

# Workouts Week 4

It is time to increase the amount of weight you lift to complete all Strength exercises! Don't worry – the number of reps for each Strength exercise have decreased back to 10, to accommodate the increase in weight. Ensure you stretch before starting your workout, then again afterwards. Depending on your fitness levels, you may need to rest for shorter or longer periods of time (approximately 45-75 seconds) between Strength exercises.

Use a barbell to perform the bench press, making sure you have a spotter with you for safety. Utilise a dumbbell to perform the shoulder press exercise. This week, use a rope to perform the triceps press down.

Strength Day 1 Exercises	Tempo	Sets ✓	Reps ✓	Weights (kg)
Chest Press	1 - 1 - 4 - 1	4	10	
Cable Crossover Fly	1 - 1 - 4 - 1	4	10	
Bench Press	1 - 1 - 4 - 1	4	10	
Rear Deltoid Fly	1 - 1 - 4 - 1	4	10	
Shoulder Press with Dumbbell	1 - 1 - 4 - 1	4	10	
Triceps Press Down with Rope	1 - 1 - 4 - 1	4	10	

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Use dumbbells to perform the curl and press, man makers, as well as the squat and press exercises. Complete the left or right split squats and box jumps using a step. Dip bars should be utilised to complete the dips, then a mat when doing push ups and planks.

HIIT Day 2 Exercises	Interval	Seconds	✓
Butt Kicks	Work	30	
	Rest	10	
Wide Squats	Work	30	
	Rest	10	
Curl & Press with Dumbbells	Work	30	
	Rest	10	
Man Makers with Dumbbells	Work	30	
	Rest	10	
Squat & Press with Dumbbells	Work	30	
	Rest	10	
Push Ups	Work	30	
	Rest	10	
Box Jumps	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	
Dips	Work	30	
	Rest	10	
Left Leg Single Squats	Work	15	
Right Leg Single Squats	Work	15	
	Rest	180	
<b>Rounds</b>		<b>2</b>	

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Perform lunges in this Strength workout with dumbbells, then plank and crunches 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	10	
Leg Extension	4 - 1 - 1 - 1	3	10	
Leg Curl	4 - 1 - 1 - 1	3	10	
Lunges with Dumbbell	4 - 1 - 1 - 1	4	10	
Standing Calf Raise	4 - 1 - 1 - 1	3	10	
Plank	4 - 1 - 1 - 1	4	10	
Crunches	4 - 1 - 1 - 1	4	10	

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Throughout this HIIT workout, use a kettle bell (start at a light weight that is appropriate for your level of fitness) to perform squats, lunges as well as an overhead shoulder press. Access battle ropes when doing rope work if this equipment is available in your gym. Alternatively, substitute rope work for alternative HIIT exercises, such as man makers.

HIIT Day 4 Exercises	Interval	Seconds	✓
Kettle Bell Squats	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
Kettle Bell Lunges	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
Kettle Bell Overhead Shoulder Press	Work	45	
	Rest	15	
Burpees	Work	45	
	Rest	15	
Kettle Bell Squats	Work	45	
	Rest	15	
Rope Work	Work	45	
	Rest	15	
Kettle Bell Lunges	Work	45	
	Rest	15	
Rope Work	Work	45	
	Rest	15	
Kettle Bell Overhead Shoulder Press	Work	45	
	Rest	15	
Rope Work	Work	45	
	Rest	180	
<b>Rounds</b>		<b>3</b>	

# Workouts Week 4

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	
Standing Bicep Curls with Dumbbell	4 - 1 - 1 - 1	4	10	

# Workouts Week 4

Access a rower machine and elliptical trainer to complete the exercises in the final workout of the week!

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

Take a well earned day of rest, so your muscles can recover from the increased weights used throughout Week 4!