

Strength For Everyone Volume 1. Week 12

Monday - High Intensity

Warm Up

High Knees	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Alternate Lunge Combo	X 10	
Easy Jog	30 seconds	
Plank	30 seconds	
High Knees	30 seconds	
Press Ups	X 5	
Easy Jog	30 seconds	
Walk Outs	X 3	

Main Workout

Exercise	Work : Rest
Squat & Toe Touch	40 : 20
Plank Up / Down	40 : 20
Reverse Lunge To Kick	40 : 20
Spiderman Press Up	40 : 20
Squat To High Kick	40 : 20
Plank Leg Raise	40 : 20
Broad Jump & Shuffle Back	40 : 20
V - Sit Single Leg Extension	40 : 20
Frog Jump	40 : 20
T - Press Up	40 : 20
Squat Jumps	40 : 20
V - Sit Row	40 : 20
Crab Shuffle	40 : 20

Split Jumps	40 : 20
Alternating Side Planks	40 : 20

Tuesday - Low Intensity

45 - 60 minutes easy cardio

Wednesday - High Intensity

Warm Up

High Knees	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Alternate Lunge Combo	X 10	
Easy Jog	30 seconds	
Plank	30 seconds	
High Knees	30 seconds	
Press Ups	X 5	
Easy Jog	30 seconds	
Walk Outs	X 3	

Main Session

AMRAP - 7 minutes

Complete the following circuit continuously for 7 minutes aiming to complete as many rounds as possible.

Exercise	Reps
Lateral Ski Jump & Twist	X 10
Frog Hops	X 10
Press Ups	X 10

TABATA CIRCUIT

Exercise	Work : Rest	Sets
Plank Jacks & Sumo Squat Thrust	20 : 10	X 4
Side Plank Twists	20 : 10	X 4
Crab Shuffle & Jump	20 : 10	X 4
Criss Cross To Sumo Squat	20 : 10	X 4

AMRAP 7 minutes 3 exercises

Exercise	Reps
Lateral Ski Jump & Twist	X 10
Frog Hops	X 10
Press Ups	X 10

Thursday - High Intensity

Warm Up

High Knees	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Alternate Lunge Combo	X 10	
Easy Jog	30 seconds	
Plank	30 seconds	
High Knees	30 seconds	
Press Ups	X 5	
Easy Jog	30 seconds	
Walk Outs	X 3	

Main Session

Complete the following circuit doing each exercise for 50 seconds with 10 seconds rest. At the end of the first set take 3 minutes rest then complete another set. Complete 3 sets in total.

Exercise	Work : Rest
Leg Press to Press Up	50 : 10
Supine Toe Reach	50 : 10
Walk Out With wide Mountain Climbers	50 : 10
Bear Crawls	50 : 10
Burpee Press Up	50 : 10
Squat Thrust	50 : 10
Single Leg Tricep Dip	50 : 10

Friday - Low Intensity

45 - 60 minutes easy cardio

Saturday - High Intensity

Warm Up

High Knees	30 seconds	X 3 Progressively increasing ROM, speed and intensity.
Squat & Alternate Lunge Combo	X 10	
Easy Jog	30 seconds	
Plank	30 seconds	
High Knees	30 seconds	
Press Ups	X 5	
Easy Jog	30 seconds	
Walk Outs	X 3	

Complete the following circuit continuously for 15 minutes aiming to complete as many rounds as possible. Take 3 - 5 minutes break and then complete another 15 minute set, again aiming to complete as many rounds as possible.

Complete 3 x 15 minute sets.

Exercise	Reps
Oblique Mountain Climbers	X 20
Wide Squat Thrust & Sumo Squat	X 10
V - Sit Extension	X 10
Shoulder Press	X 10
Plank Rocks	X 20

Sunday - Low Intensity

45 - 60 minutes easy cardio
