



ACTIV8

@home

Workouts Week 5

Now you're getting into the habit of performing HIIT workouts regularly throughout the week, it's important to remind yourself to warm up before commencing each workout; no matter how keen you are to jump straight into exercising! This is achieved by engaging in gradual movements to increase your core body temperature. Dynamic stretches help to increase your range of movement and flexibility, preventing injury.



Workouts Week 5: Day 1

Use a yoga or exercise mat, if possible, to perform push ups, tricep push ups, push ups with rotation, crunches, regular planks, as well as left or right side planks. Complete both left and right split squats using a suitably sturdy structure, which can safely take the weight of your body; such as a low brick wall in a courtyard, or a strong, wooden coffee table.

| 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 5: Day 2

After doing so many different variations of push ups yesterday, your muscles definitely deserve a break!

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 5: Day 3

Consider using a marker, such as a cone, or another stationary object without sharp edges for safety, such as a water bottle when doing shuttle runs. Conduct mountain climbers over an exercise mat, or carpeted area for extra cushioning.

| Day 3 Exercises | Interval | Seconds | ✓ |
|----------------------|----------|---------|---|
| 10m Shuttle Runs | Work | 45 | |
| | Rest | 15 | |
| Mountain Climbers | Work | 45 | |
| | Rest | 15 | |
| 10m Bear Crawl | Work | 45 | |
| | Rest | 15 | |
| Mountain Climbers | Work | 45 | |
| | Rest | 15 | |
| 10m Walking Lunges | Work | 45 | |
| | Rest | 15 | |
| Mountain Climbers | Work | 45 | |
| | Rest | 15 | |
| Burpees | Work | 45 | |
| | Rest | 15 | |
| Mountain Climbers | Work | 45 | |
| | Rest | 15 | |
| 10m Spiderman Crawls | Work | 45 | |
| | Rest | 15 | |
| Mountain Climbers | Work | 45 | |
| | Rest | 15 | |
| 10m Gorilla Crawls | Work | 45 | |
| | Rest | 15 | |
| Mountain Climbers | Work | 45 | |
| | Rest | 180 | |
| Rest | 3 | | |



Workouts Week 5: Day 4

Give your muscles time to recover by taking a rest day.

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Workouts Week 5: Day 5

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

| Day 5 Exercises | Interval | Seconds | ✓ |
|---|----------|---------|---|
| 10m Shuttle Runs with 2 Squat Jumps at each end | Work | 120 | |
| | Rest | 60 | |
| Forward Toe Taps | Work | 120 | |
| | Rest | 60 | |
| 10m Shuttle Runs with 2 Squat Jumps at each end | Work | 120 | |
| | Rest | 60 | |
| Forward Toe Taps | Work | 120 | |
| | Rest | 60 | |
| 10m Shuttle Runs with 2 Squat Jumps at each end | Work | 120 | |
| | Rest | 60 | |
| Forward Toe Taps | Work | 120 | |
| | Rest | 180 | |
| Rounds | 2 | | |



Workouts Week 5: Day 6

Don't forget to complete some static stretches, to prevent muscle soreness, after yesterday's HIIT workout.

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Workouts Week 5: Day 7

Finish off the week by taking a day of rest!

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