



ACTIV8

@home

Workouts Week 14

Tone your muscles in the Activ8 @home program this week and enjoy a Tabata circuit style workout on Day 3! Look out for changing recovery periods and rounds throughout the program.



Workouts Week 14: Day 1

The first workout for week 14 is comprised of dual circuits, each followed by a short recovery period. Using an exercise mat or carpeted area for safety, perform Russian twists, push ups with rotation, cross crunches, and push ups with plank jacks. Try challenging yourself to complete a third round of your workout!

Day 1 Exercises	Interval	Seconds	✓
Circuit 1			
Squats	Work	30	
	Rest	15	
Russian Twist	Work	30	
	Rest	15	
Burpees	Work	30	
	Rest	15	
Right Static Lunge	Work	30	
	Rest	15	
Left Static Lunge	Work	30	
	Rest	15	
Push Up with Rotation	Work	30	
	Rest	15	
Recovery		15	
Circuit 2			
Squat and Punch	Work	30	
	Rest	15	
Cross Crunch	Work	30	
	Rest	15	
Burpees	Work	30	
	Rest	15	
Right Static Lunge	Work	30	
	Rest	15	
Left Static Lunge	Work	30	
	Rest	15	
Push Up Plank Jack	Work	30	
	Rest	15	
Recovery		15	
Rounds	2-3		



Workouts Week 14: Day 2

Spend the day recovering from the dual circuits you performed 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 14: Day 3

Today's workout includes 5 Tabata circuits, with four exercises in each Tabata! Perform 4 rounds of the first two exercises before moving onto the next two; then you can rest for 2 minutes! Remember to utilise a non-slip rug or yoga mat when performing push ups, planks, mountain climbers and glute bridges for additional support.

Day 3 Exercises	Interval	Seconds	✓
Tabata Circuit 1			
Squats	Work	20	
Squat Hold	Work	10	
Rounds	4		
Squat Jumps	Work	20	
Squat Pulses	Work	10	
Rounds	4		
Recovery		120	
Tabata Circuit 2			
Push Ups	Work	20	
Plank	Work	10	
Rounds	4		
Mountain Climbers	Work	20	
Plank	Work	10	
Rounds	4		
Recovery		120	
Tabata Circuit 3			
Alternating Lunges	Work	20	
Lunge Hold	Work	10	
Rounds	4		
Step Back Lunges	Work	20	
Lunge Pulse	Work	10	
Rounds	4		
Recovery		120	

Workouts Week 14: Day 3

Circuit 4			
Glute Bridges	Work	20	
Glute Bridge Hold	Work	10	
Rounds	4		
Sit Ups	Work	20	
Sit Up Hold	Work	20	
Rounds	4		
Recovery		120	

Circuit 5			
Supermans	Work	20	
Superman Hold	Work	10	
Rounds	4		
High Knees	Work	10	
Slow Jog on the Spot	Work	10	
Rounds	4		
Recovery		120	



Workouts Week 14: Day 4

Enjoy a day of rest, after integrating the new lunge pulse, plus the lunge, glute bridge, sit up and superman hold exercises! Remember to cool down, to assist with recovery.

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Workouts Week 14: Day 5

Day 5 is another circuit based workout, but this time there is no rest between exercises! Don't worry – you will still have 1 minute to recover from each circuit. Remember to use a suitable surface, such as a carpeted area, when performing the elbow to hands plank, back extensions with clap and push ups with rotation. Consider safe alternatives found around the home such as a sturdy wooden coffee table as an alternative to the box you would use in the gym, when performing split squats and step ups. The arm of a sofa may serve as a substitute for dip bars when doing dips. Use a skipping rope if available to perform skips, or try air skips instead.

Day 5 Exercises	Interval	Seconds	✓
Circuit 1			
Left Split Squat & Right Split Squat	Work	60	
Skipping	Work	60	
Dips	Work	60	
Skipping	Work	60	
Left Step Up & Right Step Up	Work	50	
Skipping	Work	60	
Recovery		60	
Circuit 2			
Elbows to Hands Plank	Work	60	
Shuttle Runs	Work	60	
Back Extension with a Clap	Work	60	
Shuttle Runs	Work	60	
Push Up with Rotation	Work	50	
Shuttle Runs	Work	60	
Recovery		60	
Rounds	2		



Workouts Week 14: Day 6

You deserve an entire day of rest, after completing the circuit based workout yesterday – without rests!

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Workouts Week 14: Day 7

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

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