

Workouts Week 3

The number of reps required will again increase for all strength training exercises in week 3. Remember to check the number of rounds required for each HIIT workout. There are two rounds of HIIT for both Day 2 and Day 6 this week; whereas 3 rounds should be completed on Day 4! Stretch your muscles before and after each workout; resting for 45-75 seconds between each Strength exercise, or as specified between HIIT exercises.

Make sure there is a mat handy when you commence push ups.

Strength Day 1 Exercises	Tempo	Sets ✓	Reps ✓	Weights (kg)
Chest Press	1 - 1 - 4 - 1	4	12	
Push up	1 - 1 - 4 - 1	4	12	
Pectoral Fly	1 - 1 - 4 - 1	4	12	
Seated Shoulder Press	1 - 1 - 4 - 1	4	12	
Rear Deltoid Fly	1 - 1 - 4 - 1	4	12	
Triceps Press Down	1 - 1 - 4 - 1	4	12	

Workouts Week 3

Use dumbbells to complete shoulder press exercises in this HIIT workout, a skipping rope for skipping and dip bars for dips. Use a mat to complete bicycles, push ups with rotation, butterfly sit ups, left or right leg raised planks and glute bridges.

HIIT Day 2 Exercises	Interval	Seconds	✓
Skipping	Work	30	
	Rest	10	
Squat Jumps	Work	30	
	Rest	10	
Shoulder Press with Dumbbell	Work	30	
	Rest	10	
Bicycles	Work	30	
	Rest	10	
Push Up with Rotation	Work	30	
	Rest	10	
Burpees	Work	30	
	Rest	10	
Dips	Work	30	
	Rest	10	
Butterfly Sit Ups	Work	30	
	Rest	10	
Jumping Lunges	Work	30	
	Rest	10	
Left Leg Raised Plank	Work	15	
Right Leg Raised Plank	Work	15	
	Rest	10	
Glute Bridges	Work	30	
	Rest	10	
Left Lateral Lunge	Work	15	
Right Lateral Lunge	Work	15	
	Rest	180	
Rounds		2	

Workouts Week 3

Perform dead bugs and planks over a mat. 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	12	
45 Degree Leg Press / Pin Loaded Leg Press	4 - 1 - 1 - 1	4	12	
Leg Extension	4 - 1 - 1 - 1	3	12	
Leg Curl	4 - 1 - 1 - 1	3	12	
Dead Bugs	4 - 1 - 1 - 1	4	12	
Plank	4 - 1 - 1 - 1	4	12	

Workouts Week 3

Regular planks, plus elbows to hands planks and push ups should be done over a mat.

HIIT Day 4 Exercises	Interval	Seconds	✓
Plank	Work	45	
	Rest	15	
Squats	Work	45	
	Rest	15	
Mountain Climbers	Work	45	
	Rest	15	
Wall Squats	Work	45	
	Rest	15	
Elbows to Hands Plank	Work	45	
	Rest	15	
Push Ups	Work	45	
	Rest	15	
Plank	Work	45	
	Rest	15	
Squats	Work	45	
	Rest	15	
Mountain Climbers	Work	45	
	Rest	15	
Wall Squats	Work	45	
	Rest	15	
Elbows to Hands Plank	Work	45	
	Rest	15	
Push Ups	Work	45	
	Rest	180	
Rounds		3	

Workouts Week 3

Use dumbbells for the bent over row as well as the rear deltoid fly, then a barbell for the preacher curl.

Strength Day 5 Exercises	Tempo	Sets ✓	Reps ✓	Weights (kg)
Rear Deltoid Fly with Dumbbell	4 - 1 - 1 - 1	4	12	
Lateral Pulldown	4 - 1 - 1 - 1	4	12	
Seated Row	4 - 1 - 1 - 1	4	12	
Bent Over Row with Dumbbell	4 - 1 - 1 - 1	4	12	
Preacher Curl	4 - 1 - 1 - 1	4	12	

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Alternate between a bike and a rower machine to complete this HIIT workout.

HIIT Day 6 Exercises	Interval	Seconds	✓
Bike	Work	120	
	Rest	60	
Rower	Work	120	
	Rest	60	
Bike	Work	120	
	Rest	60	
Rower	Work	120	
	Rest	60	
Bike	Work	120	
	Rest	60	
Rower	Work	120	
	Rest	180	
Rounds		2	

Take advantage of a complete day of rest.