

Strength For Everyone Volume 1 Week 8 (Recovery Week)

Monday - Low Intensity

30 - 45 minutes easy jog / walk

Tuesday - High Intensity

Warm Up

Easy Jog	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Shoulder Taps	X 10	
Easy Jog	30 seconds	
Press Ups	X 5	
Easy Jog	30 seconds	
Wide Squat	X 10	
Easy Jog	30 seconds	
Star Jumps	X 10	

Main Session

Complete 3 sets of the following circuit, taking 3 minutes rest at the end of each circuit.

Exercise	Work : Rest
Squat & High Knee	30 : 30
Plank	30 : 30
Reverse Lunge	30 : 30
Crab Shuffle & Burpee	30 : 30
Straight Arm Sit Up & Leg Raise	30 : 30
High Knees	30 : 30
Side Plank Lifts	30 : 30
Sumo Star Jumps	30 : 30

Side Plank Crunch	30 : 30
Walking Press Ups	30 : 30
V - Sit Arm Raise	30 : 30
Tricep Dips	30 : 30

Wednesday - Rest Day

Thursday - High Intensity

Warm Up

Easy Jog	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Shoulder Taps	X 10	
Easy Jog	30 seconds	
Press Ups	X 5	
Easy Jog	30 seconds	
Wide Squat	X 10	
Easy Jog	30 seconds	
Star Jumps	X 10	

Main Session

Complete the following circuit for 5 minutes, completing as many sets as possible.

Exercise	Reps
Bunny Hops	X 10
Single Arm Plank	X 10

Exercise	Work : Rest	Sets
Side Shuffle and cross punch	20 : 10	X 4
Plank Rocks	20 : 10	
Squat & high Knee Twist	20 : 10	
Straight Arm Sit Up	20 : 10	

Exercise	Work : Rest	Sets
Chest To Floor Burpees	20 : 10	X 4
Plank Jacks	20 : 10	
Reverse Lunge High Knee	20 : 10	
Plank Walks	20 : 10	

Complete the following circuit for 5 minutes, completing as many sets as possible.

Exercise	Reps
Bunny Hops	X 10
Single Arm Plank	X 10

Friday - Low Intensity

30 - 45 minutes easy jog / walk / cycle

Saturday - High Intensity

Easy Jog	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Shoulder Taps	X 10	
Easy Jog	30 seconds	
Press Ups	X 5	
Easy Jog	30 seconds	
Wide Squat	X 10	
Easy Jog	30 seconds	
Star Jumps	X 10	

Main Session

Exercise	WORK : REST			
	Set 1	Set 2	Set 3	Set 4
Squats	30 : 30	40 : 20	30 : 30	40 : 20
Tricep Dips	30 : 30	40 : 20	30 : 30	40 : 20
Mountain Climbers	30 : 30	40 : 20	30 : 30	40 : 20
Squat & High Knee Kick	30 : 30	40 : 20	30 : 30	40 : 20
Oblique Mountain Climbers	30 : 30	40 : 20	30 : 30	40 : 20
V - Sit Hold	30 : 30	40 : 20	30 : 30	40 : 20
Split Jumps	30 : 30	40 : 20	30 : 30	40 : 20
Side Plank	30 : 30	40 : 20	30 : 30	40 : 20

Sunday - Rest Day