Serve together.

Day 7 - Breakfast Smashed Avo on Toast Ingredients: • 1 slice sourdough • ½ avocado, smashed • 1 poached egg • Handful rocket • Pinch salt & pepper Method: 1. Smash avo onto toast. 2. Top with poached egg & rocket. 3. Season to taste.	Day 7 - Lunch Chicken Caesar Salad Ingredients: • 150g grilled chicken, sliced • 2 cups cos lettuce • 1 boiled egg, sliced • 20g parmesan shavings • Dressing: 1 tbsp Greek yoghurt, 1 tsp Dijon, squeeze lemon Method: 1. Toss lettuce, egg, chicken. 2. Add parmesan. 3. Mix dressing, drizzle over.	Day 7 - Dinner Grilled Prawns with Quinoa Salad Ingredients: • 500g prawns, peeled • 1 cup cooked quinoa • ½ cucumber, diced • ½ bunch parsley, chopped • ½ bunch mint, chopped • Dressing: 2 tbsp olive oil, juice of 1 lemon Method: 1. Grill prawns 2–3 mins each side. 2. Toss quinoa, cucumber, parsley, mint. 3. Add prawns, drizzle dressing.
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Weekly Shopping List

Proteins

- Chicken breast – 1.2kg
- Chicken drumsticks – 6
- Salmon fillets – 4
- Barramundi fillets – 2
- Lamb cutlets – 6
- Beef strips – 600g
- Pork tenderloin – 500g
- Prawns – 500g
- Eggs – 2 dozen
- Tuna (tinned, spring water) – 5 cans
- Greek yoghurt (unsweetened) – 1.5kg
- Cottage cheese – 250g
- Haloumi – 200g
- Feta – 200g
- Parmesan – 100g
- Protein powder – as required

Vegetables

- Zucchini – 5
- Capsicum – 4
- Pumpkin – 1 small
- Broccolini – 1 bunch
- Cauliflower – 1 large
- Spinach – 4 bags (baby spinach + cooking)
- Rocket – 2 bags

- Cos lettuce – 2 heads or 2 bags
- Mixed salad leaves – 2 bags
- Tomato – 10
- Cherry tomatoes – 1 punnet
- Cucumber – 5
- Carrots – 6
- Mushrooms – 250g
- Onion – 2
- Sweet potato – 2 medium
- Green beans – 300g
- Snow peas – 200g
- Parsley – 1 bunch
- Mint – 1 bunch

Fruit

- Blueberries – 2 punnets
- Raspberries – 2 punnets
- Strawberries – 1 punnet (optional mix for berries)
- Banana – 4
- Apples – 7
- Lemons – 7
- Avocados – 4

Pantry

- Olive oil

- Balsamic vinegar
- Apple cider vinegar
- Dijon mustard
- Tamari (low-salt soy alternative)
- Hummus – 1 tub
- Tzatziki – 1 tub
- Almond milk – 3L
- Rolled oats – 500g
- Chia seeds – 200g
- Hemp seeds – 100g
- Pumpkin seeds – 100g
- Sunflower seeds – 100g
- Mixed raw nuts – 250g
- Almonds – 200g
- Walnuts – 150g
- Quinoa – 1 cup dry (200g)

Bread & Wraps

- Wholegrain sourdough – 1 loaf
- Low-carb wraps – 1 pack (6)

Extras (condiments/spices)

- Salt
- Pepper
- Butter (optional for cauli mash)
- Sesame seeds – 50g

OPTION TWO: Nutrition Plan - Vegetarian Version

- Consider printing this page to record your dietary choices and indicate your exercise commitment.

At a glance

DAY	Breakfast	Lunch	Dinner	Snacks (Opt)
1	Greek Yogurt bowl	Chickpea & Avocado Salad	Grilled Halloumi with Roast Veg	Almonds & Cucumber
	Exercise	Stamina	Strength	Stretch
	Breakfast	Lunch	Dinner	Snacks (Opt)
2	Poached Eggs & Veg	Roast Pumpkin & Lentil Salad	Cauliflower steaks & Broccolini mash	Celery & Hummus
	Exercise	Stamina	Strength	Stretch
	Breakfast	Lunch	Dinner	Snacks (Opt)
3	Protein Smoothie	Mediterranean Bean Salad	Eggplant & Zucchini Bake with Greek Salad	Mixed Nuts (salted)
	Exercise	Stamina	Strength	Stretch
	Breakfast	Lunch	Dinner	Snacks (Opt)
4	Overnight Oats	Falafel Wrap	Pan-seared tofu with sweet potato	Apple & Cottage Cheese
	Exercise	Stamina	Strength	Stretch
	Breakfast	Lunch	Dinner	Snacks (Opt)
5	Veggie Omelette	Quinoa Tabbouli with Eggs	Stir-Fried Tempeh with greens	Pumpkin Seeds & tomatoes
	Exercise	Stamina	Strength	Stretch
	Breakfast	Lunch	Dinner	Snacks (Opt)
6	Chia Pudding	Roast Veg & Halloumi Salad	Lentil & Carrot loaf with spinach	Yoghurt & Walnuts
	Exercise	Stamina	Strength	Stretch
	Breakfast	Lunch	Dinner	Snacks (Opt)
7	Smashed Avo on toast	Vegetarian Caesar Salad	Grilled Veggie Skewers with Quinoa	Carrots & Tzatziki
	Exercise	Stamina	Strength	Stretch

Day 1 - Breakfast Greek Yoghurt Bowl Ingredients: • ¾ cup Greek yoghurt (unsweetened) • ½ cup mixed berries • 1 tbsp chia seeds • 1 tbsp walnuts Method: 1. Scoop yoghurt into a bowl. 2. Top with berries, chia, walnuts. 3. Mix lightly and enjoy.	Day 1 - Lunch Chickpea & Avocado Salad Ingredients: • 1 cup cooked chickpeas • ½ avocado, sliced • 2 cups mixed greens • ½ cucumber, sliced • 1 tomato, chopped • Dressing: 1 tbsp olive oil, ½ lemon juice, 1 tsp Dijon mustard Method: 1. Toss greens, cucumber, tomato, chickpeas in a bowl. 2. Add sliced avocado. 3. Whisk dressing, drizzle over.	Day 1 - Dinner Grilled Haloumi with Roast Veg Ingredients: • 100g haloumi, sliced • 1 zucchini, sliced • 1 capsicum, chopped • 200g pumpkin, cubed • 1 tbsp olive oil, salt & pepper • 1 handful rocket • 1 tsp balsamic vinegar Method: 1. Roast zucchini, capsicum, pumpkin with olive oil, salt & pepper at 200°C for 25 mins. 2. Grill haloumi slices until golden. 3. Serve over rocket, drizzle balsamic.
Day 2 – Breakfast Poached Eggs & Veg Ingredients: • 2 eggs • 1 cup spinach • ½ avocado • 1 tomato, sliced • 1 slice wholegrain sourdough • 1 tsp olive oil, salt & pepper Method: 1. Poach eggs to your liking. 2. Lightly sauté spinach in olive oil. 3. Serve eggs on toast with spinach, avocado, and sliced tomato. 4. Dressing: 1 tbsp olive oil, 1 tsp apple cider vinegar	Day 2 – Lunch Roast Pumpkin & Lentil Salad Ingredients: • 1 cup roast pumpkin cubes • 1 cup cooked lentils • 1 handful rocket • 1 tbsp feta, crumbled • 1 tbsp pumpkin seeds Dressing: 1 tbsp olive oil, 1 tsp apple cider vinegar Method: 1. Roast pumpkin until tender. 2. Toss with lentils, rocket, and feta. 3. Sprinkle pumpkin seeds, drizzle dressing.	Day 2 - Dinner Cauliflower Steaks with Broccolini & Mash Ingredients: • 1 large cauliflower, sliced into 2 cm “steaks” • 1 bunch broccolini • 2 medium potatoes, peeled & chopped • 1 tbsp olive oil, salt & pepper • 1 tsp paprika Method: 1. Roast cauliflower steaks with olive oil, paprika, salt & pepper at 200°C for 25 mins. 2. Steam or roast broccolini until tender. 3. Boil potatoes, mash with olive oil, salt & pepper. 4. Plate cauliflower with mash and Broccolini.

Day 3 - Breakfast Protein Smoothie Ingredients: • 1 scoop plant or whey protein • 1 banana • ½ cup berries • 250 ml almond milk Method: 1. Blend all ingredients until smooth. 2. Serve chilled.	Day 3 - Lunch Mediterranean Bean Salad Ingredients: • 1 cup mixed beans (kidney, cannellini, chickpeas) • 1 tomato, diced • ½ cucumber, diced • ¼ red onion, finely chopped • 1 tbsp olive oil, 1 tsp red wine vinegar • Fresh parsley Method: 1. Rinse beans, combine with chopped veg. 2. Toss with oil, vinegar, and parsley. 3. Chill before serving.	Day 3 - Dinner Eggplant & Zucchini Bake with Greek Salad Ingredients: • 1 eggplant, sliced • 1 zucchini, sliced • 1 cup passata • 50 g feta, crumbled • 1 tsp oregano, salt & pepper • 2 cups cos lettuce, cherry tomatoes, cucumber (for side salad) Method: 1. Layer eggplant, zucchini, and passata in a baking dish. 2. Sprinkle feta, oregano, salt & pepper. Bake 200°C for 30 mins. 3. Serve with fresh Greek salad.
Day 4 - Breakfast Overnight Oats Ingredients: • ½ cup rolled oats • ½ cup almond milk • 2 tbsp Greek yoghurt • 1 tsp chia seeds • ½ cup berries Method: 1. Mix oats, milk, yoghurt, chia. 2. Refrigerate overnight. 3. Top with berries before serving.	Day 4 - Lunch Falafel Wrap Ingredients: • 2 falafel (baked or store-bought) • 1 low-carb wrap • 1 cup mixed greens • 2 tbsp hummus • ½ tomato, sliced Method: 1. Warm wrap, spread with hummus. 2. Add falafel, greens, and tomato. 3. Roll up and enjoy.	Day 4 - Dinner Pan-seared Tofu with Sweet Potato Ingredients: • 150 g firm tofu, cubed • 1 medium sweet potato, roasted • 1 cup steamed green beans • 1 tbsp soy sauce • 1 tsp sesame oil Method: 1. Roast sweet potato cubes until tender. 2. Pan-sear tofu in sesame oil, splash soy sauce. 3. Serve with green beans and sweet potato.

Day 5 – Breakfast Veggie Omelette Ingredients: • 2 eggs • ½ cup spinach • ½ tomato, diced • 2 mushrooms, sliced • 1 tsp olive oil Method: 1. Beat eggs, season. 2. Sauté veggies, pour eggs over, cook gently. 3. Fold and serve.	Lunch – Quinoa Tabbouleh with Eggs Ingredients • 1 cup cooked quinoa • 1 tomato, chopped • ½ cucumber, chopped • 2 boiled eggs, sliced • Fresh parsley & mint • Dressing: 1 tbsp olive oil, lemon juice Method: 1. Mix quinoa, tomato, cucumber, herbs. 2. Dress with oil and lemon. 3. Top with boiled egg slices.	Dinner – Stir-fried Tempeh with Greens Ingredients • 150 g tempeh, cubed • 1 cup broccoli florets • 1 cup snow peas • 1 tbsp tamari • 1 tsp sesame oil Method: 1. Heat oil, stir-fry tempeh until golden. 2. Add greens, splash tamari, stir-fry 3–4 mins. 3. Serve warm.
Day 6 – Breakfast Chia Pudding Ingredients: • 3 tbsp chia seeds • 250 ml almond milk • 1 tsp vanilla extract • ½ cup strawberries Method: 1. Mix chia, milk, vanilla. 2. Refrigerate overnight. 3. Top with strawberries.	Day 6 – Lunch Roast Veg & Haloumi Salad Ingredients: • 1 zucchini, sliced • 1 capsicum, chopped • 100 g haloumi, grilled • 1 handful rocket • 1 tbsp balsamic vinegar Method: 1. Roast zucchini & capsicum until soft. 2. Grill haloumi until golden. 3. Toss with rocket, drizzle balsamic.	Day 6 - Dinner Lentil & Carrot Loaf with Spinach Ingredients: • 1 cup cooked lentils • 1 carrot, grated • ½ onion, chopped • 1 cup breadcrumbs (or GF alt.) • 1 egg • 1 tsp cumin, 1 tsp paprika • 2 cups spinach, steamed Method 1. Mix lentils, Carrot, onion, breadcrumbs, egg, spices. 2. Shape into loaf, bake 180°C for 35 mins. 3. Serve with steamed spinach.

Day 7 – Breakfast Smashed Avo on Toast Ingredients: • ½ avocado • 1 slice sourdough toast • Lemon juice, chilli flakes Method: 1. Toast bread, smash avocado on top. 2. Season with lemon & chilli.	Day 7 - Lunch Vegetarian Caesar Salad Ingredients: • 2 cups cos lettuce • 1 boiled egg, sliced • 1 tbsp parmesan, shaved • ½ cup croutons • Dressing: 1 tbsp Greek yoghurt, 1 tsp Dijon, lemon juice Method: 1. Toss lettuce, egg, parmesan, croutons. 2. Whisk dressing, drizzle over.	Day 7 - Dinner Grilled Veggie Skewers with Quinoa Ingredients: • 1 zucchini, chunks • 1 capsicum, chunks • 1 red onion, wedges • 1 tbsp olive oil • 1 cup cooked quinoa Method: 1. Thread veg onto skewers, brush with oil. 2. Grill or BBQ until charred. 3. Serve over quinoa.
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Weekly Vegetarian Shopping List

Proteins & Dairy

- Eggs (2 dozen)
- Greek yoghurt (1.5kg)
- Cottage cheese (250g)
- Haloumi (200g)
- Feta (200g)
- Parmesan (100g)
- Tofu (2 blocks, 500g each)
- Tempeh (400g)
- Falafel mix or ingredients
- Pea protein powder

Legumes & Grains

- Chickpeas (3 cans or 500g dried)
- Lentils (2 cans or 400g dried)
- Kidney beans (1 can)
- Cannellini beans (1 can)
- Quinoa (2 cups dry)
- Rolled oats (500g)

Vegetables

- Zucchini (6)
- Capsicum (5)

- Pumpkin (1 small)
- Cauliflower (2 large)
- Broccolini (2 bunches)
- Spinach (4 bags)
- Rocket (2 bags)
- Cos lettuce (2)
- Tomato (10)
- Cherry tomatoes (1 punnet)
- Cucumber (5)
- Carrots (6)
- Mushrooms (300g)
- Onion (2)
- Sweet potato (2)
- Green beans (300g)
- Snow peas (200g)
- Eggplant (1)
- Parsley (1 bunch)
- Mint (1 bunch)

Fruit

- Blueberries (2 punnets)
- Raspberries (2 punnets)
- Strawberries (1 punnet)
- Bananas (4)

- Apples (7)
- Lemons (7)
- Avocados (4)

Pantry

- Olive oil
- Balsamic vinegar
- Apple cider vinegar
- Dijon mustard
- Tamari
- Hummus (1 tub)
- Tzatziki (1 tub)
- Almond milk (3L)
- Chia seeds (200g)
- Hemp seeds (100g)
- Pumpkin seeds (100g)
- Sunflower seeds (100g)
- Mixed raw nuts (250g)
- Almonds (200g)
- Walnuts (150g)

Bread & Wraps

- Wholegrain sourdough (1 loaf)
- Low-carb wraps (1 pack of 6)

EXERCISES

EXERCISE: Stamina, Strength & Stretch

Stamina – Cardio

- **F** (Frequency) – Everyday
- **I** (Intensity) – Your conversational-paced effort – no harder
- **T** (Type) – Rhythmic & continuous; e.g. Walking, Shuffling, Cycling, Indoor Machines; Rower, Stepper, X-Trainer etc.
- **T** (Time) – 20 minutes minimum – more is better.

Strength – Resistance

- **F** (Frequency) – Daily
- **I** (Intensity) – Light & Easy through to a committed (yet safe) resistance
- **T** (Time) – about 5 -15 minutes

For loaded resistance – check out:

- **Women's Strength Program** – <https://bp40plus.com.au/respect/>
- **Men's Health Routines** – <https://bp40plus.com.au/mens50/>

Or

3 Circuit-style Sets with no rest

- Body Weighted 45' Squats x 10 reps
- Push Ups (Knees or feet) x 10 reps
- Crunches x 20 reps

Stretch - flexibility

- **F** (Frequency) – Daily
- **I** (Intensity) – No pain
- **T** (Time) – about 2 -10 minutes

Check out the quick stretching routine – <https://bp40plus.com.au/stretch-sessions/>

Or

- Standing Quad Stretch
- Standing Hamstring Stretch
- Wall Flexion Stretch
- Figure 4 Glute Stretch
- Back Rotation Stretch

Start your 14-day Spring into Action plan ASAP.

Brad Pamp