

Workouts Week 8

You've made it to the final week of the Activ8 program – but the hard work doesn't stop just yet! The reps for all Strength workouts jump from 10 to 12 in Week 8. Prevent sore muscles by stretching prior to working out, as well as afterwards. Take a 45-75 second rest after every Strength exercise.

Perform the bench press exercises in this Strength workout using dumbbells and use dips bars to perform dips.

Strength Day 1 Exercises	Tempo	Sets ✓	Reps ✓	Weights (kg)
Cable Crossover Fly	1 - 1 - 4 - 1	4	12	
Bench Press with Dumbbell	1 - 1 - 4 - 1	4	12	
Dips	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	

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Use dumbbells to perform the curl and press, man makers as well as squat and press exercises in this HIIT workout. Utilise a step to perform box jumps, and left or right split squats. Use dip bars for dips and a mat for push ups, as well as 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	
Rounds		2	

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Perform the lunges in this Strength workout with dumbbells, then the dead bugs and planks using 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	
Lunges with Dumbbell	4 - 1 - 1 - 1	4	12	
Standing Calf Raise	4 - 1 - 1 - 1	3	12	
Dead Bugs	4 - 1 - 1 - 1	4	12	
Plank	4 - 1 - 1 - 1	4	12	

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Use a kettle bell to perform squats, lunges and overhead shoulder press in this HIIT workout. Utilise battle ropes for rope work. 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	✓
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	
Rounds		3	

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Dumbbells should be used to perform rear deltoid fly and bent over row exercises during this Strength workout. A barbell should be used when doing preacher curls.

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	
Chin Ups	4 - 1 - 1 - 1	4	12	
Preacher Curl	4 - 1 - 1 - 1	4	12	
Burpees	4 - 1 - 1 - 1	4	12	



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Use the rower and elliptical trainer machines during your final Activ8 workout!

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	
Rounds		2	

Congratulations – you deserve to enjoy a complete day of rest after successfully completing the 8 week Activ8 program!

