



ACTIV8

@home

Workouts Week 12

You will have the option of increasing the number of round performed for the first two workouts this week, but don't slack off too much or you won't be prepared for the final workout of the week. The workout on day 5 contains 5 exercises, and you will be performing 5 rounds – without any rests! Alternatively, if you would prefer to stay indoors and don't have access to a treadmill, you can substitute the long walk with alternative exercises, you have tried previously in the Activ8 @ home program.



Workouts Week 12: Day 1

Using an exercise mat or carpeted area for safety, perform the renegade row, plank jack, push ups, mountain climbers and superman hold. If you would like to increase the difficulty of the renegade row or sumo squat, consider trying innovative alternatives for additional weights. There is also an option to increase the number of rounds you complete from 3 to 4 or even 5 rounds, if you would like to challenge yourself further!

Day 1 Exercises	Interval	Seconds	✓
Renegade Row	Work	30	
	Rest	10	
Plank Jack	Work	30	
	Rest	10	
Squat Jumps	Work	30	
	Rest	10	
Push Ups	Work	30	
	Rest	10	
Mountain Climbers	Work	30	
	Rest	10	
Superman Hold	Work	30	
	Rest	10	
Sumo Squat	Work	30	
	Rest	10	
High Knees	Work	30	
	Rest	10	
Curtsy Lunge	Work	30	
	Rest	10	
Wall Squat	Work	30	
	Rest	10	
Rounds	3-5		



Workouts Week 12: Day 2

Take the day to recover from integrating three new exercises, the plank jack, sumo squat and curtsy lunge, into your Activ8 @home program – especially if you've challenged yourself with some additional weights!

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 12: Day 3

Utilise a non-slip rug or yoga mat when performing sit ups, left and right side planks, hand release push ups and mountain climbers for additional support. If you would prefer to perform these exercises outside, consider attending your local park and replace skipping with air skips so no equipment is required! We recommend attempting 2 – 3 rounds for this workout – pushing yourself is satisfying, but always consider your current fitness level to ensure safety.

Day 3 Exercises	Interval	Seconds	✓
Skater Jumps	Work	40	
	Rest	15	
Shuttle Runs	Work	40	
	Rest	15	
Skipping or Air Skips	Work	40	
	Rest	15	
Walking Lunges	Work	40	
	Rest	15	
180 Degree Squat Jumps	Work	40	
	Rest	15	
Sit Ups	Work	40	
	Rest	15	
Left Side Plank	Work	40	
	Rest	15	
Right Side Plank	Work	40	
	Rest	15	
Hand Release Push Up	Work	40	
	Rest	15	
Mountain Climbers	Work	40	
	Rest	15	
Rounds	2-3		



Workouts Week 12: Day 4

Enjoy a day of rest, after integrating the new hand release push up exercise! Remember to cool down, to assist with recovery.

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Workouts Week 12: Day 5

Test your endurance with high repetitions and no rests during the final workout of the week! While this workout does only include 5 types of exercises – you will need to aim to complete 5 rounds without stopping! Remember to always try to use the most suitable surface, such as a carpeted area, when performing push ups, sit ups and YTI.

Day 5 Exercises	Interval	Repetition	✓
Run 1km or Power Walk 500m	Work	1	
Squats	Work	25	
Push Ups	Work	25	
Sit Ups	Work	25	
YTI	Work	25	
Rounds	5		



Workouts Week 12: Day 6

You deserve an entire day of rest, after completing the endurance workout yesterday!

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Workouts Week 12: Day 7

Enjoy another day of rest so you feel replenished for next week's Activ8 @home program!

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