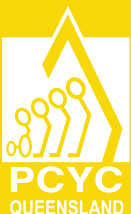


ACTIV8

@home

Workouts Week 6

Remember to check the recommended rest period for each HIIT exercise, as this changes occasionally – especially when performing exercises which focus on the left or right side of the body, such as split squats and step ups! Also take note that the rest at the end of each round is substantially longer than between each individual exercise interval.



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Workouts Week 6: Day 1

If available, use an exercise or yoga mat for additional safety when conducting YTI, crunches, push ups, planks, superman hold and mountain climbers. Use a step, sturdy coffee table or chair to conduct split squats as well as step ups.

Day 1 Exercises	Interval	Seconds	✓
Run on the Spot	Work	30	
	Rest	10	
Squats	Work	30	
	Rest	10	
YTI	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	
Superman Hold	Work	30	
	Rest	10	
Left Step Up	Work	15	
Right Step Up	Work	15	
	Rest	180	
Rounds	2		



Workouts Week 6: Day 2

Give your body a chance to rest after performing the superman hold for the first time in the Activ8 @home program yesterday!

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

Use an exercise mat for extra cushioning when conducting mountain climbers. Utilise a low brick wall in a courtyard, or other sturdy surface which can safely take the weight of your body to perform alternating step ups.

Day 3 Exercises	Interval	Seconds	✓
High Knees	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	
High Knees	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	
Rest	3		



Workouts Week 6: Day 4

If your muscles feel a bit stiff or sore, try some static stretches and take the day to recover.

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Workouts Week 6: 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 6: Day 6

Give your leg muscles a well earned break today.

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Workouts Week 6: Day 7

Take the last day of the week to rest and recover from your HIIT workouts!

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