

ACTIV8

@home

Workouts Week 3

Remember to check the number of rounds required for each HIIT workout, as this varies throughout the week! Aim to rest for the periods specified between each exercise. However, you may need to take shorter, or longer rests between exercises, or at the end of each round, depending on your current fitness level.



Workouts Week 3: Day 1

If available, use an exercise mat when performing renegade rows, bicycles, push ups with rotation, butterfly sit ups, left or right leg raised planks and glute bridges. Alternatively, perform these exercises over a on-slip rug or carpeted area, if possible, as a safety precaution. You can challenge yourself further by using dumbbells or substitute weights when performing renegade rows! You can perform dips without designated dip bars, like you would find in the gym. Consider alternative, sturdy options within the home, such as the steps of a staircase, or back of a chair.

Day 1 Exercises	Interval	Seconds	✓
Star Jumps	Work	30	
	Rest	10	
Squat Jumps	Work	30	
	Rest	10	
Renegade Row	Work	30	
	Rest	10	
Bicycles	Work	30	
	Rest	10	
Push Up with Rotation	Work	30	
	Rest	10	
Burpees	Work	30	
	Rest	10	
Dips	Work	30	
	Rest	10	
Butterfly Sit Ups	Work	30	
	Rest	10	
Jumping Lunges	Work	30	
	Rest	10	
Left Leg Raised Plank	Work	15	
Right Leg Raised Plank	Work	15	
	Rest	10	
Glute Bridges	Work	30	
	Rest	10	
Left Lateral Lunge	Work	15	
Right Lateral Lunge	Work	15	
	Rest	180	
Rounds	2		



Workouts Week 2: Day 2

After integrating some new exercises you haven't done before in the Activ8 @home program during yesterday's HIIT workout, such as bicycles and butterfly sit ups, you should take the day to rest!

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 3: Day 3

Regular planks, plus elbows to hands planks, push ups and mountain climbers should be done over an exercise mat if available. Otherwise, try using a non-slip mat, or carpeted area to increase safety.

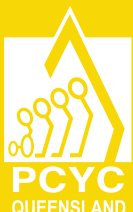
Day 3 Exercises	Interval	Seconds	✓
Plank	Work	45	
	Rest	15	
Squats	Work	45	
	Rest	15	
Mountain Climbers	Work	45	
	Rest	15	
Wall Squats	Work	45	
	Rest	15	
Elbows to Hands Plank	Work	45	
	Rest	15	
Push Ups	Work	45	
	Rest	15	
Plank	Work	45	
	Rest	15	
Squats	Work	45	
	Rest	15	
Mountain Climbers	Work	45	
	Rest	15	
Wall Squats	Work	45	
	Rest	15	
Elbows to Hands Plank	Work	45	
	Rest	15	
Push Ups	Work	45	
	Rest	180	
Rounds	3		



Workouts Week 3: Day 4

Take a break from your HIIT workouts today, in preparation for your longer work intervals tomorrow!

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Workouts Week 3: Day 5

Ensure you wear appropriate running shoes when performing shuttle runs and skipping, to prevent injury. If you don't have a skipping rope handy, try air skips instead.

Day 5 Exercises	Interval	Seconds	✓
10m Shuttle Runs	Work	120	
	Rest	60	
Skipping or Air Skips	Work	120	
	Rest	60	
10m Shuttle Runs	Work	120	
	Rest	60	
Skipping or Air Skips	Work	120	
	Rest	60	
10m Shuttle Runs	Work	120	
	Rest	60	
Skipping or Air Skips	Work	120	
	Rest	60	
Rounds	2		



Workouts Week 3: Day 6

It's a good idea to do some static stretches after several HIIT workouts, to prevent muscle stiffness. your muscles from becoming stiff.

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Workouts Week 3: Day 7

Take a day to relax, before getting into your fourth week of high intensity interval training!

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