



ACTIV8

@home

Workouts Week 2

Well done on making it to Week 2 – getting started is the hardest part! Remember to warm up before a workout and cool down afterwards to ensure your muscles recover well.



Workouts Week 2: Day 1

If you have access to an exercise mat, please use it to maximise your safety when performing push ups and crunches. Alternatively, perform these exercises over a carpeted area or a non-slip rug. Consider innovative alternatives to using a box or step, such as a sturdy coffee table, when completing split squats or step ups.

Day 1 Exercises	Interval	Seconds	✓
Run on the Spot	Work	30	
	Rest	10	
Squats	Work	30	
	Rest	10	
Back Extensions	Work	30	
	Rest	10	
Crunches	Work	30	
	Rest	10	
Squat Jumps	Work	30	
	Rest	10	
Mountain Climbers	Work	30	
	Rest	10	
Push Ups	Work	30	
	Rest	10	
Plank	Work	30	
	Rest	10	
Burpees	Work	30	
	Rest	10	
Left Split Squat	Work	15	
Right Split Squat	Work	15	
	Rest	10	
Renegade Row	Work	30	
	Rest	10	
Left Step Up	Work	15	
Right Step Up	Work	15	
	Rest	180	
Rounds	2		



Workouts Week 2: Day 2

Take a rest day – you deserve it!

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 2: Day 3

Use a skipping rope, if available, when skipping throughout this workout. If you don't have a skipping rope handy, perform air skips instead. Make sure you have access to a suitable surface to perform alternating step ups.

Day 3 Exercises	Interval	Seconds	✓
Skipping or Air Skips	Work	45	
	Rest	15	
Run on the Spot	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
Mountain Climbers	Work	45	
	Rest	15	
Squat Jumps	Work	45	
	Rest	15	
Alternating Step Up	Work	45	
	Rest	15	
Skipping or Air Skips	Work	45	
	Rest	15	
Run on the Spot	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
Mountain Climbers	Work	45	
	Rest	15	
Squat Jumps	Work	45	
	Rest	15	
Alternating Step Up	Work	45	
	Rest	180	
Rounds	3		



Workouts Week 2: Day 4

Let your muscles recover by taking a day of rest before tomorrow's workout.

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Workouts Week 2: Day 5

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

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



Workouts Week 2: Day 6

Don't forget to perform some static stretching to prevent your muscles from getting stiff or sore!

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Workouts Week 2: Day 7

Congratulations on making it through the first fortnight of Activ8 @home HIIT workouts!

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