

# ANOTHER ROUND Is Waiting For You

Michelle Bridges  
**12WBTV**

*Hi Team*

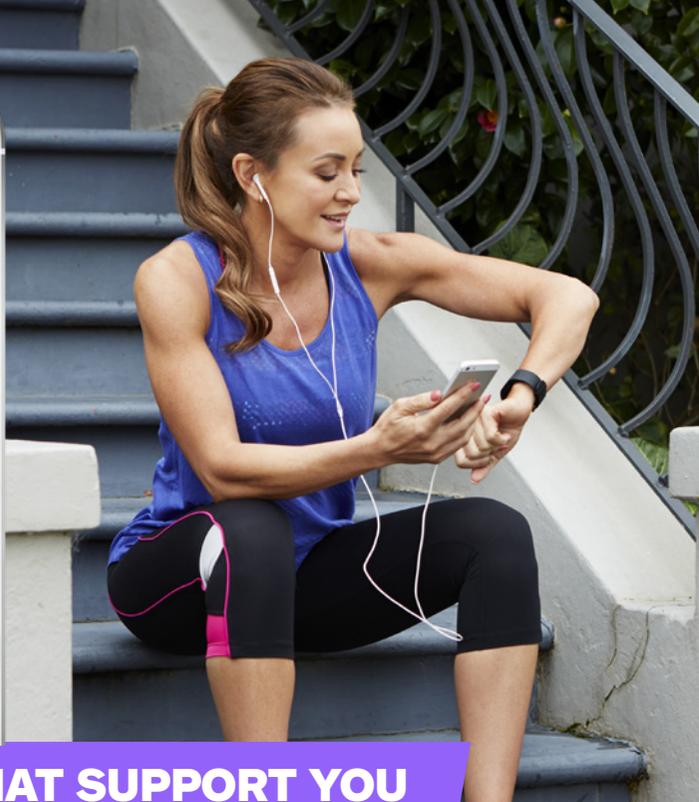
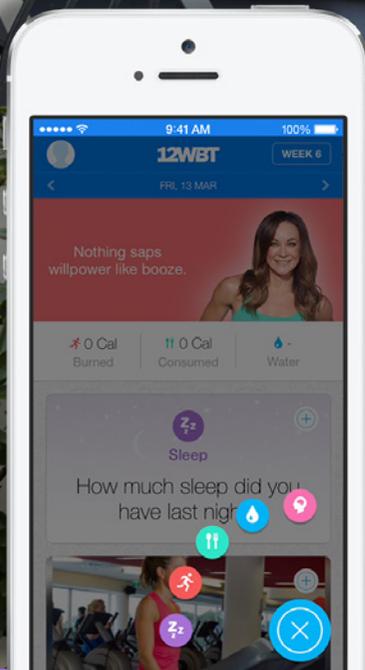
**As we hit the home straight  
of the round, now's the  
time to think about your  
goals for next round!**

Maybe this round you smashed your goals, or you may still have a little way to go – or even a long way. That's OK! Now's the time to regroup and reset your goals. Focus on all the things you've achieved so far and how much you can achieve next round. It's all about consistency!

I've created this eBook to help you plan your next set of goals – whatever they may be. Continue to work towards your weight loss goals, tone up or even learn to run (or run further than before!), I've got a program for you to get there. Newbies, new mums and mums-to-be, I've got you covered too!

Can't wait to see you at the finish line this round... and at the starting line again for the next round! **LET'S KEEP PROVING TO YOURSELF  
WHAT YOU'RE CAPABLE OF!**

**Mish Xx**



## FEATURES THAT SUPPORT YOU THROUGHOUT YOUR 12 WEEKS

### EXPRESS WORKOUTS

In the past paced world we live in today, it can be hard to find the time to get that all important exercise in. So to help, we've created over 150 Express Workouts (and constantly developing more!) for every type of training. Whatever your mood, time of day or location, there is always time for an Express Workout!

### WORKOUT PLAYER

Be guided through workouts on any device with my Workout Player. With autoplay of exercises and audio instructions, you'll be guided when working out wherever you are!

### MY TRACKER

My Tracker is a nifty tool that lets you track loads of stuff, including your workouts, meals, sleep, water intake and more. Have all your vital stats in one place so you can see where you're at and where you're going!

You can link your 12WBT My Tracker tool to your My Fitness Pal, FitBit and Withings. This means you can monitor your workouts and meals (both 12WBT and non-12WBT), with ease.



SALMON POKE BOWL

### RECIPES FOR THE WHOLE FAMILY

There are over 1000 recipes in my Recipe Index, and my team and I just love creating new, healthy dishes for my 12WBT family! We've also made customising your Meal Plans a whole lot faster. Talk about a win-win!!

### TIME SAVER MEAL PLAN

Even the most diligent health nut can succumb to not-ideal takeout or convenience store choices after a long day. So our Time Saver Meal Plan, with loads of freezer-friendly meals to cook in advance, will ensure a healthy meal is always on hand. If you work long hours, this is the plan for you!

### MY COOKING FOR 1 PLAN

A plan for all my peeps cooking solo! You can set your Meal Plan to Cooking

for 1 so all your recipes and Shopping Lists will update accordingly. How neat is that?!

### 12WBT DAILY APP

My 12WBT Daily App is your ULTIMATE transformation companion and it's available in the App Store for you to download.

12WBT Daily is only available on iOS. Any iPhone user can download the 12WBT Daily App, BUT content is only available for members in a current round.

Don't have an iPhone? Don't worry! Our awesome mobile site gives you the full 12WBT site on your android device (that's even more functionality than the app!).

# MOVE

**BMI >35 : FITNESS 0-9**

Are you looking to get stronger before progressing to the next 12WBT Program?

## Low Impact

**Q** Is your goal to start a low-impact, achievable program to build healthy, lasting change?

**A** If you're ready to move more, eat better and think differently, the Move Program is the one for you! It's low-impact, making it perfect if you have mobility challenges. If you're repeating this Program, work on increasing the intensity of each exercise.



I realised after a lifetime of being chubby that at my age – 46 – it is actually NOT too late for me to get fit. I have never felt better in my life. **Helen686**

# MOVE 2

**BMI >30 : FITNESS 10-19**

Are you a very light exerciser (once a week)?

## Building

**Q** If your goal to prepare for my Beginner Program and to keep transforming your life into a healthy one?

**A** If you've completed the Move Program and are ready for your next challenge, this program is for you! My Move 2 Program is a step up from the Move Program, including the same amount of exercise per week, but with a slight increase in intensity.



Fad diets don't work!! Long-term changes will be the best way to a healthier, longer-living, better you. **Mish Xx**



I love my food and love that I don't feel like I'm missing out with these recipes. **Banani**

# BEGINNER

**FITNESS 20-39**

Are you relatively new to exercise, or a light exerciser (once to twice a week)?

## Improvement

**Q** Is your goal to lose weight and improve your fitness?

**A** If you want to lose weight and start exercising regularly, my Beginner Program is your starting point. It balances fitness, toning and core work with the right calorie level to get you to your goal weight. Want more of a running or cardio focus? Check out my Learn to Run Program.



Our physical selves are merely a reflection of our lifestyles. **Mish Xx**



I never thought it was possible, but for the first time in many, many years I was actually running on the treadmill today!!! **Regina2703**

# INTERMEDIATE

**FITNESS 40-54**

Is your goal to lose weight and increase your strength, flexibility and overall fitness?

## All-rounder

**Q** Are you a regular exerciser (three or more times a week for the past two months) or have completed our Beginner Program?

**A** If you're a regular exerciser, check out my Intermediate Program. You'll exercise the same amount of days as the Beginner Program, but with more intensity! You'll get stronger, fitter and keep moving towards your goal weight. Want to really up your cardio? Try my 10km Running Program.



I just picked up three 5kg bags of bulk rice to familiarise myself again with what this feels like. Why? Because that is how much weight I have lost. **Ruth510**

## FIT FOR FIFTY

### FITNESS 40-59

Are you in or approaching your 50s, and looking to maintain fitness and lose a few kilos?

### Maintenance

**Q** Is your goal to lose a few kilos and maintain fitness?

**A** If you want to lose a few kilos, maintain or increase your fitness and feel fabulous as you approach middle age, this is the program for you.

Learn smart workout techniques, stay strong and eat right, with practical tips and plans to get you there. Workouts bring together the right mix of strength and cardio, with a focus on balance, flexibility and bone density.



It started as a weight loss plan but developed into a lifestyle change. **Nanette**



Train indoors. Train outdoors. Train in hotels. Train in gyms. Train on the beach. Train in the rain. It's not complicated. Just train. **Mish Xx**



Nothing holds back the years like weight training! It really is the fountain of youth. **Mish Xx**



## ADVANCED

### FITNESS 55+

Are you a solid exerciser (three or more times a week for the past six months and can run for 40 minutes or smash a fitness class) and no more than 5kg from your goal weight?

### Final Leg

**Q** Is your goal to improve your fitness and get supported on the final leg of your journey to your goal weight?

**A** If you've completed my Intermediate or 10km Running Programs then it's time to STEP IT UP and choose my Advanced Program. You can tailor your calorie intake to suit you, and up your cardiovascular fitness and move those last few kilos. Want to focus on sculpting your body? Try my Lean & Strong Program.



I encourage myself and talk myself through a tough workout. My motto is: I'm not finished when I'm tired, I'm finished when I'm done. **Steve**

## LEAN & STRONG

### FITNESS 65+

Are you a solid exerciser who's done some muscle strengthening, or completed my Intermediate, Advanced or Running Programs?

### Get Ripped

**Q** Is your goal to tone your body and improve your muscle mass?

**A** My Lean & Strong Program is all about shaping and toning your body, with some fitness and core work thrown in – with a lot less cardio than my Intermediate or Advanced Programs. The 12 Week Program is split into three one-month sections: Hard and Heavy, Specificity, and Let's Get Ripped.



I get cardio benefits through my workouts, and I've actually changed the shape of my body. Rather than just losing weight, I've become more toned and stronger. **Angela**



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I am in this with you. Not only will I be educating you, but SUPPORTING you as you put your new habits into practice during your pregnancy or after the birth of your baby.

**Mish Xx**

## PREGNANCY

Is your goal to stay fit (safely) during your pregnancy?

### Baby Steps

Q Are you pregnant?

A My Pregnancy Program helps you stay strong and healthy during pregnancy, and manage common symptoms in a safe and supportive environment. You'll receive specialised video content, expert advice from our pregnancy experts, including obstetricians and gynaecologists and Meal and Exercise Plans in keeping with the latest recommendations.

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These days I wake up in the morning and know I'm going to enjoy my day and do something that's going to make a positive difference to my life and benefit my family.

**Brooke**

## POST-BABY

Is your goal to get back into shape after your pregnancy?

### Mum's the Word

Q Are you a new mum?

A My Post-Baby Program is designed to get your body safely back into the healthiest shape possible after birth. You'll get customised video content, the guidance of our pregnancy experts, including obstetricians, gynaecologists and dietitians, plus a community of new mums to share the journey with.

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The biggest lesson I've learnt is that it's OKAY to put yourself first. As a working parent it's too easy to get caught up with the kids and all the day-to-day stuff that comes with juggling work, parenting and life in general!

**Kristy**



## A COMPLETE RUNNING PROGRAM

**No matter what your level of fitness, I want you on my team. Together we can smash your running goals!**

I have six programs designed by my fitness experts and elite runners. Plus, you'll be supported every step of the way by my personal trainers, dietitians and other runners in the Member Zone.



For 10 minutes of running I'll probably burn about 100 calories, whereas doing 10 minutes worth of walking – I'd be lucky to burn 20 calories. With everyone being so time poor these days it makes sense that the efficiency of running is going to get you closer to your goals. **Mish Xx**

## LEARN TO RUN

**BMI >40 : FITNESS 20-39**

Is your goal is to learn to run 5km and lose weight?

### 5km Ready

**Q** Are you injury free and can run 30 seconds without stopping?

**A** Always wanted to learn to run but didn't know where to start? You've come to the right place! If you're at a beginner fitness level and have between 5 to 30kg to lose, my Learn to Run Program will get you running 5km in 12 weeks. If you have more than 30kg I recommend starting on the Beginner Program.



If you're scared of running, all you have to do is begin. I couldn't run around a netball court at first, but I started small and just gave it a go. **Leanne**

## 10K RUNNING

**FITNESS 40-54**

Is your goal to run 10km?

### Ten out of Ten

**Q** Are you nearly at your goal weight, able to run either 2km or 15 minutes without stopping, and injury free (as cleared by your doctor)?

**A** Do you want to train for your first running event, or are a seasoned runner getting back into training? Then join my 10km Running Program. Each week you'll do three days of running, plus strength, muscle release and stretch and core days. Running times or distances increase each week to get you closer to your 10km target, so it's important to stay on track.



Yesterday I ran 5km at a slow, nonstop jog. I want to get faster and bring my times down before I do a 10km race, so that's why I'm doing the 10k Running Program. **Lyn**

# 10K RUNNING ADVANCED

**FITNESS 50-64**

Is your goal to improve your 10km and hit a new personal best?

## Plus Ten

**Q** Are you on or near your goal weight, injury free (as cleared by your doctor) and have run 10km in the last month?

**A** If you're already comfortable running 10km and are ready to challenge yourself and up your pace and intensity, this is the Program for you! There'll be tempo runs, interval training, long runs, recovery jogs and core and stretch work each week. The 10km Running Advanced Program starts harder and faster than the 10km Running Program, so make sure you're ready to go!



My husband is my support crew. He's held the torch on many a cold, dark run and has massaged all the sore spots after a workout, and is always willing and keen to run 10 kilometres with me. **Nanette**

# 1/2 MARATHON

**FITNESS 55-79**

Is your goal to run a half marathon?

## Hour Pro

**Q** Are you at your goal weight and have run 10km or 60 minutes without stopping in the last month?

**A** Seasoned runners will love this Half Marathon Program that will take you from 10km to a full half marathon! There'll be tempo runs, interval training, long runs, recovery jogs and core and stretch work each week, and you can choose your calorie level to suit your goal. You'll need to be injury free (as cleared by your doctor).

# 1/2 MARATHON ADVANCED

**FITNESS 65+**

Is your goal to improve your half marathon time and reach a new personal best?

## 21 Again

**Q** Are you at your goal weight and completed a half marathon in the past month?

**A** If you can already run a half marathon, but are ready to up your pace and intensity, my Half Marathon Advanced Program is for you. It's important to do most, if not all, running outside, and get clearance from your doctor. It's the same structure as my Half Marathon Program, with added intensity and challenges.



Your body is jam-packed with moveable parts. You are designed to move! **Mish Xx**

# MARATHON

**FITNESS 80+**

Is your goal to run a full marathon?

## Marathon Ready

**Q** Are you at your goal weight and have run a half marathon in the past two weeks or month?

**A** Are you ready to take on the pinnacle of long-distance running challenges? This is it! Make sure you're comfortable running the half marathon before beginning, and note that this Program ramps up each week, so it's important not to miss your training sessions. Each week you'll do one day of intervals or hills, one tempo run, one moderate pace run and one long run.



*Don't lose momentum!*

**You're ready for your next 12WBT challenge, so take action. It's time to get PUMPED to hit new goals – I know I am!**

Remember, once you sign up for a 12WBT Round you're not locked in to any one program so if you need to change your program once you start, that's OK by me.

Don't lose momentum!! The next **12WBT Round** will be here before you know it!

Together we can help you become who you want to be. Let's go!

**Mish Xx**