

Strength For Everyone Week 3

Monday - High Intensity

Warm Up

Easy Jog	20 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Overhead Swing	X 5	
Easy jog	20 seconds	
Reverse Lunge & High Kick	X 10	
Easy jog	20 seconds	
Squat & High knee Twist	X 5	
Easy Jog	20 seconds	
Shoulder Taps	X 10	

Main Session

You have 10 minutes to complete as many rounds of the circuit as possible.

Take 5 minutes rest and then complete another 10-minute set.

Exercise	Reps
Squat & High Kick	X 10
Tricep Dips	X 10
Split Jumps	X 10
Plank Toe Touch	X 10

Cardio Finisher

Exercise	Reps / Time	Sets
Sprint on the spot	20 seconds	X 5
Broad Jump Forward, 2 hops back	X 5	
Rest for 30 seconds between each set		

Tuesday - Low Intensity
30 - 45 minutes fasted jog / fast walk / bike

Wednesday - High Intensity

Warm Up

Easy Jog	20 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Overhead Swing	X 5	
Easy jog	20 seconds	
Reverse Lunge & High Kick	X 10	
Easy jog	20 seconds	
Squat & Elbow to high knee	X 10	
Easy Jog	20 seconds	
Shoulder Taps	X 10	

Main Session - Tabata 20:10 x 4

Exercise	Work	Rest	Sets
Drop Sumo Squat	20 seconds	10 seconds	X 4
V-Sit Extend	20 seconds	10 seconds	
Criss Cross Squat Jumps	20 seconds	10 seconds	
Plank Rocks	20 seconds	10 seconds	
Easy Jog 60 seconds			
Mountain Climbers	20 seconds	10 seconds	X 4
Chest to Floor Burpees	20 seconds	10 seconds	
Plank Pikes	20 seconds	10 seconds	
Split Jumps	20 seconds	10 seconds	

Thursday - Rest Day

Friday - High Intensity

Warm Up

Easy Jog	20 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Overhead Swing	X 5	
Easy jog	20 seconds	
Reverse Lunge & High Kick	X 10	
Easy jog	20 seconds	
Squat & Elbow to high knee	X 5	
Easy Jog	20 seconds	
Shoulder Taps	X 10	

Main Session - combos

(Watch the video before completing the workout)

Exercise	Work / Reps	Rest	Sets
Mountain Climbers x 4 / squat Jump x combo	40 seconds	20 seconds	X 2
Split Jumps x 4 / Chest to floor burpee x 1	40 seconds	20 seconds	
Oblique Mountain Climber x 4 / Plank Jumping Jacks x 4	40 seconds	20 seconds	
Criss Cross Sumo Squat x 4 / punches x 4	40 seconds	20 seconds	
Crab shuffle & Burpee	40 seconds	20 seconds	
Mountain Climbers x 4 / squat Jump x combo	40 seconds	20 seconds	
Split Jumps x 4 /	40 seconds	20 seconds	

Chest to floor burpee x 1			
Oblique Mountain Climber x 4 / Plank Jumping Jacks x 4	40 seconds	20 seconds	
Criss Cross Sumo Squat x 4 / punches x 4	40 seconds	20 seconds	
	40 seconds	20 seconds	
2 - 3 minutes rest between each set			

Saturday - Low Intensity

30 - 45 minutes fasted jog / fast walk / bike plus core

Sunday - Rest Day