





Week 3

LEVELS	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEGINNER	CARDIO #1: * 5min fast walk * 15 x 30s walk; 30s jog * 5mins recovery walk	STRENGTH #1: Circuit Complete exercises 1 - 5 as a circuit (30s work; 15s rest. Repeat 3-4 times 1. Star Jumps 2. Push Ups 3. Sky Divers 4. Side Plank (aim for 30s each side) 5. Body Weight Squats	REST DAY	CARDIO #2: * 5min fast walk * 30s jog; 90s walk * 60s jog; 60s walk * 90s jog; 30s walk * 120s jog; 60s walk * 90s jog; 30s walk * 60s jog; 60s walk * 30s jog; 90s walk * 6min fast walk	STRENGTH #2: Deck of Cards Workout (refer to apps page) *Ace & Jokers = 60s drinks break  Box Jumps  Dips  Sit Ups  Glute Bridge x 2 reps	OPTIONAL WORKOUT <i>(CHOOSE YOUR OWN OR REPEAT ONE OF THE CARDIO OR STRENGTH SESSIONS OVER THE WEEKEND)</i>	
INTERMEDIATE	CARDIO #1: * Jog 5mins * 12 x 20s walk; 20s jog; 20s stride * Walk 1min; Jog 4mins	STRENGTH #1: Circuit As per 'beginner' circuit but repeat a total of 5 times	REST DAY	CARDIO #2: * 5min jog * 30s stride; 90s jog * 60s stride; 60s jog * 90s stride; 30s jog * 120s stride; 60s walk * 90s stride; 30s jog * 60s stride; 60s jog * 30s stride; 90s jog * 1min walk; 5min jog	STRENGTH #2: Deck of Cards Workout (refer to apps page) As per 'beginner' session above but Glute Bridge is single leg (reps each side) & only rest on Jokers	OPTIONAL WORKOUT <i>(CHOOSE YOUR OWN OR REPEAT ONE OF THE CARDIO OR STRENGTH SESSIONS OVER THE WEEKEND)</i>	
ADVANCED	CARDIO #1: * Jog 5mins * 18 x 20s walk; 20s jog; 20s stride * Jog 5mins	STRENGTH #1: Circuit Exercises as per 'beginner' circuit Reps = 45s work; 15s rest (Side Plank = 45s each side) Sets x 5	REST DAY	CARDIO #2: * 10min jog; 1min walk * 30s stride; 90s jog * 60s stride; 60s jog * 90s stride; 30s jog * 120s stride; 60s walk * 90s stride; 30s jog * 60s stride; 60s jog * 30s stride; 90s jog * 4min recovery walk	STRENGTH #2: Deck of Cards Workout (refer to apps page) As per 'beginner' session above <u>but</u> Glute Bride is single leg (reps each side) & Joker = 10 reps of each exercise!	OPTIONAL WORKOUT <i>(CHOOSE YOUR OWN OR REPEAT ONE OF THE CARDIO OR STRENGTH SESSIONS OVER THE WEEKEND)</i>	