



ACTIV8

@home

Workouts Week 7

You're about to start Week 7 of the Activ8 @home program, which is another opportune moment to consider incorporating more weights into your workouts, or if you're already using weights, increase the amount being lifted, if possible! Don't worry if you don't already have traditional weights such as dumbbells at home – there is a range of innovate alternatives you can find around the home to use as weights instead.



Workouts Week 7: Day 1

Use an exercise or yoga mat, if available, to perform the superman hold, bicycles, push up with rotation, butterfly sit ups, left or right leg raised planks and glute bridges. If you don't have dip bars at home, complete this exercise using the steps of a staircase, the back of a chair or arm of a sofa for support.

Day 1 Exercises	Interval	Seconds	✓
High Knees	Work	30	
	Rest	10	
Squat Jumps	Work	30	
	Rest	10	
Superman Hold	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 7: Day 2

If your body is sore after increasing weights yesterday, do some static stretches to help lengthen your muscles.

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

Workouts Week 7: 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	✓
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	
Rest	3		



Workouts Week 7: Day 4

Take the day to rest, so your muscles can recover.

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

Workouts Week 7: Day 5

Always ensure you wear appropriate running shoes when performing shuttle runs to prevent injury.

Day 5 Exercises	Interval	Seconds	✓
10m Shuttle Runs with 2 Burpees at each end	Work	120	
	Rest	60	
Star Jumps	Work	120	
	Rest	60	
10m Shuttle Runs with 2 Burpees at each end	Work	120	
	Rest	60	
Star Jumps	Work	120	
	Rest	60	
10m Shuttle Runs with 2 Burpees at each end	Work	120	
	Rest	60	
Star Jumps	Work	120	
	Rest	180	
Rounds	2		



Workouts Week 7: Day 6

You've worked hard to integrate more weights into your HIIT workouts this week, so take a day to recuperate.

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





Workouts Week 6: Day 7

Take another day to rest – you have definitively earned it this week! Let your muscles rest today!

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