



ACTIV8

@home

Workouts Week 11

All the workouts throughout Week 11 have one particular exercise in common – lunges! Don't worry, this doesn't mean your workouts are necessarily repetitive, each workout focuses on a different version of the Activ8 Trainers' favourite exercise for leg muscles. Also, there is a circuit style workout on Day 5, so you can continue to become more confident performing multiple rounds, with longer recovery periods.



Workouts Week 11: Day 1

Use an exercise mat to perform push up plank jack, back extension with clap, flutters, mountain climbers, dead bugs, and four point kneeling hover. Alternatively, do these exercises over a carpeted area for extra cushioning. If you are able to complete 3 rounds of this workout easily, challenge yourself to complete a fourth round!

Day 1 Exercises	Interval	Seconds	✓
Bear Crawls	Work	30	
	Rest	10	
Push Up Plank Jack	Work	30	
	Rest	10	
Burpees	Work	30	
	Rest	10	
Right Static Lunge	Work	30	
	Rest	10	
Left Static Lunge	Work	30	
	Rest	10	
Squat Jumps	Work	30	
	Rest	10	
Back Extension with a Clap	Work	30	
	Rest	10	
Flutters	Work	30	
	Rest	10	
Mountain Climbers	Work	30	
	Rest	10	
Dead Bugs	Work	30	
	Rest	10	
Four Point Kneeling Hover	Work	30	
	Rest	10	
Rounds	3-4		



Workouts Week 11: Day 2

Spend the day resting, to recover from integrating new exercises such as the the push up plank jack, four point kneeling hover and back extension with a clap into your Activ8 @home program.

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 11: Day 3

If you don't have dip bars at home, use the arm of a sofa, or steps to perform dips. Utilise a suitably sturdy structure, such as a low brick wall in a courtyard, or a strong, wooden coffee table; which can safely take the weight of your body to perform box jumps. A yoga mat or non-slip rug will provide extra cushioning for elbow to knee push ups and cross crunches. Consider challenging yourself to complete a fourth round of this workout – we believe in you!

Day 3 Exercises	Interval	Seconds	✓
Squats	Work	40	
	Rest	15	
Air Skipping	Work	40	
	Rest	15	
Wall Squat	Work	40	
	Rest	15	
Left Lateral Lunge	Work	40	
	Rest	15	
Right Lateral Lunge	Work	40	
	Rest	15	
Dips	Work	40	
	Rest	15	
Box Jumps	Work	40	
	Rest	15	
Elbow to Knee Push Up	Work	40	
	Rest	15	
Cross Crunch	Work	40	
	Rest	15	
Rounds	3-4		



Workouts Week 11: Day 4

Enjoy a day of rest, after integrating new exercises, the elbow to knee push up and cross crunch into your Activ8 @home program yesterday!

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Workouts Week 11: Day 5

The last workout of the week is comprised of 6 short circuits. Perform 8 rounds of each circuit, before taking an extra long rest so your body can recover, before proceeding to the next circuit. Remember to use an exercise mat, or suitable surface, when performing push ups, sit ups and plank shoulder taps.

Day 5 Exercises	Interval	Seconds	✓
Circuit 1			
Run on the Spot	Work	20	
	Rest	10	
Push Ups	Work	20	
	Rest	10	
Rounds	8		
Recovery		120	
Circuit 2			
Shadow Box	Work	20	
	Rest	10	
Sit Ups	Work	20	
	Rest	10	
Rounds	8		
Recovery		120	
Circuit 3			
Plank Shoulder Taps	Work	20	
	Rest	10	
Alternating Lunges	Work	20	
	Rest	10	
Rounds	8		
Recovery		120	

Workouts Week 11: Day 5

Circuit 4			
Skater Jumps	Work	20	
	Rest	10	
Half Burpees	Work	20	
	Rest	10	
Rounds	8		
Recovery		120	

Circuit 5			
Mountain Climbers	Work	20	
	Rest	10	
High Knees	Work	20	
	Rest	10	
Rounds	8		
Recovery		120	

Circuit 6			
180 Degree Squat Jumps	Work	20	
	Rest	10	
Squat with Knee Kick	Work	20	
	Rest	10	
Rounds	8		
Recovery		120	



Workouts Week 11: Day 6

You deserve an entire day of rest, after performing a total of 48 rounds of exercise in yesterday's workout!

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Workouts Week 11: Day 7

Take another day to rest, after trying new exercises such as the shadow box, plank shoulder taps and squat with knee kick in your Activ8 @home program.

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