

Strength For Everyone Week 4 (Easier Week)

Monday - Medium Intensity

Warm Up

Easy Jog	20 seconds	X 3 Progressively increasing ROM, speed and intensity.
High Knees	X 10	
Easy jog	20 seconds	
Sumo Squat	X 10	
Easy jog	20 seconds	
Alternating Reverse Lunge & High Knee	X 10	
Easy Jog	20 seconds	
Plank	30 seconds	

Main Session Reps X Sets

Exercise	Work / Reps	Set
Easy Jog	30 seconds	X 3
Walking Press Up	X 12	
Easy Jog	30 seconds	
Squat & Reverse Lunge Combo	X 12	
Easy Jog	30 seconds	
Plank Up / Down	X 6 (on each side)	
Easy Jog	30 seconds	
Deep Sumo Squat	X 12	
Easy Jog	30 seconds	
Bodyweight Shoulder Press	X 6	

Take 2 - 3 minutes rest at the end of each set

Tuesday - High Intensity

Warm Up

Easy Jog	20 seconds	X 3 Progressively increasing ROM, speed and intensity.
High Knees	X 10	
Easy jog	20 seconds	
Sumo Squat	X 10	
Easy jog	20 seconds	
Alternating Reverse Lunge & High Knee	X 10	
Easy Jog	20 seconds	
Plank	X 5	

Main Session

Exercise	Work	Rest	Sets
Squat Jumps, narrow squat - wide squat	30 seconds	30 seconds	X 3
Squat & front punch, squat, twist & punch	30 seconds	30 seconds	
Plank	30 seconds	30 seconds	
Cross Over to Burpee	30 seconds	30 seconds	
T Press Up	30 seconds	30 seconds	
V - Sit Single Leg Extension & Twist	30 seconds	30 seconds	
Incline Press Up	30 seconds	30 seconds	
Broad Jump & Hops Back	30 seconds	30 seconds	
V - Sit Hold	30 seconds	30 seconds	
Sumo Squat Jump to Plank	30 seconds	30 seconds	

Wednesday - Rest

Thursday - Low Intensity
30 - 45 minutes fasted jog / walk / cycle

Friday - High Intensity

Warm Up

Easy Jog	20 seconds	X 3 Progressively increasing ROM, speed and intensity.
High Knees	X 10	
Easy jog	20 seconds	
Sumo Squat	X 10	
Easy jog	20 seconds	
Alternating Reverse Lunge & High Knee	X 10	
Easy Jog	20 seconds	
Plank	X 5	

Main Session

Exercise	Work	Rest	Sets
High Knees	20 seconds	10 seconds	X 4
NO REST			
Plank Pike	20 seconds	10 seconds	X 4
NO REST			
High Knee Toe Touch	20 seconds	10 seconds	X 4
NO REST			
Wide Mountain Climber	20 seconds	10 seconds	X 4

Countdown 10 - 2

Exercise	Reps
Cross Overs (x2)	X 10
Tricep Dips	X 10
10 SECONDS REST	
Cross Overs (x2)	X 8
Tricep Dips	X 8
10 SECONDS REST	
Cross Overs (x2)	X 6
Tricep Dips	X 6
10 SECONDS REST	
Cross Overs (x2)	X 4
Tricep Dips	X 4
10 SECONDS REST	
Cross Overs (x2)	X 2
Tricep Dips	X 2

Saturday - Low Intensity
30 - 45 minutes fasted jog / walk / cycle

Sunday - Rest