

Workouts Week 6

Check the recommended rest period within each HIIT workout. Notice that the rest period at the end of each HIIT round, is considerably longer than the rest period during each individual exercise interval. There is no rest period between performing the left, then right split squats, or the left then right step ups, until after the exercises have been completed on both sides. Also, note that the reps for each Strength workout have increased from 11 to 12. Warm up then cool down either side of your workout, by having a good stretch; and make sure you rest between each Strength exercise (45-75 seconds).

Use a barbell to perform the bench press, making sure you have a spotter with you for safety. Use dumbbells when doing the shoulder press exercise in this Strength workout. Perform the triceps press down with the rope attachment.

Strength Day 1 Exercises	Tempo	Sets ✓	Reps ✓	Weights (kg)
Chest Press	1 - 1 - 4 - 1	4	12	
Cable Crossover Fly	1 - 1 - 4 - 1	4	12	
Bench Press	1 - 1 - 4 - 1	4	12	
Rear Deltoid Fly	1 - 1 - 4 - 1	4	12	
Shoulder Press with Dumbbell	1 - 1 - 4 - 1	4	12	
Triceps Press Down with Rope	1 - 1 - 4 - 1	4	12	

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Use dumbbells when performing the shoulder press and man makers exercises in this HIIT workout. Utilise a step to perform the left or right split squats and left or right step ups. A mat should be used when doing planks, 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	
Rounds		2	

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Perform the lunges in this Strength workout with dumbbells, then the planks and crunches on 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	
Leg Extension	4 - 1 - 1 - 1	3	12	
Leg Curl	4 - 1 - 1 - 1	3	12	
Lunges with Dumbbell	4 - 1 - 1 - 1	4	12	
Standing Calf Raise	4 - 1 - 1 - 1	3	12	
Plank	4 - 1 - 1 - 1	4	12	
Crunches	4 - 1 - 1 - 1	4	12	

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Utilise a skipping rope for the skipping exercises in this HIIT workout, battle ropes for rope work and a step to complete 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	
Rounds		3	

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Use dumbbells to perform the rear deltoid fly, bent over row and standing bicep curl exercises.

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	
Standing Bicep Curls with Dumbbell	4 - 1 - 1 - 1	4	12	



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Access the elliptical trainer and treadmill machines to complete the final HIIT workout of Week 6!

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	
Rounds		2	

Spend the day allowing your muscles to recover from all the hard work you have put in this week!

