

## Workouts Week 2

The number of reps required will increase for all strength training exercises this week! Keep an eye on the recommended tempo, as Day 1 suggests 1-1-4-1. whereas Day 3 and Day 5 refer to a tempo of 4-1-1-1. If you would like a refresher on how tempo relates to your exercises, visit our Activ8 Frequently Asked Questions. Remember to warm up and cool down every workout. Rest between each Strength exercise for 45-75 seconds.

Remember to use a mat when performing push ups.

Strength Day 1 Exercises	Tempo	Sets ✓	Reps ✓	Weights (kg)
Chest Press	1 - 1 - 4 - 1	4	11	
Push up	1 - 1 - 4 - 1	4	11	
Pectoral Fly	1 - 1 - 4 - 1	4	11	
Seated Shoulder Press	1 - 1 - 4 - 1	4	11	
Rear Deltoid Fly	1 - 1 - 4 - 1	4	11	
Triceps Press Down	1 - 1 - 4 - 1	4	11	

# Workouts Week 2

Use dumbbells to perform shoulder press and man makers exercises. Utilise a step to perform left or right split squats, as well as left or right step ups. Use a mat when doing push ups and crunches.

HIIT Day 2 Exercises	Interval	Seconds	✓
Run on the Spot	Work	30	
	Rest	10	
Squats	Work	30	
	Rest	10	
Shoulder Press with Dumbbell	Work	30	
	Rest	10	
Crunches	Work	30	
	Rest	10	
Squat Jumps	Work	30	
	Rest	10	
Mountain Climbers	Work	30	
	Rest	10	
Push Ups	Work	30	
	Rest	10	
Plank	Work	30	
	Rest	10	
Burpees	Work	30	
	Rest	10	
Left Split Squat	Work	15	
Right Split Squat	Work	15	
	Rest	10	
Man Makers with Dumbbell	Work	30	
	Rest	10	
Left Step Up	Work	15	
Right Step Up	Work	15	
	Rest	180	
<b>Rounds</b>		<b>2</b>	

## Workouts Week 2

Remember to grab a mat when performing dead bugs and planks. 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	11	
45 Degree Leg Press / Pin Loaded Leg Press	4 - 1 - 1 - 1	4	11	
Leg Extension	4 - 1 - 1 - 1	3	11	
Leg Curl	4 - 1 - 1 - 1	3	11	
Dead Bugs	4 - 1 - 1 - 1	4	11	
Plank	4 - 1 - 1 - 1	4	11	

# Workouts Week 2

There is lots of skipping in this HIIT workout, so you will need a skipping rope, as well as battle rope to complete rope work. Use a step for alternating step ups. 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	✓
Skipping	Work	45	
	Rest	15	
Run on the Spot	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
Rope Work	Work	45	
	Rest	15	
Squat Jumps	Work	45	
	Rest	15	
Alternating Step Up	Work	45	
	Rest	15	
Skipping	Work	45	
	Rest	15	
Run on the Spot	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
Rope Work	Work	45	
	Rest	15	
Squat Jumps	Work	45	
	Rest	15	
Alternating Step Up	Work	45	
	Rest	180	
<b>Rounds</b>		<b>3</b>	

# Workouts Week 2

Use dumbbell weights when doing the rear deltoid fly and bent over row exercises.

Strength Day 5 Exercises	Tempo	Sets ✓	Reps ✓	Weights (kg)
Rear Deltoid Fly with Dumbbell	4 - 1 - 1 - 1	4	11	
Lateral Pulldown	4 - 1 - 1 - 1	4	11	
Seated Row	4 - 1 - 1 - 1	4	11	
Bent Over Row with Dumbbell	4 - 1 - 1 - 1	4	11	
Preacher Curl	4 - 1 - 1 - 1	4	11	

# Workouts Week 2

Make sure you can access an elliptical trainer and treadmill to complete your final workout of the week!

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

You are already a quarter of the way through the Activ8 program! Enjoy a rest day, before getting stuck into Week 3.