

Workouts Week 5

Maintain the same level of weights in Week 5, that you used to complete all the exercises in Week 4. Instead, the reps for all strength exercises will increase from 10 to 11. Remember to check the number of sets required, as some exercises; such as leg extensions, leg curls and standing calf raises will only require 3 sets, as opposed to 4. Stretch for safety, at the beginning and the conclusion of your workout. Rest for about 45-75 seconds between Strength exercises.

Use a barbell to perform the bench press, making sure you have a spotter with you for safety. Complete the shoulder press with dumbbells and perform the triceps press down with rope.

Strength Day 1 Exercises	Tempo	Sets ✓	Reps ✓	Weights (kg)
Chest Press	1 - 1 - 4 - 1	4	11	
Cable Crossover Fly	1 - 1 - 4 - 1	4	11	
Bench Press	1 - 1 - 4 - 1	4	11	
Rear Deltoid Fly	1 - 1 - 4 - 1	4	11	
Shoulder Press with Dumbbell	1 - 1 - 4 - 1	4	11	
Triceps Press Down with Rope	1 - 1 - 4 - 1	4	11	

Workouts Week 5

Perform regular push ups, tricep push ups, push ups with rotation, crunches, regular planks, left or right side planks on a mat. Complete both left and right split squats using a step.

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	
Rounds		2	

Workouts Week 5

Perform lunges in this Strength workout with dumbbells. Use a mat complete planks and crunches. 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	
Leg Extension	4 - 1 - 1 - 1	3	11	
Leg Curl	4 - 1 - 1 - 1	3	11	
Lunges with Dumbbell	4 - 1 - 1 - 1	4	11	
Standing Calf Raise	4 - 1 - 1 - 1	3	11	
Plank	4 - 1 - 1 - 1	4	11	
Crunches	4 - 1 - 1 - 1	4	11	

Workouts Week 5

Consider using a marker, such as a cone, to perform shuttle runs. 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	
Rounds		3	

Workouts Week 5

The rear deltoid fly, bent over row and standing bicep curls should all be performed with dumbbells.

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	
Rear Deltoid Fly	4 - 1 - 1 - 1	4	11	
Standing Bicep Curls with Dumbbell	4 - 1 - 1 - 1	4	11	

Workouts Week 5

Access a treadmill and rower equipment to complete the final workout of Week 5!

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	
Rounds		2	

Finish off the week by taking a day of rest!