

## **Week 4**

### **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

4 rounds for time of:  
20 DB Box step ups, 50cm  
20 Lying knee tucks  
Run 400m

rest 3 minutes, then...

For time:  
30 Commando's (lunge L + Lunge R + Burpee = 1)

rest 3 minutes, then...

Plank - Keep the hip of the ground for 6 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. 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

Complete as many rounds as possible in 20 minutes of:  
30m Walking lunge  
20 Burpee  
Rest 1 minute

Rest 3 minutes on completion, then...

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

### **Thursday:**

5km for time, running, jogging, walking

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

For time:

100 DB Squat press Men 12.5kg (Women 10kg)

Every time you break, run 200m

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

Yoga / Meditation

### **Sunday:**

Rest / Yoga / Meditation