



**STRENGTHEN YOUR WAY
TO A HEALTHY HEART**

Use the calendar to tick off your progress, record your results and to take notes for each day.



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 You're off to a great start, keep it up!

 Work off those chockie eggs!

 Halfway - you got this!

 Your heart is getting healthier!

 Final week! Let's finish strong!

 Challenge completed!

By taking part in the Beating Hearts Bootcamp Challenge, you're making a meaningful difference to your own heart health, the hearts of those you love, and the hearts of all Australians.

Created by our Heart Foundation Accredited Exercise Physiologist, the challenge features a new exercise daily. Each exercise will feature a beginner and an advanced option to suit all skill levels. Check out a list of the exercises below!

Scan the QR code to head to the Bootcamp Challenge Facebook group where we'll provide exercise information, photos, and daily support throughout the challenge.



Day	Exercise	
	BEGINNER	ADVANCED
1	Sit to stand 3 rounds x 10 reps	Squats 5 rounds x 10 reps
2	Wall push-ups 3 rounds x 10 reps	Push-ups 5 rounds x 10 reps
3	March on the spot 3 rounds x 3 min sets	Step-ups 3 rounds x 3 min sets
4	Seated twist 4 rounds x 5 per side	Russian twist 3 rounds x 10 per side
5	Bendover row 3 rounds x 10 reps	Prone fly 5 rounds x 10 reps
6	Star steps 3 rounds x 2 min sets	Star jumps 3 rounds x 2 min sets
7	Alternate arm front raise 3 rounds x 1 min sets	Front raise hold 4 rounds x 1 min hold
8	Step forward half lunge 3 rounds x 1 min sets	Lunges 3 rounds x 2 mins
9	Bridging 3 rounds x 10 reps	Alternating single leg bridge 4 rounds x 10 reps each leg
10	March on the spot 3 rounds x 3 min sets	Stepups 3 rounds x 3min sets
11	Tricep high dips or kickbacks with weight 3 rounds x 10 reps	Tricep dips 4 rounds x 10 reps
12	Sumo squat full range 3 rounds x 30 secs	Sumo squat pulses 3 rounds x 1 min
13	Front hand press 4 rounds x 1 min	Air punches 5 rounds x 2 mins
14	Upright rows 3 rounds x 10 reps	Military press 5 rounds x 10 reps
15	Leg lifts 4 rounds x 2 mins	Bicycle crunch 4 rounds x 2 mins
16	Squat jumps 4 rounds x 1 min	Burpees 5 rounds x 1 min
17	Narrow hand wall push-ups 4 rounds x 10 reps	Narrow hand push-ups 4 rounds x 10 reps
18	Bridging 3 rounds x 10 reps	Alternating single leg bridge 4 rounds x 10 reps each leg
19	March on the spot 10 rounds x 40 secs	High knees 8 rounds x 30 seconds
20	Wall squat 4 rounds x 10 reps	Weighted squats 10 rounds x 10 reps
21	Bicep curls 4 rounds x 10 reps per arm	Rotating bicep curls w/weight 6 rounds x 10 reps
22	Star steps 3 rounds x 2 min sets	Star jumps 6 rounds x 2 min sets
23	Modified side bridge 3 rounds x 10 reps per side	Side bridges 4 rounds x 10 bridges per side
24	Step forward half lunge 3 rounds x 1 min	Lunges 3 rounds x 2 mins
25	Step ups 4 rounds x 2 mins	Step ups 5 rounds x 4 mins
26	Upright rows 4 rounds x 10 reps	Military press 4 rounds x 15 reps
27	Reverse crunch 5 rounds x 1 min	Bicycle crunch 5 rounds x 2 mins
28	Sumo squat full range 4 rounds x 30 secs	Sumo squat pulses 5 rounds x 1 min
29	Tricep high dips or kickbacks with weight 4 rounds x 10 reps	Tricep dips 5 rounds x 10 reps
30	Squat jumps 6 rounds x 1 min	Burpees 8 rounds x 1 min