

Week 3 Exercise Plan

Monday:

Warm up

5 minute Jog/walk, Row, Bike, Skip

Mobility

3 Inchworm + Downward dog + Cobra
Lunge + 5 Rotation, left & right side
Hip Bridge with 5 Heel touches each leg

Conditioning

For time:

100 Push ups

100 Sit ups

100 Supermans

100 Squats

* Break into sets if required

rest 3 minutes, then...

100 Burpee's

rest 3 minutes, then...

Plank - Keep the hip of the ground for 5 minutes using the prone, L & R side and supine plank.

Tuesday:

Cover as much distance as possible in 25 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 + Cobra
Lunge + 5 Rotation, left & right side
Hip Bridge with 5 Heel touches each leg

Conditioning

-
7 Rounds; each for time of:

30m Walking lunge

15 DB Squat press

10 Burpee

Rest 1 minute

Rest 3 minutes on completion, then...

Plank - Keep the hip of the ground for 5 minutes using the prone, L & R side and supine plank.

Thursday:

Cover as much distance as possible in 30 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 + Cobra
Lunge + 5 Rotation, left & right side
Hip Bridge with 5 Heel touches each leg

Conditioning

Complete max rounds in 20 minutes of:
Run 200m
50 Mountain climbers
20 DB Snatch

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 25 minutes walking and or jogging, rowing or cycling. Every 3 minutes complete 10 Squats + 10 Push ups
Stretch & Mobility.

Sunday:

Rest / Yoga / Meditation