

## **Week 2**

### **Monday:**

#### Warm up

5 minute Jog/walk, Row, Bike, Skip

#### Mobility

3 Inchworm + Downward dog

Lunge + 5 Rotation, left & right side

#### Conditioning

200m Walking lunge, every minute on the minute complete 3 burpee

rest 3 minutes, then...

Plank - Keep the hip of the ground for 4 minutes using the prone, L & R side and supine plank.

### **Tuesday:**

Cover as much distance as possible in 21 minutes walking and or jogging, rowing or cycling. Every 3 minutes complete 10 Squats + 10 Push ups  
Stretch & Mobility.

### **Wednesday:**

#### Warm up

5 minute Jog/walk, Row, Bike, Skip

#### Mobility

3 Inchworm + Downward dog

Lunge + 5 Rotation, left & right side

#### Conditioning

-  
4 Rounds of:

Run 400m

20m Bear Crawl

rest 3 minutes, then...

Complete max rounds in 10 minutes of:

50 Double unders / 100 skips

7 Burpees

Rest 3 minutes on completion, then...

Plank - Keep the hip of the ground for 4 minutes using the prone, L & R side and supine plank.

**Thursday:**

Cover as much distance as possible in 21 minutes walking and or jogging, rowing or cycling. Every 3 minutes complete 10 Squats + 10 Push ups  
Stretch & Mobility.

**Friday:**Warm up

5 minute Jog/walk, Row, Bike, Skip

Mobility

3 Inchworm + Downward dog  
Lunge + 5 Rotation, left & right side

Conditioning

For time:

50 Push ups

50 Squats

50 Lying knee tucks

50 Burpee

rest 3 minutes, then...

Plank - Keep the hip of the ground for 4 minutes using the prone, L & R side and supine plank.

**Saturday:**

Cover as much distance as possible in 21 minutes walking and or jogging, rowing or cycling. Every 3 minutes complete 10 Squats + 10 Push ups  
Stretch & Mobility.

**Sunday:**

Rest