

Strength For Everyone Volume 1 Week 5

Monday - High Intensity

Warm Up

Squats	X 10	X 2 Progressively increasing ROM, speed and intensity.
Easy Jog	30 seconds	
Alternate Lunge	X 10	
Easy Jog	30 seconds	
Hip Bridge	X 10	
Easy Jog	30 seconds	
Turkish GetUp	X 3 (on each side)	
Easy Jog	30 seconds	

Main Session

Exercise	Work	Rest	Sets
Curtsy Lunge Jump	40 seconds	20 seconds	X 3
Plank Up / Down	40 seconds	20 seconds	
Sumo Burpee Tuck Jump	40 seconds	20 seconds	
Straight Arm Sit-Up	40 seconds	20 seconds	
Sprint Forward, Sprint Backward	40 seconds	20 seconds	
Side Plank Twists	40 seconds	20 seconds	
Forward / Backward Lunge with boxing arms	40 seconds	20 seconds	
Reverse Crunch	40 seconds	20 seconds	
Crab Shuffle with Side Punch	40 seconds	20 seconds	
Hand Release Press Up	40 seconds	20 seconds	

Tuesday - Low Intensity

30 - 45 minutes fasted jog / walk / cycle

Wednesday - High Intensity

Warm Up

Squats	X 10	X 2 Progressively increasing ROM, speed and intensity.
Easy Jog	30 seconds	
Alternate Lunge	X 10	
Easy Jog	30 seconds	
Hip Bridge	X 10	
Easy Jog	30 seconds	
Turkish Getup	X 3 (on each side)	
Easy Jog	30 seconds	

Main Session

Complete the following circuit for 10 minutes. Complete as many rounds as possible.
Take 3 - 5 minutes rest and then complete another 10 minute round. Complete 3 x 10-minute rounds in total.

Exercise	Reps
Mountain Climbers	X 50
Split Jumps	X 10
Shuffle & Toe Touch	X 10
V - Sit Extend	X 10
Prone Lat Pull Down	X 10

Thursday - Rest

Friday - High Intensity

Warm Up

Squats	X 10	X 2 Progressively increasing ROM, speed and intensity.
Easy Jog	30 seconds	
Alternate Lunge	X 10	
Easy Jog	30 seconds	
Hip Bridge	X 10	
Easy Jog	30 seconds	
Turkish Getup	X 3 (on each side)	
Easy Jog	30 seconds	

Main Session

Exercise	Reps / Time	Sets
Side Shuffles & Punch	60 seconds	X 3
Shoulder Press	X 10	
Squat & Reverse Lunge	X 10	
High Knees	60 seconds	
Walkout and Press Ups	X 5	
High Knee Toe Touch	X 20	
Sprint Forward & Backward	60 seconds	
Plank Front Raise	X 20	
Tricep Dips	X 10	
Hand Release, Chest to floor Burpee	60 seconds	
Lunge Pulse	X 10 (on each leg)	
Side Plank crunch	X 10	

Saturday - Low Intensity

30 - 45 minutes fasted Jog / walk / cycle

Sunday - Rest