

Week 4 – 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.



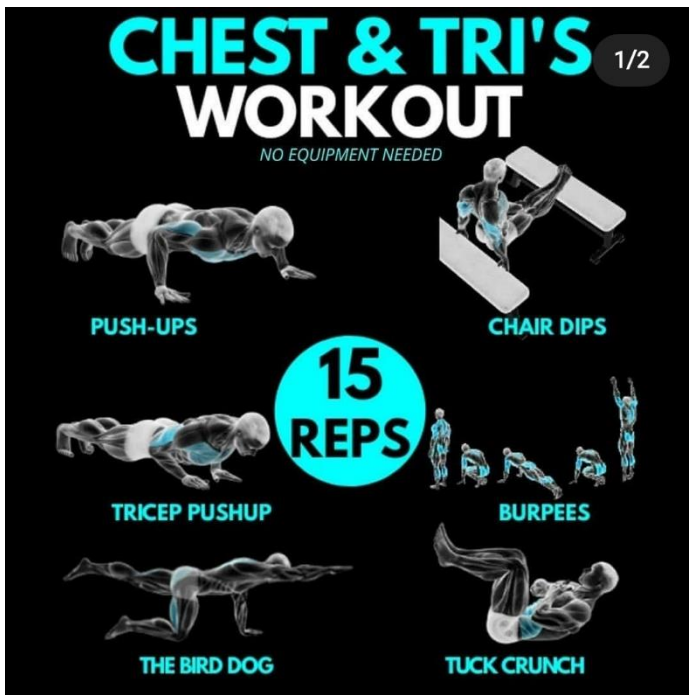
Full Body Workouts

- Pick 2 or 3 exercises from each of the photos below to create a full body workout, or you can complete 1 workout per day, spread out across the week.
- 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.

Home Workout 4

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

30 MINUTE ABS HOME WORKOUT

@THETRAININGMANUAL

45 Sec Rest Between Sets

THE TRAINING MANUAL



FLUTTER KICKS
3 x 45 sec

REVERSE CRUNCH
3 x 45 sec

ANKLE TAPS
3 x 45 sec

PLANKS
3 x 45 sec

SIT-UPS
3 x 45 sec

LEG RAISES
3 x 45 sec

HIIT Workouts (high intensity interval training).


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

Hit Workout 4

- Complete the exercise for either of these options
 - A. Work for 15 seconds then rest for 15 seconds before changing exercise
 - B. Work 15 seconds then rest for 10seconds before changing exercise
 - C. Or follow the instructions on the picture
- Rotate through as a circuit
- Rest for 2 to 3 minutes after all exercises
- Complete 3 to 5 rounds based on your fitness level

DAREBEE HIIT WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest

		
30sec burpees	30sec squat hold	30sec high knees
		
30sec burpees	30sec plank hold	30sec climbers
		
30sec burpees	30sec up & down planks	30sec plank crunches

Try and increase by 5 to 10 mins from last week.

Cardio Workouts (Long Distance Steady State Cardio).

- Pick one of the options below, based upon your access to equipment, also you can use the program considerations to progress your cardio programming week by week, or session by session

Cardio Workout Options

- Choose to either run, Jog or walk at a continues steady state for a starting time of 20 minutes.
 - 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.

