

Strength For Everyone Volume 1. Week 9

Monday - High Intensity

Warm Up

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

Main Session

Complete each exercise for 30 : 30 / 40 : 20 / 50 :10 and then move onto the next exercise.

Take 2 - 3 minutes rest at the end of each set.

Complete 2 sets in total.

Exercise	Work : Rest (in seconds)
Squat & toe Touch x 4 / Squat Thrust	30:30 / 40:20 / 50:10
Reverse Crunch x 2 / Toe Touch x 2	30:30 / 40:20 / 50:10
Mountain Climbers x 4 / Press Up x 2	30:30 / 40:20 / 50:10
Sumo Star Jump x 2 / Split Jump x 2	30:30 / 40:20 / 50:10
Plank Jacks x 4 / Alternating side plank x 4	30:30 / 40:20 / 50:10

Tuesday - Low Intensity

30 - 45 minutes fasted cardio

Wednesday - High Intensity

Warm Up

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

Main Session

AMRAP 8 minutes x 3

Exercise	Reps
Tuck Jumps	X 10
Press Ups	X 10
Prone Lat Pull Down	X 10
Wide Mountain Climbers	X 10

Take 3 minutes rest at the end of each set.

Thursday - High Intensity

Warm up

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

Main Session

Pyramid Session

Exercise	Reps
Alternate Lunge	X 10
10 SECONDS REST	
Alternate Lunge	X 10
Star Jumps	X 10
10 SECONDS REST	
Alternate Lunge	X 10
Star Jumps	X 10
Wide Squat Thrust & Stand	X 10
10 SECONDS REST	
Alternate Lunge	X 10
Star Jumps	X 10
Wide Squat Thrust & Stand	X 10

Chest to Floor Burpee Split Jump Combo	X 10
10 SECONDS REST	
Alternate Lunge	X 10
Star Jumps	X 10
Wide Squat Thrust & Stand	X 10
Chest To Floor Burpee & Split Jump Combo	X 10
Wide Mountain Climbers	X 10
10 SECONDS REST	
Alternate Lunge	X 10
Star Jumps	X 10
Wide Squat Thrust & Stand	X 10
Chest To Floor Burpee & Split Jump Combo	X 10
10 SECONDS REST	
Alternate Lunge	X 10
Star Jumps	X 10
Wide Squat Thrust & Stand	X 10
10 SECONDS REST	
Alternate Lunge	X 10
Star Jumps	X 10
10 SECONDS REST	
Alternate Lunge	X 10

Countdown

Exercise	Reps
Tricep Dips	X 10
Bicycle Crunch	X 20
5 SECONDS REST	
Tricep Dips	X 9
Bicycle Crunch	X 18
5 SECONDS REST	
Tricep Dips	X 8
Bicycle Crunch	X 16
5 SECONDS REST	
Tricep Dips	X 7
Bicycle Crunch	X 14
5 SECONDS REST	
Tricep Dips	X 6
Bicycle Crunch	X 12
5 SECONDS REST	
Tricep Dips	X 5
Bicycle Crunch	X 10
NO REST	
Tricep Dips	X 4
Bicycle Crunch	X 8
NO REST	
Tricep Dips	X 3
Bicycle Crunch	X 6
NO REST	
Tricep Dips	X 2

Bicycle Crunch	X 4
NO REST	
Tricep Dips	X 1
Bicycle Crunch	X 2

Friday - Low Intensity

45 - 60 minutes fasted cardio

Saturday - Medium Intensity

Warm Up

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

Main Session

Exercise	Reps	Sets	Rest
Round The World Lunges	X 10	X 3	30 seconds
Walkouts to Press Up	X 8	X 3	45 seconds
Turkish Get Ups	X 3	X 3	30 seconds
Plank Up / Down	X 12	X 3	30 seconds
Sumo Squat to Heel Raise	X 15	X 3	30 seconds
Squat Thrust / Plank Jacks Combo	X 12	X 3	30 seconds
Tricep Dips	X 12	X 3	30 - 45 seconds
Side Plank Crunch	X 12	X 3	30 - 45 seconds

Sunday - Rest Day