

Week 7 – Workouts

Warm Up

- Everyday go through a basic movement pattern routine, pick 1 from below. Go through in a circuit style fashion performing 6 repetitions on each exercise. Go through the circuit as many times as you need to until you feel warm and ready to move onto the workout of the day.
- You can still use these warmups if you are doing a cardio workout, or you can start the first 5 minutes of your session at a slower pace. For example, if you are going for a 20-minute run, start off with a 5-minute walk.



Full Body Workouts

- Using your weekly planner, pick one of the workouts below and follow the instructions
- You can complete each exercise individually or go through as a circuit, completing every exercise once, resting then completing the next round.
- Please see the circuit progressions for how to progress your workouts i.e. sets, reps or time

Workout Option 1

CHEST & TRI'S WORKOUT 1/2

NO EQUIPMENT NEEDED

PUSH-UPS

CHAIR DIPS

15 REPS

TRICEP PUSHUP

BURPEES

THE BIRD DOG

TUCK CRUNCH

LEG BURNER WORKOUT

NO EQUIPMENT NEEDED

JUMPING JACKS

JUMP SQUATS

15 REPS

STEP UPS

GLUTE BRIDGES

TUCK JUMPS

WALL SIT

6 PACK AB WORKOUT

@TOPGYMTIPS

SIT-UPS
3 X 45 SECS

ANKLE TAPS
3 X 45 SECS

SIDE PLANKS
3 X 45 SECS

PLANK
3 X 45 SECS

REVERSE CRUNCHES
3 X 45 SECS

LEG RAISES
3 X 45 SECS

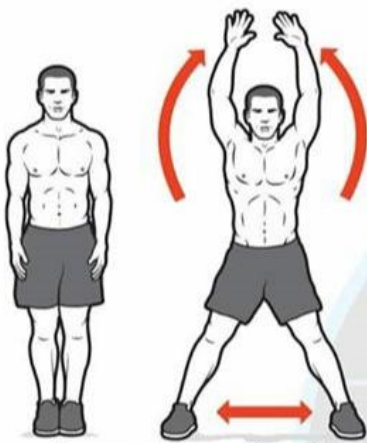
HIIT Workouts (high intensity interval training).

- Using your weekly planner, pick one of the workouts below and follow the instructions

Hit Workout 7

- Complete the exercise for either of these options
 - A. Work for 20 seconds then rest for 40 seconds before changing exercise
 - B. Work 30 seconds then rest for 30seconds before changing exercise
- Rotate through as a circuit
- Rest for 2 to 3 minutes after all exercises
- Complete the circuit again for 2 to 3 times

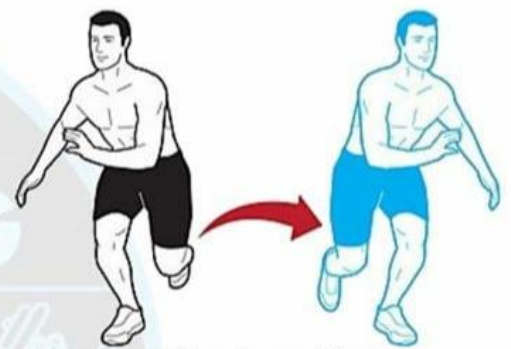
HOME WORKOUT



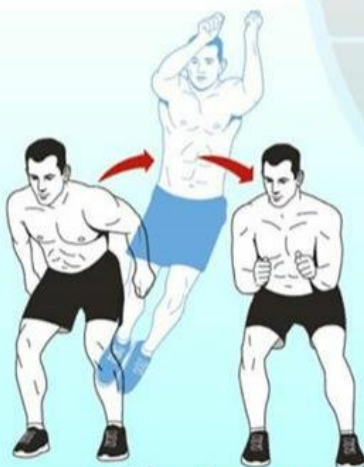
Jumping Jacks
3 x 30sec



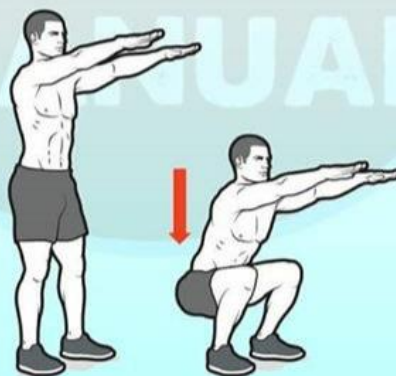
Jump Squats
3 x 30sec



Skater Hops
3 x 30sec



Side Jumps
3 x 30sec



Squats
3 x 30sec



Running Lunge
3 x 30sec

Continue to Climb

After trying a new form of cardio two weeks ago & then trying to improve your time or distance last week. This week is the final push in this new endurance exercise you chose. Remember there are lots of ways to progress, time, distance. Try and take small steps don't rush your progress, take small steady step.

Cardio Workout Options

- Choose to either **run, Jog or walk** at a continues steady state for a starting time of 15 to 20 minutes. Go at your pace, if you can only walk then walk. Start low and slow and then build up.
 - A. Please see the example layout sheet to see how you can progress your cardio fitness training



- If you have access to a bike, stationary bike or rowing machine, pick one and go at a continues steady state for a starting time of 20 minutes, 30 minutes if on a stationary piece of equipment.
 - A. Please see the example layout sheet to see how you can progress your cardio fitness training
- Skipping challenge, if you have access to a skipping rope: start
 - A. with 2-minute rounds with a 1-minute break, do as many rounds as you can to build to 15 to 20 minutes total skipping time.
 - B. Please see the example layout sheet to see how you can progress your skipping. For example, you could increase your skipping round time, or you could decrease your resting time
 - C. If you access to a boxing bag you could also progress your rounds the same way



Warm Down

- Everyday go through one of these basic stretching routines, pick 1 from below. Go through in a circuit style fashion and follow as below.
 - A. Performing each stretch for a 10 to 20 second hold.
 - B. Then relax for another 10 seconds
 - C. Then go deeper into the stretch for another 10 to 20 second hold.
- Go through the circuit as many times as you need to until you feel warm and ready to move onto the workout of the day.

