



# ACTIV8

@home

## Workouts Week 13

This week the Activ8 @home program will be focusing on squats – with five different variations of this exercise! This includes single leg squats, forward squat jumps, squat and punch, squat pulses and squat with kicks. There is also a new pyramid style workout on Day 5 which is sure to test your counting skills as well as your endurance!



## Workouts Week 13: Day 1

Using an exercise mat or carpeted area for safety, perform the four point kneeling hover, butterfly sit ups, elbow to knee plank and push up with rotation. Consider safe alternatives found around the home to use instead of a step or box, such as a sturdy wooden coffee table, when performing split squats. Try challenging yourself to complete a fourth round of today's workout!

Day 1 Exercises	Interval	Seconds	✓
Left Split Squat	Work	30	
	Rest	10	
Right Split Squat	Work	30	
	Rest	10	
Forward Squat Jumps	Work	30	
	Rest	10	
Four Point Kneeling Hover	Work	30	
	Rest	10	
Burpees	Work	30	
	Rest	10	
Butterfly Sit Ups	Work	30	
	Rest	10	
Walk Outs	Work	30	
	Rest	10	
Elbow to Knee Plank	Work	30	
	Rest	10	
Half Burpees	Work	30	
	Rest	10	
Push Up with Rotation	Work	30	
	Rest	10	
<b>Rounds</b>	<b>3-4</b>		



## Workouts Week 13: Day 2

Spend the day recovering from integrating three new exercises; forward squat jumps, walk outs and elbow to knee planks, 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!



[activ8.pcyc.org.au](http://activ8.pcyc.org.au)

## Workouts Week 13: Day 3

Today's workout includes 6 short circuits. Perform 8 rounds of each circuit, before taking an extra long rest so that your body can recover before proceeding to the next circuit. Utilise a non-slip rug or yoga mat when performing side planks, mountain climbers, Russian twists and scissor crunches for additional support.

Day 3 Exercises	Interval	Seconds	✓
<b>Circuit 1</b>			
Star Jumps	Work	20	
	Rest	10	
Step Back Lunges	Work	20	
	Rest	10	
<b>Rounds</b>	<b>8</b>		
Recovery		120	
<b>Circuit 2</b>			
Burpees	Work	20	
	Rest	10	
High Knees	Work	20	
	Rest	10	
<b>Rounds</b>	<b>8</b>		
Recovery		120	
<b>Circuit 3</b>			
Right Side Plank	Work	20	
	Rest	10	
Left Side Plank	Work	20	
	Rest	10	
<b>Rounds</b>	<b>8</b>		
Recovery		120	

## Workouts Week 13: Day 3

Circuit 4			
Half Burpees	Work	20	
	Rest	10	
Mountain Climbers	Work	20	
	Rest	10	
<b>Rounds</b>	<b>8</b>		
Recovery		120	

Circuit 5			
Russian Twist	Work	20	
	Rest	10	
Scissor Crunch	Work	20	
	Rest	10	
<b>Rounds</b>	<b>8</b>		
Recovery		120	

Circuit 6			
Jumping Lunges	Work	20	
	Rest	10	
Squat and Punch	Work	20	
	Rest	10	
<b>Rounds</b>	<b>8</b>		
Recovery		120	



## Workouts Week 13: Day 4

Enjoy a day of rest, after integrating the new step back lunge and scissor crunch exercises! Remember to cool down, to assist with recovery.

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## Workouts Week 13: Day 5

Day 5 is a pyramid style workout! Test your endurance and counting abilities simultaneously as the numbers of repetitions either increases or decreases with each exercise. Remember to always try to use the most suitable surface, such as a carpeted area, when performing plank jacks, mountain climbers, glute bridges and push ups. Challenge yourself by completing an extra round, instead of just 2, to end your week strong!

Day 5 Exercises	Interval	Repetitions	✓
Burpees	Work	10	
Plank Jack	Work	20	
Squat with Kick	Work	30	
Skater Jumps	Work	40	
Step Back Lunges	Work	50	
Star Jumps	Work	60	
High Knees	Work	50	
Mountain Climbers	Work	40	
Glute Bridges	Work	30	
Squat Pulses	Work	20	
Push Ups	Work	10	
<b>Rounds</b>	<b>2-3</b>		



## Workouts Week 13: Day 6

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

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## Workouts Week 13: Day 7

Take a second day to rest, so you feel replenished for next week's Activ8 @home program!

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