

## Workout 5

Timed warm up at 3+ minutes

Pushups (can start from knee) x12

Squats (with a weight) x24

Tricep pull (with a weight) x12

Bicep curl (with weight) x 12

Break ~30 seconds

Repeat

Break ~30 seconds

Repeat

Break ~45 seconds

Military crawls (x20)

Cycle elbow to knee for 20+ rotations

Break ~25 seconds

Repeat

Total 15 minutes

Remember: Importance of building large muscles groups to smaller and metabolic improvements overall

## Workout 6

Warm up 4 minutes

1 leg lunge with bicep curl (x10 each side)

One arm press step up (10 each side)

Gluten bridge with fly (12 x)

Shoulder press (x10) on ball or non static surface

Hand to knee crunches (10 each side)

Repeat after 30 sec rest

Repeat 3 times

### **Core exercises :**

Pelvic tilt with diaphragmatic breathing (deep belly breathing)

You can do this flat on the ground or on a stability ball for support, tilt your pelvis up isolating your lower abs and exhale as you contract. Deep breath in with belly inflated when relaxing. Count to 4-6 one each breath

Plank with walk out on either side, hold for at least 60 seconds

Leg lifts, Lie on back and legs flat on ground, bend at the knee. Turn left foot out on 45 degree angle and lift right foot to the sky, pushing up so your hip is off of the ground. Exhale on push up, complete 6-10 on each side.

Plank position, turn to your right and lift arm up perpendicular to your body, add weights to hands if you like. Twist back down to plank and turn to your other side. Repeat these at least 6-10 times each side

## Workout 7

Cardio only – lets use cardio to improve our cardiovascular abilities and make it a workout

You can run, cycle or skip rope for this one.

Today we reduce our intervals

Warm up 3.5 minutes with 2.5 minutes medium speed

1.5 min slow down

3 minutes max speed

1 min slow

3 minutes max speed

3 minutes cool down (medium 2 min slow 1 min)

## Workout 8

Circuit

Warm up 4 minutes

Squats (standing) with shoulder press on your way up. Make sure you bend more than 90 degrees and touch the ground with your weights 12 times

Bent over row, stand knees slightly bent and pull arms up to rowans hold two seconds. Release repeat 10x

Get on all fours and deltoid fly, hold eight in left hand and elbow slightly bent lift with back of shoulder outwards repeat on each arm 8 times each

Donkey kicks, one leg at a time. 20 each side

Superman (repeat each side 10 x)

Repeat circuit 3-4 times (minus the warm up)

Cool down: repeat two rounds of the following

Hip thrusters (12 x)

Plank (60 seconds)