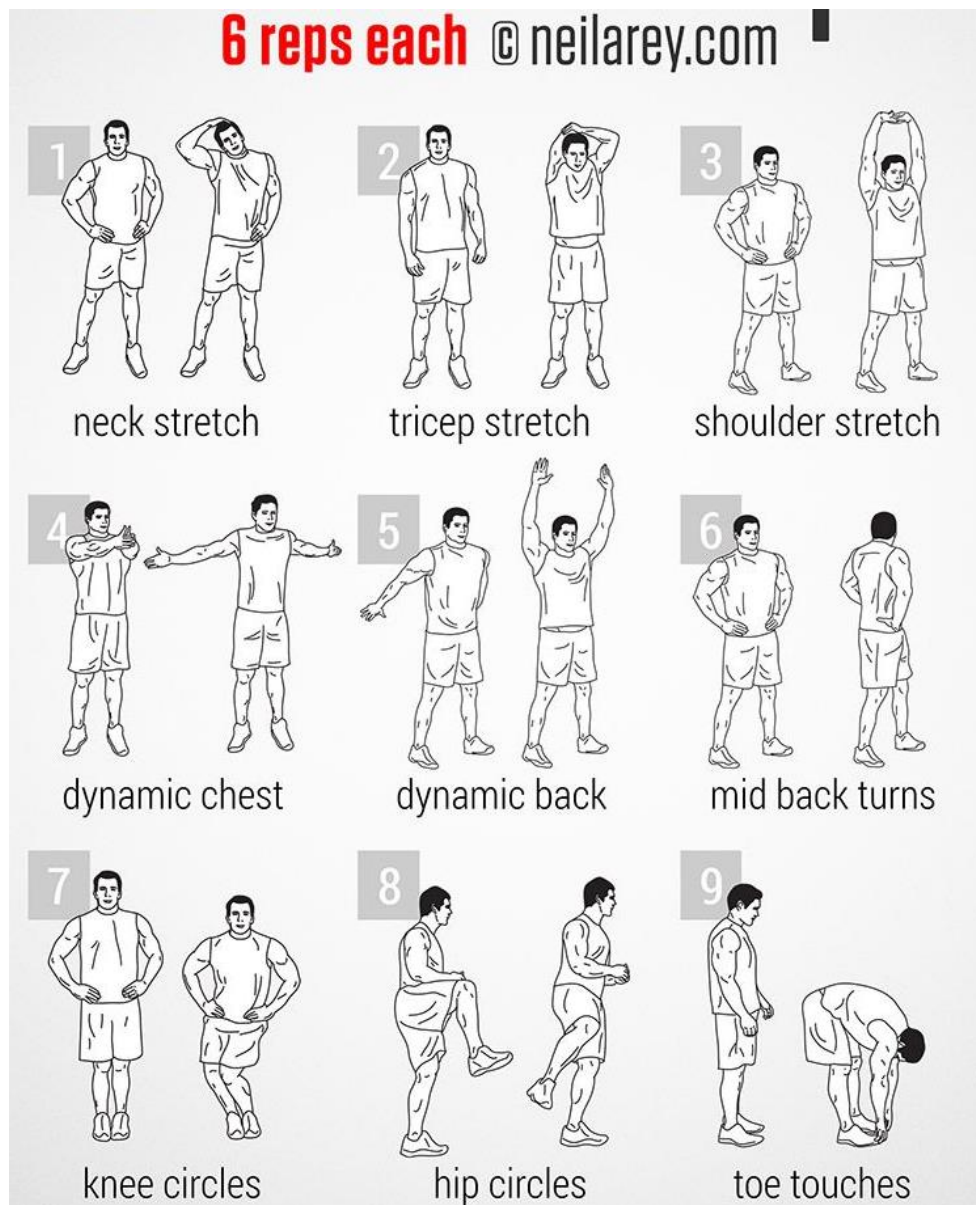


## Week 6 Workouts

### Warm Up

- Every day to warm up pattern 3 to 5 exercises from the list below, try to mix upper and lower body exercises. 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 6

**DAREBEE WORKOUT** @ [darebee.com](http://darebee.com)  
**LEVEL I** 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minute



**15 push-ups**      **15-count push-up hold**      **15 push-ups**



**30 punches**      **30 overhead punches**      **30 punches**

**ROB ALLEN FITNESS** 

10-12 reps per exercise OR 10-12 reps per side for single leg movements

**A 3 SETS**      **B 3 SETS**      **C 3 SETS**



**Air Squats**



**Reverse Lunges**



**Cossack Squats**



**Split Squats**



**Single Leg Hip Thrusts**



**Hamstring Curls (Towel)**



**Single Leg Deadlifts**



**Step Ups**



**Jump Squats**

reps each **level I** 20 reps **level II** 30 reps **level III** 40 reps **bruce lee** 90 reps



**1. Russian twist**



**2. leg raises**



**3. crunches**



**4. heel touches**



**5. modified V-sits**



**6. 100s**

**sets level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

## This Weeks HIIT Challenge is a body weight fitness test

- After 5 week of body weight fitness work, we should have all built up a good work capacity. So now it's time to put it to the test.
- Pretty simple for this one, push ups sit ups and jumping jacks as many as you can in 1 minute.
- Rest as much as you need to between rounds before starting your next exercise, remember take it at your own pace and your own fitness level.
- Remember to warm up properly before start
- This can be done as a workout itself, after your warm up complete 1 round on every exercise rest and then complete another round Rotate through as a circuit, Rest for 2 to 3 minutes after all exercises, Complete 3 to 5 rounds based on your fitness level (see pervious HIIT workouts for a guide).
- This can be done after a pervious workout or even after your cardio workouts.

### Hit Workout 6



permalink: [goo.gl/tm55DF](https://goo.gl/tm55DF) © neilarey.com

fitness level	push-ups	sit-ups	jacks
<b>Master</b>	over 41	over 41	over 61
<b>Pro</b>	34-41	31-40	51-60
<b>Advanced</b>	25-33	21-30	41-50
<b>Seasoned</b>	13-24	11-20	31-40
<b>Rookie</b>	8-12	6-10	21-30
<b>Grasshopper</b>	1-7	1-5	1-20

 Pick one of the exercises: push-ups, sit-ups or jacks and see how many you can do in **60 seconds**.

## Start to Climb

After trying a new form of cardio last week, its time to start building up that endurance in a new way. 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 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.

