

## Strength For Everyone : Week 1

### Monday - Medium Intensity Warm Up

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

### Main Session

Exercise	Reps	Sets	Rest Between Sets
Squat & Lunge Combo	X 10	X 3	30 seconds
30 seconds			
T - Press Ups	X 10	X 3	30 seconds
30 seconds			
Side Shuffle to Squat	X 10	X 3	30 seconds
30 seconds			
Star Jumps	X 20	X 3	30 seconds
30 seconds			
Plank	30 seconds	X 3	30 seconds
30 seconds			
Bear Crawl forward / backwards	30 seconds	X 3	30 seconds
30 seconds			
V - Sit Row	X 20	X 3	30 seconds

## Cool Down Stretches

---

---

### Tuesday - High Intensity (Timed circuit)

#### Warm Up

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

#### Main Session

#### Circuit

Exercise	Work	Rest
Squats	30 seconds	30 seconds
Mountain Climbers	30 seconds	30 seconds
Sumo Squat Jumps	30 seconds	30 seconds
Press Up & Shoulder Tap	30 seconds	30 seconds
Reverse Lunge to high kick	30 seconds	30 seconds
V-Sit Arm Raise	30 seconds	30 seconds
Squat & high knee twist	30 seconds	30 seconds
Tricep Dips	30 seconds	30 seconds

#### Finisher

Side shuffle, twist & punch	X 10
Burpees	X 10
Quick High Knees	X 10

**2 - 3 minutes rest then complete again.  
Complete 3 sets in total.**

### **Cool Down Stretches**

---

---

### **Wednesday - REST DAY**

---

---

### **Thursday - Low Intensity**

Steady state easy Cardio 30 - 45 minutes  
Walk / light jog / bike

---

---

### **Friday - High Intensity**

#### **Warm Up**

Easy Jog	20 seconds	<p style="text-align: center;">X 3</p> <p>Progressively increasing ROM, speed and intensity.</p>
Squat	X 5	
Easy jog	20 seconds	
Squat & high reach	X 5	
Easy jog	20 seconds	
Squat, high knee & twist	X 10	
Easy Jog	20 seconds	
Curtsey lunge & high pull	X 10	

## Cardio Strength

Exercise	Work	Rest
Squats	30 seconds	30 seconds
Burpees	30 seconds	30 seconds
Side shuffle, twist & Punch	30 seconds	30 seconds
Hand Release Press Up	30 seconds	30 seconds
Tuck Jumps	30 seconds	30 seconds
Side Plank Twists	30 seconds	30 seconds
Sumo Squat Thrust & Jump	30 seconds	30 seconds
Walking Press Ups	30 seconds	30 seconds

## Finisher

High Knees	X 10
Crab Shuffles	X 10
Boxing Criss Cross	X 10

**2 - 3 minutes rest**

**Repeat x 3**

## Cool Down Stretches

---



---

## Saturday - Low Intensity

Steady state Cardio 30 - 45 minutes

Walk / light jog / bike

### Core

Exercise	Reps / Time	Sets
Plank	40 seconds	X 3
V - Sit Hold	30 seconds	
V - Sit Extend	X 10	

---

---

Sunday - REST DAY