



# ACTIV8

@home

## Workouts Week 4

Now that you are about to enter the fourth week of the Activ8 @home program, it's a great opportunity to consider incorporating weights into your workouts, or if you are already using weights try increasing the amount being lifted. If you don't currently have access to weights such as dumbbells, consider creative alternatives to standard weights, you may find around the home.



## Workouts Week 4: Day 1

If available, use an exercise mat when doing push ups, planks, crunches and flutters, or perform on carpet for extra cushioning. Swap the dip bars you would usually access at the gym to complete dips using the a step or arm of a sofa at home. Consider using a low brick wall, or strong wooden coffee table to conduct box jumps, as well as left and right split squats safely. If there is no suitable alternative structure at home, you can replace this exercise with step ups or tuck jumps, which don't require any equipment!

Day 1 Exercises	Interval	Seconds	✓
Butt Kicks	Work	30	
	Rest	10	
Wide Squats	Work	30	
	Rest	10	
Flutter	Work	30	
	Rest	10	
Crunches	Work	30	
	Rest	10	
Squat Hold	Work	30	
	Rest	10	
Push Ups	Work	30	
	Rest	10	
Box Jumps	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	
Dips	Work	30	
	Rest	10	
Left Leg Single Squats	Work	15	
Right Leg Single Squats	Work	15	
	Rest	180	
<b>Rounds</b>	<b>2</b>		



## Workouts Week 4: Day 2

After trying out some new exercises, such as Flutters, for the first time in the Activ8 @home program yesterday, you may be experiencing some muscle stiffness. Remember to stretch your muscles to minimise the discomfort.

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



[activ8.pcyc.org.au](http://activ8.pcyc.org.au)

## Workouts Week 4: Day 3

Use an exercise mat, if possible, when performing YTI and mountain climbers. Otherwise, conduct these exercises over a non-slip rug or carpeted floor for safety.

Day 3 Exercises	Interval	Seconds	✓
Squat Hold	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
Left Static Lunge	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
YTI	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
Squat Hold	Work	45	
	Rest	15	
Mountain Climbers	Work	45	
	Rest	15	
Right Static Lunge	Work	45	
	Rest	15	
Mountain Climbers	Work	45	
	Rest	15	
YTI	Work	45	
	Rest	15	
Mountain Climbers	Work	45	
	Rest	180	
<b>Rounds</b>	<b>3</b>		



## Workouts Week 4: Day 4

Allow your muscles to recover from all your hard work, by taking the day to rest.

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## Workouts Week 4: Day 5

Ensure you wear appropriate running shoes when performing shuttle runs and lateral jumps to prevent injury.

Day 5 Exercises	Interval	Seconds	✓
10m Shuttle Runs	Work	120	
	Rest	60	
Lateral Jumps	Work	120	
	Rest	60	
10m Shuttle Runs	Work	120	
	Rest	60	
Lateral Jumps	Work	120	
	Rest	60	
10m Shuttle Runs	Work	120	
	Rest	60	
Lateral Jumps	Work	120	
	Rest	180	
<b>Rounds</b>	<b>2</b>		



## Workouts Week 4: Day 6

After yesterday's HIIT workout you deserve a day of rest!

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## Workouts Week 4: Day 7

Well done – you have been improving your fitness, as a result of participating in the Activ8 @home program, for an entire month!

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