

## Strength For Everyone Volume 1. Week 10

### Monday - High Intensity

#### Warm Up

Star Jumps	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Alternate Lunge Combo	X 10	
Star Jumps	30 seconds	
Plank	30 seconds	
Star Jumps	30 seconds	
Press Ups	X 5	
Star Jumps	30 seconds	
Leg Raises	X 5	

#### Main Session

Complete all 4 circuits, then take 3 minutes rest and before completing another set.  
Complete 2 sets in total.

#### Cardio

Exercise	Work : Rest
High Knees	40 : 20
Oblique Mountain Climbers	40 : 20
Squat & Toe Touch	40 : 20
Side Shuffle and Toe Touch	40 : 20
Mountain Climbers	40 : 20

#### Strength

Exercise	Work : Rest
Narrow Squat To Wide Squat	40 : 20
Walking Press Up	40 : 20
Supine Knee Tuck & Extend	40 : 20
Alternating Straight Arm Side Plank	40 : 20

Prone Lat Pull Down	40 : 20
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## Cardio

Exercise	Work : Rest
Chest To Floor Burpees	40 : 20
Squat & High Knee Twist	40 : 20
Criss Cross Legs	40 : 20
Bob Squat & Punch	40 : 20
Side Shuffle & Burpee	40 : 20

## Strength

Exercise	Work : Rest
Reverse Crunch	40 : 20
Forward Lunge Reverse Lunge	40 : 20
Bear Crawl	40 : 20
Tricep Dips	40 : 20
Plank Pike	40 : 20

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## Tuesday - Low Intensity

45 - 60 seconds fasted cardio

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## Wednesday - High Intensity

### Warm Up

Star Jumps	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Alternate Lunge Combo	X 10	
Star Jumps	30 seconds	
Plank	30 seconds	
Star Jumps	30 seconds	
Press Ups	X 5	
Star Jumps	30 seconds	
Leg Raises	X 5	

### Main Session

Complete the following circuit 3 - 4 times.  
Take 2 minutes rest at the end of each circuit.

Exercise	Work : Rest
Crab Shuffle & Punch	40 : 20
Shoulder Taps	40 : 20
Criss Cross Legs	40 : 20
T - Press Ups	40 : 20
Squat & High Knee Twist	40 : 20
Split Jumps	40 : 20
Press Ups	40 : 20
Drop Sumo Squat	40 : 20
Plank Rocks	40 : 20
Squat & Toe Taps	40 : 20
Chest To Floor Burpees	40 : 20
Walking Press Up	40 : 20

## Thursday - High Intensity

### Warm Up

Star Jumps	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Alternate Lunge Combo	X 10	
Star Jumps	30 seconds	
Plank	30 seconds	
Star Jumps	30 seconds	
Press Ups	X 5	
Star Jumps	30 seconds	
Leg Raises	X 5	

### Main Session

You will have 60 seconds to complete the designated number of reps, any remaining time will be your rest. So the faster you move the more time you have to rest.

Complete each exercise 5 times.

Exercise	Reps	Rest	Sets
Burpee, Plank Jack, Mountain Climber Combo	X 10	5 seconds	X 5
Split Jumps & Lateral Ski Jump Combo	X 10	5 seconds	X 5
Press Up To Tuck Jump	X 10	5 seconds	X 5

Crab Shuffle with Squat Thrust x 2	X 10	5 seconds	X 5
Knee Tuck & Extend x 2 / Plank Jacks x 2	X 10	5 seconds	X 5

### Friday - Low Intensity

45 - 60 minutes fasted cardio

### Saturday - High Intensity

#### Warm Up

Star Jumps	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Alternate Lunge Combo	X 10	
Star Jumps	30 seconds	
Plank	30 seconds	
Star Jumps	30 seconds	
Press Ups	X 5	
Star Jumps	30 seconds	
Leg Raises	X 5	

#### Main Session

Complete 3 sets of the following circuit.  
Take 3 minutes rest between each set.

Exercise	Reps
Drop Squat, quick down, slow up	X 12
Sprint On Spot	40 seconds
Shoulder Press	X 12

Sprint On Spot	40 seconds
Tricep Dips	X 12
Sprint On Spot	40 seconds
Press Up & Shoulder Tap	X 12
Sprint On Spot	40 seconds
Single Leg Tricep Dips	X 12
Sprint On Spot	40 seconds
Prone Lat Pull Down	X 12
Sprint On Spot	40 seconds

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## **Sunday - Low Intensity**

45 - 60 minutes fasted cardio