

Workouts Week 7

It's that time again – increase the amount of weight you lift when completing all Strength exercises! However, the number of reps required for each Strength exercise have likewise been decreased from 12 last week, back to 10; to accommodate the increase in weight. Prevent the potential buildup of lactic acid by stretching your muscles prior and post workout. Your rests during Strength workouts should last between 45-75 seconds.

Use dumbbells to perform the bench press exercises in this Strength workout. Utilise dip bars to perform dips.

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

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Use a skipping rope for the skipping exercises, dumbbells when completing the shoulder press and dip bars when performing dips; during this HIIT workout. Additionally, use a mat when doing bicycles, push ups with rotation, butterfly sit ups, glute bridges, and left or right leg raised planks.

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	

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Perform lunges in this Strength workout with dumbbells, then use a mat for dead bugs and plank. 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	
45 Degree Leg Press / Pin Loaded Leg Press	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	
Dead Bugs	4 - 1 - 1 - 1	4	10	
Plank	4 - 1 - 1 - 1	4	10	

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Use a mat when performing regular planks, elbows to hands planks and push ups, throughout this HIIT workout.

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	

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Make sure you use dumbbells to perform the rear deltoid fly and bent over row exercises. Use a barbell to complete the preacher curl.

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	
Chin Ups	4 - 1 - 1 - 1	4	10	
Preacher Curl	4 - 1 - 1 - 1	4	10	
Burpees	4 - 1 - 1 - 1	4	10	

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Utilise the bike and rower machines 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	

Let your muscles rest today!