



ACTIV8

@home

Workouts Week 1

Welcome to Activ8 @home Week 1! It is important to always warm up, by stretching your muscles, before commencing a workout. This improves flexibility and prevents injury. For those Activ8 @home participants seeking an extra challenge, you can incorporate weights, like dumbbells, into many HIIT exercises. However, if you don't have access to this equipment in your home, there are many creative alternatives you can substitute for weights or other apparatus.

Check out these suggestions and consider including these items in your workout, if it is safe to do so. You can also view Frequently Asked Questions to become familiar with common terms used throughout the Activ8 @home program.

Remember to drink plenty of water throughout your exercises, and ensure you cool down, by stretching your muscles again at the end of your workout. Please note the suggested rest periods, so that you can get the most out of each HIIT round!



Workouts Week 1: Day 1

If you have an exercise mat at home, please use one to maximise your safety when performing push ups, tricep push ups, crunches, planks, as well as left or right side planks. Alternatively, perform over a carpeted area or a non-slip rug, if possible. If available, use a step or other sturdy structure, to conduct left or right split squats.

Day 1 Exercises	Interval	Seconds	✓
Star Jumps	Work	30	
	Rest	10	
Wall Squats	Work	30	
	Rest	10	
Push Ups	Work	30	
	Rest	10	
Crunches	Work	30	
	Rest	10	
Alternating Lunges	Work	30	
	Rest	10	
Squats	Work	30	
	Rest	10	
Tricep Push Ups	Work	30	
	Rest	10	
Plank	Work	30	
	Rest	10	
High Knees	Work	30	
	Rest	10	
Left Split Squat	Work	15	
Right Split Squat	Work	15	
	Rest	10	
Push Up with Rotation	Work	30	
	Rest	10	
Left Side Plank	Work	15	
Right Side Plank	Work	15	
	Rest	180	
Rounds	2		



Workouts Week 1: Day 2

Enjoy your first rest day! Try some static stretches to help your muscles recover.

Can't wait to keep training? Check out the [PCYC Queensland Activ8 @home Facebook Group](#) for daily challenges, innovative exercise ideas and fitness inspiration!



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Workouts Week 1: Day 3

When performing burpees and squat jumps, wear appropriate footwear to ensure safety.

Day 3 Exercises	Interval	Seconds	✓
10m Shuttle Runs	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
10m Bear Crawls	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
10m Walking Lunges	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
Jump Squats	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
10m Spiderman Crawls	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
10m Gorilla Crawls	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	180	
Rounds	3		



Workouts Week 1: Day 4

Two workouts down means it's time for another day of rest!

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Workouts Week 1: Day 5

Ensure you wear appropriate footwear when performing shuttle runs and forward toe taps to prevent injury.

Day 5 Exercises	Interval	Seconds	✓
10m Shuttle Runs	Work	120	
	Rest	60	
Forward Toe Taps	Work	120	
	Rest	60	
10m Shuttle Runs	Work	120	
	Rest	60	
Forward Toe Taps	Work	120	
	Rest	60	
10m Shuttle Runs	Work	120	
	Rest	60	
Forward Toe Taps	Work	120	
	Rest	180	
Rounds	2		



Workouts Week 1: Day 6

Congratulations on completing your first week of the Activ8 @home HIIT workouts!

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Workouts Week 1: Day 7

Take this additional day of rest as an opportunity to prepare some meals in advance if you are following the optional nutrition guide!

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