

ACTIV8

@home

Workouts Week 9

Now that you are starting your ninth week of the Activ8 @home program – it's time to change the pace! Take note of the differing intervals for each workout this week. Don't be fooled by the often shorter work and longer rest periods – there won't be an extended rest between rounds for the first and second workout of the week! Plus, the rest period between rounds for the last workout of the week will be halved compared to the long rests you have enjoyed on Day 5, for the last two months.



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Workouts Week 9: Day 1

Utilise a yoga or exercise mat if available to perform push ups with rotation, plank, back extensions, YTI, crunches, bicycles and renegade rows. Alternatively, perform these exercises on a carpeted floor or over a non-slip rug for extra cushioning.

Day 1 Exercises	Interval	Seconds	✓
Right Static Lunge	Work	30	
	Rest	20	
Left Static Lunge	Work	30	
	Rest	20	
Skater Jumps	Work	30	
	Rest	20	
Push Up with Rotation	Work	30	
	Rest	20	
Plank	Work	30	
	Rest	20	
Burpees	Work	30	
	Rest	20	
Back Extensions	Work	30	
	Rest	20	
YTI	Work	30	
	Rest	20	
Air Skipping	Work	30	
	Rest	20	
Crunches	Work	30	
	Rest	20	
Bicycles	Work	30	
	Rest	20	
Renegade Row	Work	30	
	Rest	20	
Rounds	2		



Workouts Week 9: Day 2

Take a rest day, so your muscles can recover from transitioning to a workout without an extended rest between rounds.

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 9: Day 3

Use a carpeted area or exercise mat when performing push ups, flutters, YTI, Russian twist, sit ups and crunches for safety.

Day 3 Exercises	Interval	Seconds	✓
Wall Squats	Work	30	
	Rest	20	
Squat and Punch	Work	30	
	Rest	20	
Squat Jumps	Work	30	
	Rest	20	
Push Ups	Work	30	
	Rest	20	
Bear Crawls	Work	30	
	Rest	20	
Burpees	Work	30	
	Rest	20	
Flutters	Work	30	
	Rest	20	
YTI	Work	30	
	Rest	20	
High Knees	Work	30	
	Rest	20	
Russian Twist	Work	30	
	Rest	20	
Sit Ups	Work	30	
	Rest	20	
Crunches	Work	30	
	Rest	20	
Rest	2		



Workouts Week 9: Day 4

Spend the day resting, to recuperate from yesterday's workout without long rests between rounds.

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Workouts Week 9: Day 5

When doing YTI exercises, push ups, mountain climbers and elbows to hands plank, remember to use a yoga mat.

Day 5 Exercises	Interval	Seconds	✓
YTI	Work	40	
	Rest	15	
Squat with Kick	Work	40	
	Rest	15	
Jumping Lunges	Work	40	
	Rest	15	
Push Ups	Work	40	
	Rest	15	
Mountain Climbers	Work	40	
	Rest	15	
Elbows to Hands Plank	Work	40	
	Rest	15	
Wall Sits	Work	40	
	Rest	15	
Squat Jumps	Work	40	
	Rest	15	
	Rest	60	
Rounds	3		



Workouts Week 9: Day 6

As the rest period between rounds was halved in yesterday's workout, compared to those experienced between rounds in the final workout of each week, throughout the program so far; take the day to rest your muscles.

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Workouts Week 9: Day 7

Changing your routine can take some getting used to – so take another day to recover from the Week 9 workouts.

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