



# Workouts Week 1

It is important to always warm up, by stretching your muscles, before commencing a workout. This improves flexibility and prevents injury.

You will use your own bodyweight when performing some Activ8 exercises, such as push ups; whereas others like a chest press will involve the use of additional weights. You can check what type of weight you should use to perform each exercise; and see what muscle group the exercises address. Start by selecting a weight with which you can safely perform each exercise based on the recommended tempo. You can learn more about tempo and other fitness terms in our Activ8 Frequently Asked Questions.

Always use a towel for hygiene reasons whenever using gym equipment and remember to drink plenty of water. Check what equipment is required for each workout and note suggestions to periodically increase the amount of weights you lift.

Make sure you cool down, by stretching your muscles again at the end of your workout. This will help bring your heart rate back down, prevent dizziness and muscle stiffness. Rests should last for approximately 45-75 seconds throughout your strength workout, depending on your fitness levels.

Use a mat to perform push ups in your first Strength workout.

Strength Day 1 Exercises	Tempo	Sets ✓	Reps ✓	Weights (kg)
Chest Press	1 - 1 - 4 - 1	4	10	
Push up	1 - 1 - 4 - 1	4	10	
Pectoral Fly	1 - 1 - 4 - 1	4	10	
Seated Shoulder Press	1 - 1 - 4 - 1	4	10	
Rear Deltoid Fly	1 - 1 - 4 - 1	4	10	
Triceps Press Down	1 - 1 - 4 - 1	4	10	

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Ensure you use a mat when performing push ups, tricep push ups, crunches, planks, as well as left or right side planks. Grab a step to conduct left or right split squats.

HIIT Day 2 Exercises	Interval	Seconds	✓
Star Jumps	Work	30	
	Rest	10	
Wall Squats	Work	30	
	Rest	10	
Push Ups	Work	30	
	Rest	10	
Crunches	Work	30	
	Rest	10	
Alternating Lunges	Work	30	
	Rest	10	
Squats	Work	30	
	Rest	10	
Tricep Push Ups	Work	30	
	Rest	10	
Plank	Work	30	
	Rest	10	
High Knees	Work	30	
	Rest	10	
Left Split Squat	Work	15	
Right Split Squat	Work	15	
	Rest	10	
Push Up with Rotation	Work	30	
	Rest	10	
Left Side Plank	Work	15	
Right Side Plank	Work	15	
	Rest	180	
<b>Rounds</b>		<b>2</b>	

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Use a mat when performing dead bugs and a plank. When performing a barbell squat, use a weight appropriate for you (start light), and ask our PCYC Queensland Staff for assistance if you have any concerns.

Strength Day 3 Exercises	Tempo	Sets ✓	Reps ✓	Weights (kg)
Squats	4 - 1 - 1 - 1	4	10	
45 Degree Leg Press / Pin Loaded Leg Press	4 - 1 - 1 - 1	4	10	
Leg Extension	4 - 1 - 1 - 1	3	10	
Leg Curl	4 - 1 - 1 - 1	3	10	
Dead Bugs	4 - 1 - 1 - 1	4	10	
Plank	4 - 1 - 1 - 1	4	10	

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Access battle ropes to complete rope work exercises, as well as a sled to perform 10m sled pushes if this equipment is available in your gym. If your gym does not possess this equipment, substitute these exercises for alternative HIIT exercises, such as man makers.

HIIT Day 4 Exercises	Interval	Seconds	✓
10m Shuttle Runs	Work	45	
	Rest	15	
Rope Work	Work	45	
	Rest	15	
10m Bear Crawls	Work	45	
	Rest	15	
Rope Work	Work	45	
	Rest	15	
10m Walking Lunges	Work	45	
	Rest	15	
Rope Work	Work	45	
	Rest	15	
10m Sled Pushes	Work	45	
	Rest	15	
Rope Work	Work	45	
	Rest	15	
10m Spiderman Crawls	Work	45	
	Rest	15	
Rope Work	Work	45	
	Rest	15	
10m Gorilla Crawls	Work	45	
	Rest	15	
Rope Work	Work	45	
	Rest	180	
<b>Rounds</b>		<b>3</b>	

# Workouts Week 1

Use dumbbells when performing rear deltoid flys and bent over row, then a barbell to conduct preacher curls.

Strength Day 5 Exercises	Tempo	Sets ✓	Reps ✓	Weights (kg)
Rear Deltoid Fly with Dumbbell	4 - 1 - 1 - 1	4	10	
Lateral Pulldown	4 - 1 - 1 - 1	4	10	
Seated Row	4 - 1 - 1 - 1	4	10	
Bent Over Row with Dumbbell	4 - 1 - 1 - 1	4	10	
Preacher Curl	4 - 1 - 1 - 1	4	10	



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You will need access to a treadmill and rower equipment to complete this HIIT workout.

HIIT Day 6 Exercises	Interval	Seconds	✓
Treadmill	Work	120	
	Rest	60	
Rower	Work	120	
	Rest	60	
Treadmill	Work	120	
	Rest	60	
Rower	Work	120	
	Rest	60	
Treadmill	Work	120	
	Rest	60	
Rower	Work	120	
	Rest	180	
<b>Rounds</b>		<b>2</b>	

Congratulations on completing your first week of the Activ8 program! Getting started is the hardest part! Now you can take a well-earned rest day, giving your muscles time to recover.

