

## Strength For Everyone Volume 1 Week 6

### Monday - High Intensity

#### Warm Up

Wide Squats	X 10	X 3 Progressively increasing ROM, speed and intensity.
Side Shuffles	30 seconds	
Curtsy Lunge	X 10	
Side Shuffles	30 seconds	
Hip Bridge	X 10	
Side Shuffles	30 seconds	
Turkish Get Up	X 3 (on each side)	
Side Shuffles	30 seconds	

#### Main Session - Pyramid Session

Go back to the beginning of the circuit each time and then add a new exercise each time around.

Exercise	Reps
Squat Jumps	X 10
10 SECONDS REST	
Squat Jumps	X 10
Plank Jacks	X 10
10 SECONDS REST	
Squat Jumps	X 10
Plank Jacks	X 10
Side Shuffles	X 10
10 SECONDS REST	
Squat Jumps	X 10
Plank Jacks	X 10

Side Shuffles	X 10
Straight Arms & Straight Leg sit up	X 10
10 SECONDS REST	
Squat Jumps	X 10
Plank Jacks	X 10
Side Shuffles	X 10
Straight Arm & Straight Leg sit up	X 10
Split Jumps	X 10
10 SECONDS REST	
Squat Jumps	X 10
Plank Jacks	X 10
Side Shuffles	X 10
Straight Arm & Straight Leg sit up	X 10
Split Jumps	X 10
Press Ups	X 10
10 SECONDS REST	
Squat Jumps	X 10
Plank Jacks	X 10
Side Shuffles	X 10
Straight Arm & Straight Leg sit up	X 10
Split Jumps	X 10
10 SECONDS REST	
Squat Jumps	X 10
Plank Jacks	X 10
Side Shuffles	X 10
Straight Arm & Straight Leg Sit Up	X 10
10 SECONDS REST	
Squat Jumps	X 10

Plank Jacks	X 10
Side Shuffles	X 10
10 SECONDS REST	
Squat Jumps	X 10
Plank Jacks	X 10
10 SECONDS REST	
Squat Jumps	X 10

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## Tuesday - Low Intensity

30 - 45 minutes fasted cardio

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## Wednesday - High Intensity

### Warm Up

Wide Squats	X 10	X 3 Progressively increasing ROM, speed and intensity.
Side Shuffles	30 seconds	
Curtsy Lunge	X 10	
Side Shuffles	30 seconds	
Hip Bridge	X 10	
Side Shuffles	30 seconds	
Turkish Get Up	X 3 (on each side)	
Side Shuffles	30 seconds	

## Main Session

Exercise	Work	Rest
Shoulder Tap to Tuck Jump	30 seconds	30 seconds
Shoulder Tap to Tuck Jump	40 seconds	20 seconds
Shoulder Tap to Tuck Jump	50 seconds	10 seconds
Oblique Mountain Climber x 4 / Squat Thrust	30 seconds	30 seconds
Oblique Mountain Climber x 4 / Squat Thrust	40 seconds	20 seconds
Oblique Mountain Climber x 4 / Squat Thrust	50 seconds	10 seconds
Squat & High Knee Toe Touch	30 seconds	30 seconds
Squat & High Knee Toe Touch	40 seconds	20 seconds
Squat & High Knee Toe Touch	50 seconds	10 seconds
Criss Cross Drop Squat	30 seconds	30 seconds
Criss Cross Drop Squat	40 seconds	20 seconds
Criss Cross Drop Squat	50 seconds	10 seconds
Supine Knee Tuck Extend & Toe Touch Extend	30 seconds	30 seconds
Supine Knee Tuck Extend & Toe Touch Extend	40 seconds	20 seconds
Supine Knee Tuck Extend & Toe Touch Extend	50 seconds	10 seconds

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### Thursday - Low Intensity

30 - 45 minutes fasted cardio

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## Friday - High Intensity

### Warm Up

Wide Squats	X 10	X 3 Progressively increasing ROM, speed and intensity.
Side Shuffles	30 seconds	
Curtsy Lunge	X 10	
Side Shuffles	30 seconds	
Hip Bridge	X 10	
Side Shuffles	30 seconds	
Turkish Get Up	X 3 (on each side)	
Side Shuffles	30 seconds	

### Main Session - AMRAP 10 minutes

Complete as many rounds as possible in 10 minutes.  
Take 3 - 5 minutes rest and then complete another 10-minute set.  
Complete 3 sets of 10 minutes in total.

Exercise	Reps
Burpees to Plank Jacks	X 10
Single Leg Tricep Dips	X 10
Split Jumps	X 10
Press Up & Shoulder Tap	X 10
Fast High Knees	X 20

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### Saturday - Low Intensity

30 - 45 minutes fasted cardio

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### Sunday - Rest