



ACTIV8

@home

Workouts Week 8

Congratulations on staying committed to improving your fitness by undertaking the Activ8 @home program for two whole months! Although you will definitely be getting the hang of HIIT workouts by now, it is still essential to warm up before every workout so your muscles can consume more energy, and to cool down afterwards, to disperse lactic acid.



Workouts Week 8: Day 1

Perform superman hold, renegade rows, push ups, and planks over an exercise mat, if possible. Alternatively, perform over a non-slip rug or carpeted area for extra cushioning. Utilise a suitably sturdy structure, which can safely take your body weight, such as a wooden coffee table, to perform box jumps and left or right split squats. Steps within your home, or the arm of a sofa may serve as suitable alternative to dip bars, when doing dip exercises.

Day 1 Exercises	Interval	Seconds	✓
Butt Kicks	Work	30	
	Rest	10	
Wide Squats	Work	30	
	Rest	10	
Superman Hold	Work	30	
	Rest	10	
Renegade Row	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 Squat	Work	15	
Right Leg Single Squat	Work	15	
	Rest	180	
Rounds	2		



Workouts Week 8: Day 2

Spend the day resting your muscles, after your intense HIIT workout 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 8: Day 3

Use an exercise or yoga mat to perform YTI and mountain climbers, or complete exercises in a carpeted area for extra 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	
Rest	3		



Workouts Week 8: Day 4

Take a rest day and complete some static stretches if you experience muscle stiffness.

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Workouts Week 8: Day 5

Remember to wear appropriate footwear when performing shuttle runs and air skips to prevent injury.

Day 5 Exercises	Interval	Seconds	✓
10m Shuttle Runs	Work	120	
	Rest	60	
Air Skips	Work	120	
	Rest	60	
10m Shuttle Runs	Work	120	
	Rest	60	
Air Skips	Work	120	
	Rest	60	
10m Shuttle Runs	Work	120	
	Rest	60	
Air Skips	Work	120	
	Rest	180	
Rounds	2		



Workouts Week 8: Day 6

Take the day to relax and recover from three intense HIIT workouts this week.

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Workouts Week 8: Day 7

You deserve another day of rest, after completing two solid months of the Activ8 @home program!

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