

Week 6

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

Complete as many rounds as possible in 20 minutes of:

20 Single arm DB Snatch Men 12.5kg (Women 10kg)

20 Push ups, hand release

20 Single arm DB Squat Press Men 12.5kg (Women 10kg)

20 Sit ups

rest 3 minutes, then...

Plank - Keep the hip of the ground for 7 minutes using the prone, L & R side and supine plank.

Tuesday:

Cover as much distance as possible in 30 minutes walking and or jogging, rowing or cycling.

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

4 Rounds for time of:

Run 600m

20 Box jumps / step ups 50cm

Rest 3 minutes on completion, then...

Plank - Keep the hip of the ground for 7 minutes using the prone, L & R side and supine plank.

Thursday:

Run / Jog 5k time trial

Yoga / Meditation

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

4 Rounds for max reps in 1 minute of each exercise:

DB Push press 12.5kg (Women 10kg)

Lunge to high knee

Lying knee tucks

Burpee

Rest 1 minute

rest 3 minutes, then...

Plank - Keep the hip of the ground for 6 minutes using the prone, L & R side and supine plank.

Saturday:

Cover as much distance as possible in 30 minutes walking and or jogging, rowing or cycling.
Stretch & Mobility.

Yoga / Meditation

Sunday:

Rest / Yoga / Meditation