

Strength For Everyone Week 2

Monday - Medium Intensity

Warm Up

Easy Jog	20 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat	X 5	
Easy jog	20 seconds	
Crab Shuffle & high reach	X 10	
Easy jog	20 seconds	
Walkouts	X 5	
Easy Jog	20 seconds	
Curtsy lunge & high pull	X 10	

Main Session

Exercise	Reps	Sets	Rest Between Sets
Around The World Lunge	X 10	X 3	30 seconds
30 seconds			
Press Up / Up Down Plank Combo	X 10	X 3	45 seconds
30 seconds			
Pulse Squat	X 10	X 3	20 seconds
30 seconds			
Tricep Dips	X 10	X 3	20 seconds
30 seconds			
Supine Tuck & Toe Touch	X 20	X 3	30 seconds
30 seconds			
Single Leg Tricep Dip	X 10	X 3	30 seconds

Tuesday - High Intensity**Warm Up**

Easy Jog	20 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat	X 5	
Easy jog	20 seconds	
Crab Shuffle & high reach	X 10	
Easy jog	20 seconds	
Walkouts	X 5	
Easy Jog	20 seconds	
Curtsey lunge & high pull	X 10	

Main Session

Exercise	Work	Sets
High Knees	30 seconds	X 3
Drop Squat Jumps	X 12	
High Knees	30 seconds	
Shoulder Taps	X 20	
High Knees	30 seconds	
Walking Press Ups	X 12	
High Knees	30 seconds	
Squat & Toe Touch	X 20	
High Knees	30 seconds	
Chest To Floor Burpees	X 12	

Core

Exercise	Reps	Sets
Oblique Mountain Climbers	X 20	X 3
Plank Jumping Jacks	X 10	
Plank Pikes	X 10	

2 - 3 mins rest**X 3**

Wednesday - Rest

Thursday - Low Intensity

30 - 45 minutes fasted jog / fast walk

Friday - High Intensity**Warm Up**

Easy Jog	20 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat	X 5	
Easy jog	20 seconds	
Crab Shuffle & high reach	X 10	
Easy jog	20 seconds	
Walkouts	X 5	
Easy Jog	20 seconds	
Curtsey lunge & high pull	X 10	

Main Session**AMRAP**

Complete as many rounds as possible in 7 minutes, take 3 minutes rest and then complete another round for 7 minutes.

Exercise	Reps
Tuck Jumps	X 10
Press Up	X 10
Squat Thrust Sumo Jump	X 10
Bicycle Crunch	X 20

**Finisher
Countdown**

Exercise	Reps
Chest to Floor Burpees	X 10
Plank Frontal Raise	X 10
10 seconds	
Chest to floor Burpees	X 8
Plank Frontal Raise	X 8
10 seconds	

Chest to Floor Burpees	X 6
Plank Frontal Raise	X 6
10 seconds	
Chest to Floor Burpees	X 4
Plank Frontal Raise	X 4
10 seconds	
Chest to Floor Burpees	X 2
Plank Frontal Raise	X 2

Saturday - Low Intensity Plus

30 - 45 minutes fasted jog / fast walk

Sunday - Rest