

## Strength For Everyone Volume 1 Week 7

### Monday - High Intensity

#### Warm Up

Easy Jog	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Alternate Lunge	X 10	
Easy Jog	30 seconds	
Narrow Squat	X 10	
Easy Jog	30 seconds	
Side Lunge	X 10	
Easy Jog	30 seconds	
Walk Outs	X 3	

#### Main Session

##### Pyramid Reps Down & Up

Burpee / Split Jump Combo	X 10
Reverse Crunch	X 10
10 SECONDS REST	
Burpee / Split Jump Combo	X 8
Reverse Crunch	X 8
10 SECONDS REST	
Burpee / Split Jump Combo	X 6
Reverse Crunch	X 6
10 SECONDS REST	
Burpee / Split Jump Combo	X 4
Reverse Crunch	X 4
10 SECONDS REST	
Burpee / Split Jump Combo	X 2

Reverse Crunch	X 2
10 SECONDS REST	
Burpee / Split Jump Combo	X 4
Reverse Crunch	X 4
10 SECONDS REST	
Burpee / Split Jump Combo	X 6
Reverse Crunch	X 6
10 SECONDS REST	
Burpee / Split Jump Combo	X 8
Reverse Crunch	X 8
10 SECONDS REST	
Burpee / Split Jump Combo	X 10
Reverse Crunch	X 10

<b>Exercise</b>	<b>Work : Rest</b>	<b>Sets</b>
Mountain Climbers	20 : 10	X 8
30 SECONDS REST		
Wide Sumo Squat Thrust & High Reach	20 : 10	X 8
30 SECONDS REST		
T Press Up	20 : 10	X 8
30 SECONDS REST		
Crab Shuffle & Toe Touch	20 : 10	X 8

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## Tuesday - Low Intensity

30 - 45 minutes fasted cardio

## Wednesday - High Intensity

### Warm Up

Easy Jog	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Alternate Lunge	X 10	
Easy Jog	30 seconds	
Narrow Squat	X 10	
Easy Jog	30 seconds	
Side Lunge	X 10	
Easy Jog	30 seconds	
Walk Outs	X 3	

### Main Session

Complete 3 sets of the following workout. Take 2 - 3 minutes rest at the end of each set

Exercise	Work / Rest	Rest
High Knees	30 seconds	5 - 10 seconds
Press Ups	X 12	5 - 10 seconds
High Knees	30 seconds	5 - 10 seconds
Narrow Ski Squats	X 12	5 - 10 seconds
High Knees	30 seconds	5 - 10 seconds
Straight Arm Sit Up	X 12	5 - 10 seconds
High Knees	30 seconds	5 - 10 seconds
Shoulder Press	X 12	5 - 10 seconds
High Knees	30 seconds	5 - 10 seconds
Single Leg V-Sit Extension	X 12	5 - 10 seconds

## Core Finisher

Exercise	Reps
Plank	30 seconds
Plank Up / Down	X 10
10 SECONDS REST	
Plank	30 seconds
Alternating Side Plank	X 10
10 SECONDS REST	
Plank	30 seconds
Plank Jacks	X 10

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## Thursday - Low Intensity

30 - 45 minutes easy cardio

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## Friday - High Intensity

### Warm Up

Easy Jog	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Alternate Lunge	X 10	
Easy Jog	30 seconds	
Narrow Squat	X 10	
Easy Jog	30 seconds	
Side Lunge	X 10	
Easy Jog	30 seconds	
Walk Outs	X 3	

### Main Session

Complete the following circuit for 7 minutes completing as many rounds as possible. Take 3 minutes rest and then complete another set. Complete 3 sets in total.

Exercise	Reps
Plank Jumping Jacks	X 20
Tuck Jumps	X 10
Oblique Mountain Climbers	X 20
Split Jumps	X 20

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## Saturday - Low Intensity

30 - 45 minutes easy cardio

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## Sunday - Rest