

Strength For Everyone Volume 1. Week 11

Monday - High Intensity Warm Up

Side Shuffles	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Alternate Lunge Combo	X 10	
Side Shuffles	30 seconds	
Plank	30 seconds	
Side Shuffles	30 seconds	
Press Ups	X 5	
Side Shuffles	30 seconds	
Straight Arm Sit Up	X 5	

Plyometrics session

Exercise	Reps	Rest	Sets
Burpee, Plank Jack, Mountain Climber Combo	X 10	5 seconds rest	X 5
Split Jumps & Lateral Ski Jump Combo	X 10	5 seconds rest	X 5
Press Up To Tuck Jump	X 10	5 seconds rest	X 5
Crab Shuffle with Squat Thrust x 2	X 10	5 seconds rest	X 5
Knee Tuck & Extend x 2 / Plank Jacks x 2	X 10	5 seconds rest	X 5

Tuesday - High Intensity

Warm Up

Side Shuffles	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Alternate Lunge Combo	X 10	
Side Shuffles	30 seconds	
Plank	30 seconds	
Side Shuffles	30 seconds	
Press Ups	X 5	
Side Shuffles	30 seconds	
Straight Arm Sit Up	X 5	

Main Session

AMRAP - 5 minutes x 1

Complete as many rounds as possible in 5 minutes.

Exercise	Reps
Sumo Star Jump	X 10
High Knees	X 20
Squat & High Kick	X 10

Complete the following circuit. Take 3 minutes rest at the end of the set. Complete 3 sets in total.

Exercise	Work : Rest
Squat & Punch	40 : 20
Lateral Squats (Slow)	40 : 20
Press Ups	40 : 20
Criss Cross & Punch	40 : 20
Single Leg Tricep Dips	40 : 20
Straight Arm Sit Up	40 : 20
Wide Mountain Climbers	40 : 20

Side Plank Crunch	40 : 20
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AMRAP - 5 minutes x 1
Complete as many rounds as possible in 5 minutes.

Exercise	Reps
Sumo Star Jump	X 10
High Knees	X 20
Squat & High Kick	X 10

Wednesday - Low Intensity

45 - 60 minutes fasted cardio

Thursday - High Intensity

Warm Up

Side Shuffles	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Alternate Lunge Combo	X 10	
Side Shuffles	30 seconds	
Plank	30 seconds	
Side Shuffles	30 seconds	
Press Ups	X 5	
Side Shuffles	30 seconds	
Straight Arm Sit Up	X 5	

Main Session

Move from one exercise to the next without taking any breaks.
At the end of the set take 5 minutes rest then complete another set.
Complete 2 sets in total.

Exercise	Work
Walking Plank	30 seconds
Easy Jog	30 seconds
Alternate Reverse Lunge	30 seconds
Crab Shuffle	30 seconds
Decline Press Ups	30 seconds
High Knees	30 seconds
Alternating Single Arm Plank	30 seconds
Squat & Toe Touches	30 seconds
Mountain Climbers x 4 / Plank Jack x 2 combo	30 seconds
Easy Jog	30 seconds
Tuck Jumps	30 seconds
Crab Shuffle	30 seconds
Tricep Dips	30 seconds
High Knees	30 seconds
Shoulder Press	30 seconds
Squat & Toe Touches	30 seconds

Friday - Low Intensity

45 - 60 minutes fasted cardio

Saturday - High Intensity

Warm Up

Side Shuffles	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Alternate Lunge Combo	X 10	
Side Shuffles	30 seconds	
Plank	30 seconds	
Side Shuffles	30 seconds	
Press Ups	X 5	
Side Shuffles	30 seconds	
Straight Arm Sit Up	X 5	

Main Session

Complete as many rounds of the circuit as possible in 10 minutes. Take 3 - 5 minutes rest at the end then complete another 10 minute set.

Complete 3 x 10 minute sets in total.

Exercise	Reps
High Knee	X 20
Split Jumps	X 10
Prone Lat Pulldown	X 10
Press Ups	X 10
Reverse Crunch	X 10

Sunday - Rest