

	Notes <i>Record weight, repetitions, time, heart rate (HR), rate of perceived exertion (RPE) so that in future workouts you know where to push harder/faster/longer.</i>
<p><u>Workout #1</u> <u>Muscular endurance focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s jogging on the spot 30s spotty dogs (3 rounds) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)</p> <p>Prime Air squat Push ups (from knees if needed) Alternating lunges Crunches (10 repetitions each. 2 rounds)</p> <p>Workout Alternating lunges Crunches Star jumps (40 repetitions of each, then 30 of each, 20, 10)</p> <p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	

Workout #2

Muscular endurance and cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot

30s spotty dogs

(3 rounds)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch

Pigeon stretch

Quadriceps stretch

Pectoral stretch

Deltoid stretch

Abdominal stretch

(15-20s stretch each side)

Prime

Air squat (slow descent with a 2 second pause at the bottom).

T-Push ups (from knees if needed, stretch the chest out on every T position)

Crunches

(10 repetitions each. 2 rounds)

Workout

Air squats

Squat thrusts

Press ups

Crunches

Star jumps

(21 repetitions of each, then 18, then 15, 12, 9, 6, 3) Complete as quickly as possible whilst maintaining correct technique.

Cool down

5 minutes of Animal Flow

<p>or 5 minutes of gentle stretching.</p>	
<p><u>Workout 3</u> <u>Strength (lower body) focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s alternating squat thrusts 30s jogging on the spot 30s air squats + single knee raise as you come up. (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)</p> <p>Prime Split squat T-Push ups (from knees if needed) Calf peddles Explosive squats (10 repetitions each. 2 rounds)</p> <p>Workout (Make a weight by putting books into your bag to make it heavy. Adjust as necessary. If unsure of the movements you can check the links below)</p> <ol style="list-style-type: none"> 1. 4 sets of 15 <u>weighted</u> BACK SQUATS. Put your bag on tight to your back. You should descend slowly for 4sec until your hips are level with your knees before driving for 2sec up to full extension. Concentrate on feeling the tension through your quadriceps and glutes throughout the moment and keeping your chest up. 2. 4 sets of 16 <u>weighted</u> ALTERNATING REVERSE LUNGES. Keep your bag in the same place as the back squats but lighten it by around 20%. 	

<p>3. 4 sets of 30-60 second isometric WALL SITS.</p> <p>4. 4 sets of 15 GLUTE BRIDGES</p> <p>BACK SQUAT https://www.youtube.com/watch?v=5a86newu86o&list=PL596OoZ7wV_fk4zICdSEIbvL07xxuxpvj</p> <p>ALTERNATING REVERSE LUNGES https://www.youtube.com/watch?v=3JXsdeCRUzU&list=PL596OoZ7wV_fHlemrzbARC2a_sUwcZ3oh&index=13</p> <p>WALL SIT https://www.youtube.com/watch?v=-cdph8hv0O0</p> <p>GLUTE BRIDGES https://www.youtube.com/watch?v=YRqoIM0u0PY</p> <p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout 4</u> <u>Cardiovascular fitness focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s jogging on the spot (low knees) 30s Alternate squat thrusts (3x round) or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4</p> <p>Stretch Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)</p> <p>Prime Air squat Push ups (knees if necessary)</p>	

Alternating lunges

(10 repetitions each. 2 rounds)

Workout: Tabata workout

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.

Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

- Tabata 1. (do burpees for the first round, and star jumps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 2. (do push ups for the first round, and explosive squats for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 3. (do explosive switching lunges for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout 5

Strength and control with mobility

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s air squats (focus on depth)

30s alternating toe touches

30s spotty dogs

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Extended stretching

Hamstring stretch

https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch

<https://www.youtube.com/watch?v=tYY-cqNjuVA>

Figure of 4 stretch

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true

Quadriceps stretch

<https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirmU>

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

(15-20s stretch each side)

Prime

Air squat

Push ups

Alternating lunges

(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted.

Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.

1. Air squat (slow and focusing on depth, hold bottom position for 4 seconds)

https://www.youtube.com/watch?v=C_VtOYc6j5c

2. T-push ups (knees if necessary) <https://www.youtube.com/watch?v=-SgeUqvNzag>

3. Long alternating lunges <https://www.youtube.com/watch?v=uvjhei0SWaQ>

4. Cossack squats (comfortable depth)

https://www.youtube.com/watch?v=YvxmS5BIPi8&disable_polymer=true

5. Inch worm push up <https://www.youtube.com/watch?v=Gv0rFtj-Xjl>

Cool down

5 minutes of Animal Flow

or

<p>5 minutes of gentle stretching.</p> <p>Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8</p> <p>Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA</p> <p>Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true</p> <p>Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB</p> <p>Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU</p> <p>Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml</p> <p>Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=3</p>	
<p><u>Workout #6</u> <u>Muscular endurance focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s jogging on the spot 30s 3 directional star jumps 30s heel flicks (3 rounds) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8 Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Figure of 4 stretch</p>	

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true

Quadriceps stretch

<https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirnmU>

(15-20s stretch each side)

Prime

Air squat x 1, Alternating lunge x2 (repeat until you have done this 10x)

T-Push ups (from knees if needed) (10 repetitions)

20s front plank, 20s Left side plank, 20s Right side plank (each 20s set adds up to 60s)

REPEAT TWICE ROUND

Workout

This workout should be performed as fast as you can whilst still remaining strict with your technique. Take short rests when you need to rather than working to absolute failure and taking forever to recover. Plan a rest, for example, 20 squats, 10 second breather, 20 squats, 10s breather, 10 squats and then move onto the next exercise. This will be better than going to failure and taking a huge 1-minute rest.

1. Air squats (https://www.youtube.com/watch?v=C_VtOYc6j5c)
2. Glute bridges (<https://www.youtube.com/watch?v=YRqoIM0u0PY>)
3. Press ups (https://www.youtube.com/watch?v=Eh00_rniF8E)
(50 repetitions of each, then 40 of each, then 30 of each, 20, 10)

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout 7

Strength (upper body) focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s 3 directional star jumps

30s alternating squat thrusts

30s spotty dogs

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Tricep stretch

<https://www.youtube.com/watch?v=Sj-pzA2nt7o>

Abdominal stretch

<https://www.youtube.com/watch?v=gMyDaDqiWvg>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirmU>

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Lower back stretch

https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4
(15-20s stretch each side)

Prime

Air squat

https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true

T-push up (from knees if needed)

<https://www.youtube.com/watch?v=vKaLCCNxMho>

Plank (30 second hold)

<https://www.youtube.com/watch?v=pvljsG5Svck>

(10 repetitions each, apart from the plank. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you put together for your lower body workout. Adjust as necessary. If unsure of the exercises, you can check the links below).

1. 4 sets of 15 weighted double arm KNEELING SHOULDER PRESS.
<https://www.youtube.com/watch?v=fHHNI5ANFrE>
2. 4 sets of 15 weighted double arm BICEP CURLS.
https://www.youtube.com/watch?v=I3FXctMVCbc&disable_polymer=true
3. 4 sets of 15 weighted double arm BENT OVER ROW.
<https://www.youtube.com/watch?v=P9HVkvG5Cfl>
4. 4 sets of 15 weighted double arm BACKPACK PUSH UPS
<https://www.youtube.com/watch?v=ATfHICdsrvw>
5. 4 sets of 15 weighted double arm BENCH PRESS.
https://www.youtube.com/watch?v=EcFV-U_Nv2Q

Cool down

<p>5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout #8</u> <u>Muscular endurance and cardiovascular fitness focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s 3 directional star jumps 30s jogging on the spot (high knees) 30s air squats (3 rounds) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8 Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml (15-20s stretch each side)</p> <p>Prime Air squat (slow descent with a 2 second pause at the bottom). Alternating lunges Press ups (10 repetitions each. 2 rounds)</p> <p>Workout <i>This workout should be performed as fast as you can whilst still remaining strict with your technique. Take short rests when you need to rather than working to absolute failure and taking forever to recover. Plan a rest, for example, breaking the exercise into half and doing 11 burpees, 10second breather, then performing 10 more burpees. This is much better than doing all 21 burpees and taking 3 minutes before moving to the start jumps.</i></p> <p>Burpees Star jumps</p>	

<p style="text-align: center;">Alternating squat thrusts</p> <p style="text-align: center;">Star jumps Air squats Star jumps Press ups Star jumps</p> <p><i>(21 repetitions of each, then 18, then 15, 12, 9, 6, 3) Complete as quickly as possible whilst maintaining correct technique.</i></p> <p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout 9</u> <u>Strength (whole body) focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s fast air squats 30s spotty dogs (3x round) or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4</p> <p>Stretch Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Tricep stretch https://www.youtube.com/watch?v=Sj-pzA2nt7o Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml</p>	

(15-20s stretch each side)

Prime

Air squat

https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true

Push up

https://www.youtube.com/watch?v=Eh00_rniF8E&disable_polymer=true

Plank (30 second hold)

<https://www.youtube.com/watch?v=pvljsG5Svck>

(10 repetitions each, apart from the plank. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you put together for your lower body workout but should be slightly heavier than your upper body workout.

Adjust as necessary. If unsure of the exercises, you can check the links below).

1. 4 sets of 15 weighted RUCKSACK THRUSTERS
<https://www.youtube.com/watch?v=Tvd73WJ-os0&list=PLj5JlaCi72-7LhxYy6erJhohjxpgRVe74&index=3>
2. 4 sets of 15 weighted KETTLEBELL SWINGS
<https://www.youtube.com/watch?v=wkCbFADYW3s&list=PLj5JlaCi72-7LhxYy6erJhohjxpgRVe74&index=1>
3. 4 sets of 15 weighted FRONT SQUATS
https://www.youtube.com/watch?v=a4Qdxi4TIsY&disable_polymer=true
4. 4 sets of 15 weighted SUMO DEADLIFT HIGH PULL
https://www.youtube.com/watch?v=V0qNjLHV3_c
5. 4 sets of 10 (5 each arm) weighted TURKISH GET UPS
<https://www.youtube.com/watch?v=dghZiBHjq90>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

or

follow <https://www.youtube.com/watch?v=u5Hr3rNUZ24>

Workout 10

Cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot (low knees)

30s Alternate squat thrusts

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch

Pigeon stretch

Quadriceps stretch

Pectoral stretch

Deltoid stretch

(15-20s stretch each side)

Prime

Air squat

Push ups (knees if necessary)

Alternating lunges

(10 repetitions each. 2 rounds)

Workout: Circuit Training

Set your stop watch or Rounds Timer (loads of free apps for smart phones).

This part of the workout will take you 20 minutes.

You will work as hard as you can for 1 minute followed by a 1 minute rest.

You will follow that order until you have worked 10x and rested 10x.

- When your minute begins you will perform 30 star jumps as fast as you can, in the time remaining in the minute you should perform as many burpees as possible. (make sure you remember how many you get).
- When the next minute begins you should rest for the whole minute.
- When the next minute begins you will perform 20 alternating squat thrusts as fast as you can, in the time remaining in the minute you should perform as many burpees as possible. (continue your count from previous round).
- When the next minute begins you should rest for the whole minute.

You will alternate between these two rounds until you have done 20 rounds (10 working and 10 resting). You will do the star jump + burpee part for rounds 1/3/5/7/9 and the alternating squat thrust + burpee one for rounds 2/4/6/8/10.

<p>Your score is your total number of burpees. Your goal should be for each round to be a similar score so don't go out too hot!</p> <p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout 11</u> <u>Strength and control with mobility</u></p> <p><i>This session would be referred to as an "Active Recovery Session". It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.</i></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s air squats (focus on depth) 30s alternating toe touches 30s spotty dogs (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Extended stretching Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8 Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Hip flexor stretch</p>	

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

(30-40s stretch each side)

Prime

Air squat

Push ups

Alternating lunges

(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.

1. Air squat (slow and focusing on depth, hold bottom position for 4 seconds)
https://www.youtube.com/watch?v=C_VtOYc6j5c
2. T-push ups (knees if necessary) <https://www.youtube.com/watch?v=-SgeUqvNzag>
3. Long alternating lunges <https://www.youtube.com/watch?v=uvjhei0SWaQ>
4. Cossack squats (comfortable depth)
https://www.youtube.com/watch?v=YvxmS5BIPi8&disable_polymer=true
5. Inch worm push up <https://www.youtube.com/watch?v=Gv0rFtj-XjI>

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true
or

5 minutes of gentle stretching.

Workout #2.1

Muscular endurance focus

This is a revisit to this workout so if you have completed it before then refer back to your time and RPE (rate of perceived exertion) and try to push yourself faster during the workout phase of today's session. Try and break less and drive your heart rate up higher.

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

<p>Warm up 30s star jumps 30s jogging on the spot 30s spotty dogs (3 rounds) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8 Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml (15-20s stretch each side)</p> <p>Prime Air squat Push ups (from knees if needed) Alternating lunges Crunches (10 repetitions each. 2 rounds)</p> <p>Workout Alternating lunges Crunches Star jumps (40 repetitions of each, then 30 of each, 20, 10)</p> <p>Cool down 5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true or 5 minutes of gentle stretching.</p>	
<p><u>Workout #2.2</u> <u>Muscular endurance and cardiovascular fitness focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up</p>	

30s star jumps
30s jogging on the spot
30s spotty dogs

(3 rounds)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch
Pigeon stretch
Quadriceps stretch
Pectoral stretch
Deltoid stretch
Abdominal stretch
(15-20s stretch each side)

Prime

Air squat (slow descent with a 2 second pause at the bottom).

https://www.youtube.com/watch?v=C_VtOYc6j5c

T-Push ups (from knees if needed, stretch the chest out on every T position)

<https://www.youtube.com/watch?v=-SgeUqvNzag>

Cossack squat tilt

https://www.youtube.com/watch?v=9j410Lo9pqq&disable_polymer=true

Crunches

<https://www.youtube.com/watch?v=8P5Vn9qPV0Y>

(10 repetitions each. 2 rounds)

Workout

Use your full name (including middle names).

If you have less than 20 letter in your full name borrow a family members' name as well.

A – 50 star jumps	N – 25 burpees
B – 20 crunches	O – 40 star jumps
C – 30 air squats	P – 15 alternating lunges
D – 15 push ups	Q – 30 crunches
E – 1 minute ski sit	R – 15 push ups
F – 10 burpees	S – 30 jump squats
G – 20 alternating lunges	T – 15 burpees
H – 20 jump squats	U – 30 tricep dips (chair)
I – 30 star jumps	V – 2 minute ski sit
J – 1 minute plank	W – 50 calf raises
K – 10 push ups	X – 60 star jumps
L – 20 tricep dips (chair)	Y – 2 minute plank
M – 20 burpees	Z – 20 push ups

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true
or
5 minutes of gentle stretching.

Workout 2.3

Strength (lower body) focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s alternating squat thrusts
30s jogging on the spot
30s air squats + single knee raise as you come up.
(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch <https://www.youtube.com/watch?v=tYY-cgNjuVA>

Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-OIFelyPubGlaqCnj5AeMMB>

Abdominal stretch <https://www.youtube.com/watch?v=gMyDaDqiWvg>

Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-OIFelyPubGlaqCnj5AeMMB&index=3

Lower back stretch https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4

(15-20s stretch each side)

Prime

Split squat <https://www.youtube.com/watch?v=UcZVX7Sc9YI>

Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

Explosive squats <https://www.youtube.com/watch?v=87ynaOgFplw>

(10 repetitions each. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the second phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 weighted BACK SQUATS. Put your bag on tight to your back. You should descend slowly for 4sec until your hips are level with your knees before driving for 2sec up to full extension. Concentrate on feeling the tension through your quadriceps and glutes throughout the moment and keeping your chest up.
2. 4 sets of 16 weighted ALTERNATING REVERSE LUNGES. Keep your bag in the same place as the back squats but lighten it by around 20%.
3. 4 sets of 15 weighted SPLIT SQUATS (both sides). Keep your bag in the same place as the back squats but lighten it by around 20%.
4. 4 sets of 30 weighted CALF RAISES. Keep your bag in the same place as the back squats but increase the weight by 10% from your back squat.
5. 4 sets of 30-60 second isometric WALL SITS.
6. 4 sets of 15 GLUTE BRIDGES

<p>BACK SQUAT https://www.youtube.com/watch?v=5a86newu86o&list=PL596OoZ7wV_fK4zICdSEIbvL07xxuxpvJ</p> <p>ALTERNATING REVERSE LUNGES https://www.youtube.com/watch?v=3JXsdeCRUzU&list=PL596OoZ7wV_fHlemrzbARC2a_sUwcZ3oh&index=13</p> <p>WALL SIT https://www.youtube.com/watch?v=-cdph8hv0O0</p> <p>GLUTE BRIDGES https://www.youtube.com/watch?v=YRqoIM0u0PY</p> <p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout 2.4</u> <u>Cardiovascular fitness focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s jogging on the spot (low knees) 30s Alternate squat thrusts (3x round) or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4</p> <p>Stretch Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)</p> <p>Prime Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true Push ups (knees if necessary) https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true Alternating lunges https://www.youtube.com/watch?v=uvjhei0SWaQ (10 repetitions each. 2 rounds)</p>	

Workout: Tabata workout

This is now a repeated workout from the 24th March. Refer back to your notes and records to see how many repetitions you accomplished, or what heart rate you hit, or what RPE (rate of perceived exertion) you managed. Today's session should be an effort to beat your previous workload.

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.

Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

- Tabata 1. (do burpees for the first round, and star jumps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 2. (do push ups for the first round, and explosive squats for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 3. (do explosive switching lunges for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout 2.5

Strength and control with mobility

This session would be referred to as an "Active Recovery Session". It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s air squats (focus on depth)

30s alternating toe touches

30s star jumps

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Extended stretching

Hamstring stretch

https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch

<https://www.youtube.com/watch?v=tYY-cqNjuVA>

Figure of 4 stretch

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true

Quadriceps stretch

<https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirmU>

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

(30-40s stretch each side)

Prime

Air squat

Push ups

Alternating lunges

(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.

1. Air squat (slow and focusing on depth, hold bottom position for 4 seconds)
https://www.youtube.com/watch?v=C_VtOYc6j5c
2. T-push ups (knees if necessary) <https://www.youtube.com/watch?v=-SgeUqvNzag>
3. Lunge with rotation <https://www.youtube.com/watch?v=klKwPASZPWY>
4. Inch worm push up <https://www.youtube.com/watch?v=Gv0rFtj-Xjl>
5. Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

<p>6. Static deep lunge with rotation https://www.youtube.com/watch?v=IRv2XAIJSDA</p> <p>Cool down 5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true or 5 minutes of gentle stretching.</p>	
<p><u>Workout #2.6</u> <u>Muscular endurance focus</u></p> <p>This is a revisit to this workout so if you have completed it before then refer back to your time and RPE (rate of perceived exertion) and try to push yourself faster during the workout phase of today's session. Try and break less and drive your heart rate up higher.</p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s jogging on the spot 30s spotty dogs (3 rounds) or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4</p> <p>Stretch Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3 (15-20s stretch each side)</p> <p>Prime Air squat https://www.youtube.com/watch?v=C_VtOYc6j5c</p>	

<p>Push ups (knees option) https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true Lunge to knee drive https://www.youtube.com/watch?v=4_1V0NRv7Ww Crunches https://www.youtube.com/watch?v=8P5Vn9qPV0Y (10 repetitions each. 2 rounds)</p> <p>Workout <i>This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not sacrifice technique and form for speed.</i></p> <p>(1) Forward alternating lunges https://www.youtube.com/watch?v=tTej-ax9XiA&disable_polymer=true (2) Crunches https://www.youtube.com/watch?v=8P5Vn9qPV0Y (3) Reverse alternating lunges https://www.youtube.com/watch?v=OX0fKkaY6_c&disable_polymer=true (4) Push ups (knee option) https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true</p> <p>(40 repetitions of each, then 30 of each, 20, 10)</p> <p>Cool down 5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true or 5 minutes of gentle stretching.</p>	
<p><u>Workout 2.7</u> <u>Strength (upper body) focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s 3 directional star jumps 30s alternating squat thrusts 30s spotty dogs (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Tricep stretch https://www.youtube.com/watch?v=Sj-pzA2nt7o Abdominal stretch https://www.youtube.com/watch?v=gMyDaDqiWvg Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU</p>	

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Lower back stretch

https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4

(15-20s stretch each side)

Prime

Air squat

https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true

T-push up (from knees if needed)

<https://www.youtube.com/watch?v=vKaLCCNxMho>

Plank (30 second hold)

<https://www.youtube.com/watch?v=pvljsG5Svck>

(10 repetitions each, apart from the plank. 2 rounds)

Workout

Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the second phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 weighted double arm KNEELING SHOULDER PRESS.
<https://www.youtube.com/watch?v=fHHNI5ANFrE>
2. 4 sets of 15 weighted double arm BICEP CURLS.
https://www.youtube.com/watch?v=I3FXctMVCbc&disable_polymer=true
3. 4 sets of 15 weighted double arm BENT OVER ROW.
<https://www.youtube.com/watch?v=P9HVkvG5Cfl>
4. 4 sets of 15 weighted double arm BACKPACK PUSH UPS
<https://www.youtube.com/watch?v=ATfHICdsrvw>
5. 4 sets of 15 weighted double arm BENCH PRESS.
https://www.youtube.com/watch?v=EcFV-U_Nv2Q

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #2.8

Muscular endurance and cardiovascular fitness focus

This is a revisit to this workout so if you have completed it before then refer back to your time and RPE (rate of perceived exertion) and try to push yourself faster during the workout phase of today's session. Try and break less and drive your heart rate up higher. This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not sacrifice technique and form for speed.

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot

30s spotty dogs

(3 rounds)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch

Pigeon stretch

Quadriceps stretch

Pectoral stretch

Deltoid stretch

Abdominal stretch

(15-20s stretch each side)

Prime

Air squat (slow descent with a 2 second pause at the bottom).

T-Push ups (from knees if needed, stretch the chest out on every T position)

Crunches

(10 repetitions each. 2 rounds)

Workout

Air squats

Squat thrusts

Press ups

Crunches

Star jumps

(21 repetitions of each, then 18, then 15, 12, 9, 6, 3) Complete as quickly as possible whilst maintaining correct technique.

Cool down

<p>5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout #2.9</u> <u>Strength (whole body) focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s fast air squats 30s spotty dogs (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirmU Tricep stretch https://www.youtube.com/watch?v=Sj-pzA2nt7o Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml</p> <p>(15-20s stretch each side)</p> <p>Prime Air squat https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true Push up https://www.youtube.com/watch?v=Eh00_rniF8E&disable_polymer=true Plank (30 second hold) https://www.youtube.com/watch?v=pvljsG5Svck</p>	

(10 repetitions each, apart from the plank. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you put together for your lower body workout but should be slightly heavier than your upper body workout. Adjust as necessary. If unsure of the exercises, you can check the links below).

This is now the second phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 weighted RUCKSACK THRUSTERS
<https://www.youtube.com/watch?v=Tvd73WJ-os0&list=PLj5JlaCi72-7LhxYy6erJhohjxpgRve74&index=3>
2. 4 sets of 15 weighted KETTLEBELL SWINGS
<https://www.youtube.com/watch?v=wkCbFADYW3s&list=PLj5JlaCi72-7LhxYy6erJhohjxpgRve74&index=1>
3. 4 sets of 15 weighted FRONT SQUATS
https://www.youtube.com/watch?v=a4Qdxi4TIsY&disable_polymer=true
4. 4 sets of 15 weighted SUMO DEADLIFT HIGHPULL
https://www.youtube.com/watch?v=V0qNjLHV3_c
5. 4 sets of 10 (5 each arm) weighted TURKISH GET UPS
<https://www.youtube.com/watch?v=dghZiBHjq90>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

or

follow <https://www.youtube.com/watch?v=u5Hr3rNUZ24>

Workout 2.10

Cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot (low knees)

30s Alternate squat thrusts

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch

Pigeon stretch

Quadriceps stretch

Pectoral stretch

Deltoid stretch

(15-20s stretch each side)

Prime

Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

Push ups (knees if necessary) https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true

Alternating lunges <https://www.youtube.com/watch?v=uvjhei0SWaQ>

(10 repetitions each. 2 rounds)

Workout: Tabata workout

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.

Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

- Tabata 1. (do push ups for the first round, and shoulder taps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 2. (do air squats ups for the first round, and jump switch lunges for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 3. (do burpee tuck jumps for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Push up:

https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true

Air squat:

https://www.youtube.com/watch?v=C_VtOYc6j5c

Shoulder taps:

https://www.youtube.com/watch?v=QOCn3_iOAro&disable_polymer=true

Jump switch lunges

<https://www.youtube.com/watch?v=zUNVifB6g0k>

<p>Burpee tuck jump https://www.youtube.com/watch?v=xM2DLDRPT5M</p> <p>Alternate squat thrusts https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true</p> <p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout 2.11</u> <u>Strength and control with mobility</u></p> <p><i>This session would be referred to as an “Active Recovery Session”. It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.</i></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s air squats (focus on depth) 30s alternating toe touches 30s star jumps (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Extended stretching Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8 Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Hip flexor stretch</p>	

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

(30-40s stretch each side)

Prime

Air squat

Push ups

Alternating lunges

(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.

1. Rolling lizard https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true
2. Pigeon press up https://www.youtube.com/watch?v=z7lA_qCmCNs&disable_polymer=true
3. Lunge with rotation <https://www.youtube.com/watch?v=klKwPASZPWY>
4. Inch worm push up <https://www.youtube.com/watch?v=Gv0rFtj-Xjl>
5. Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true
6. Static deep lunge with rotation <https://www.youtube.com/watch?v=IRv2XAlJSDA>

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true
or

5 minutes of gentle stretching.

Workout #3.1

Muscular endurance focus

This is a revisit to this workout (26th March) so if you have completed it before then refer back to your time and RPE (rate of perceived exertion) and try to push yourself faster during the workout phase of today's session. Try and break less and drive your heart rate up higher.

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps
30s jogging on the spot
30s spotty dogs
(3 rounds)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Calf peddles

https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

Pigeon stretch <https://www.youtube.com/watch?v=tYY-cqNjuVA>

Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB>

Pectoral stretch <https://www.youtube.com/watch?v=yElqfGirnmU>

Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB&index=3

(15-20s stretch each side)

Prime

Air squat https://www.youtube.com/watch?v=C_VtOYc6j5c

Push ups (knees option) https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true

Calf peddles

https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

(10 repetitions each. 2 rounds)

Workout

This workout should be performed as fast as you can whilst still remaining strict with your technique. Take short rests when you need to rather than working to absolute failure and taking forever to recover. Plan a rest, for example, 20 squats, 10 second breather, 20 squats, 10s breather, 10 squats and then move onto the next exercise. This will be better than going to failure and taking a huge 1-minute rest.

1. Air squats (https://www.youtube.com/watch?v=C_VtOYc6j5c)
2. Glute bridges (<https://www.youtube.com/watch?v=YRqolM0u0PY>)
3. Press ups (https://www.youtube.com/watch?v=Eh00_rniF8E)
(50 repetitions of each, then 40 of each, then 30 of each, 20, 10)

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true

<p>or 5 minutes of gentle stretching.</p>	
<p><u>Workout #3.2</u> <u>Muscular endurance and cardiovascular fitness focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s jogging on the spot 30s spotty dogs (3 rounds) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch Abdominal stretch (15-20s stretch each side)</p> <p>Prime Air squat (slow descent with a 2 second pause at the bottom). T-Push ups (from knees if needed, stretch the chest out on every T position) Crunches (10 repetitions each. 2 rounds)</p> <p>Workout (1) Death by Burpee (2) Death by squat thrust press up <i>Firstly set a stop watch somewhere you can see it.</i></p> <ul style="list-style-type: none"> • When you hit start (0.00) perform 4 burpees and then rest for the remainder of that minute. • When 1:00 shows on the clock perform 5 burpees and then rest for the remainder of that minute. • When 2:00 shows on the clock perform 6 burpees and then rest for the remainder of that minute. <p><i>This part of the workout is completed when you can no longer finish the burpees in the allocated time. (burpee https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true)</i></p>	

You will then repeat the same workout but with squat thrust press ups.
(https://www.youtube.com/watch?v=Aq7-q0h6yvw&disable_polymer=true)

Cool down

5 minutes of Animal Flow
or
5 minutes of gentle stretching.

Workout #3.3 **Strength (lower body) focus**

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s alternating squat thrusts
30s jogging on the spot
30s air squats + single knee raise as you come up.
(3x round)
or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8
Pigeon stretch <https://www.youtube.com/watch?v=tYY-cqNjuVA>
Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-OIFelyPubGlaqCnj5AeMMB>
Abdominal stretch <https://www.youtube.com/watch?v=gMyDaDqiWvg>
Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-OIFelyPubGlaqCnj5AeMMB&index=3
Lower back stretch https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-OEK4LwfcXhcmKebCn-RZ_B&index=4
(15-20s stretch each side)

Prime

Split squat <https://www.youtube.com/watch?v=UcZVX7Sc9YI>
Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true
Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true
Explosive squats <https://www.youtube.com/watch?v=87ynaOgFplw>

(10 repetitions each. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the THIRD phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 weighted BACK SQUATS. Put your bag on tight to your back. You should descend slowly for 4sec until your hips are level with your knees before driving for 2sec up to full extension. Concentrate on feeling the tension through your quadriceps and glutes throughout the moment and keeping your chest up. *Add a 3 second pause at the bottom of the squat to build strength at our weakest position.*
2. 4 sets of 16 weighted ALTERNATING REVERSE LUNGES. Keep your bag in the same place as the back squats but lighten it by around 20%.
3. 4 sets of 15 weighted SPLIT SQUATS (both sides). Keep your bag in the same place as the back squats but lighten it by around 20%.
4. 4 sets of 30 weighted CALF RAISES. Keep your bag in the same place as the back squats but increase the weight by 10% from your back squat.
5. 4 sets of 30-60 second isometric WALL SITS.
6. 4 sets of 15 GLUTE BRIDGES *Hold a 3 second pause at the top of the movement to build strength at the hardest position.*

BACK SQUAT

https://www.youtube.com/watch?v=5a86newu86o&list=PL596OoZ7wV_fK4zICdSEIbvL07xxuxpvJ

ALTERNATING REVERSE LUNGES

https://www.youtube.com/watch?v=3JXsdeCRUzU&list=PL596OoZ7wV_fHlemrzbARC2a_sUwcZ3oh&index=13

WALL SIT

<https://www.youtube.com/watch?v=-cdph8hv00Q>

GLUTE BRIDGES

<https://www.youtube.com/watch?v=YRqoIM0u0PY>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #3.4

Cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot (low knees)

30s Alternate squat thrusts

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch

Pigeon stretch

Quadriceps stretch

Pectoral stretch

Deltoid stretch

(15-20s stretch each side)

Prime

Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

Push ups (knees if necessary) https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true

Alternating lunges <https://www.youtube.com/watch?v=uvjhei0SWaQ>

(10 repetitions each. 2 rounds)

Workout: Tabata workout

This is now a repeated workout from the 10th April. Refer back to your notes and records to see how many repetitions you accomplished, or what heart rate you hit, or what RPE (rate of perceived exertion) you managed. Today's session should be an effort to beat your previous workload.

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.

Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

- Tabata 1. (do push ups for the first round, and shoulder taps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)

- Tabata 2. (do air squats ups for the first round, and jump switch lunges for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 3. (do burpee tuck jumps for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Push up:

https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true

Air squat:

https://www.youtube.com/watch?v=C_VtOYc6j5c

Shoulder taps:

https://www.youtube.com/watch?v=QOCn3_iOAro&disable_polymer=true

Jump switch lunges

<https://www.youtube.com/watch?v=zUNVifB6g0k>

Burpee tuck jump

<https://www.youtube.com/watch?v=xM2DLDRPT5M>

Alternate squat thrusts

https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #3.5

Strength and control with mobility

This session would be referred to as an “Active Recovery Session”. It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s air squats (focus on depth)

30s alternating toe touches

30s star jumps

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Extended stretching

Hamstring stretch

https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch

<https://www.youtube.com/watch?v=tYY-cqNjuVA>

Figure of 4 stretch

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true

Quadriceps stretch

<https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirmU>

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

(30-40s stretch each side)

Prime

Air squat

Push ups

Alternating lunges

(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.

1. Rolling lizard https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true
2. Pigeon press up https://www.youtube.com/watch?v=z7lA_qCmCNs&disable_polymer=true
3. Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true
4. Crab Reach https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true
5. Kneeling T-Spine rotations https://www.youtube.com/watch?v=uzrQ_CzN7lc&disable_polymer=true
6. Shin box rotation to raise <https://www.youtube.com/watch?v=GJGYcoK3mSI>

<p>Cool down 5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true or 5 minutes of gentle stretching.</p>	
<p><u>Workout #3.6</u> <u>Muscular endurance focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s jogging on the spot 30s spotty dogs (3 rounds) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3 (15-20s stretch each side)</p> <p>Prime Air squat: https://www.youtube.com/watch?v=C_VtOYc6j5c Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true Long alternating lunges: https://www.youtube.com/watch?v=uvjhei0SWaQ</p>	

T-push up:

<https://www.youtube.com/watch?v=-SgeUqvNzag>

(10 repetitions each. 2 rounds)

Workout

This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not sacrifice technique and form for speed. Keep a note of your time as you will be revisiting this in weeks to come.

400m x run (if nowhere to run, substitute for garden shuttles/40 step ups/40 star jumps)

40 x walking lunges https://www.youtube.com/watch?v=L8fvypPrzs&disable_polymer=true

30 x crunches <https://www.youtube.com/watch?v=8P5Vn9qPV0Y>

20 x push ups https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true

10 x burpees https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true

(3 rounds)

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true

or

5 minutes of gentle stretching.

Workout #3.7

Strength (upper body) focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s Jog on spot (low knees)

30s Jog on spot (high knees)

30s 3 directional star jumps

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Tricep stretch

<https://www.youtube.com/watch?v=Sj-pzA2nt7o>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirnmU>

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Lower back stretch

https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

Neck stretch (2:50 of clip)

<https://www.youtube.com/watch?v=2NOsE-VPpkE>

(15-20s stretch each side)

Prime

Shoulder taps:

https://www.youtube.com/watch?v=QOCn3_iOAro&disable_polymer=true

T-push up (from knees if needed)

<https://www.youtube.com/watch?v=vKaLCCNxMho>

Crab Reach https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true

(10 repetitions each, 2 rounds)

Workout

Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the THIRD phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 weighted single arm SEATED SHOULDER PRESS.
<https://www.youtube.com/watch?v=iNW7c7EmVLI>
2. 4 sets of 15 weighted double arm KNEELING BICEP CURLS.
<https://www.youtube.com/watch?v=FR8adBK8lYc>
3. 4 sets of 15 weighted SINGLE ARM BENT OVER ROW.
https://www.youtube.com/watch?v=N8Fv5jABUYI&disable_polymer=true
4. 4 sets of 15 weighted double arm DECLINE BACKPACK PUSH UPS
<https://www.youtube.com/watch?v=lpFtTZZLZCA>
5. 4 sets of 15 weighted DOUBLE ARM WEIGHTED CHAIR DIP
<https://www.youtube.com/watch?v=vOz27LsaEwE>
6. 4 sets of 15 weighted single arm PUSH PRESS
<https://www.youtube.com/watch?v=GBtTNjS1LfE>

Cool down

5 minutes of Animal Flow

or

<p>5 minutes of gentle stretching.</p>	
<p><u>Workout #3.8</u> <u>Muscular endurance and cardiovascular fitness focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s 3 directional star jumps 30s jogging on the spot 30s alternate squat thrusts (3 rounds) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true Abdominal stretch https://www.youtube.com/watch?v=gMyDaDqiWvg (15-20s stretch each side)</p> <p>Prime Air squat (slow descent with a 2 second pause at the bottom). T-Push ups (from knees if needed, stretch the chest out on every T position) Crunches (10 repetitions each. 2 rounds)</p> <p>Workout Every minute on the minute you must perform one of the three exercises (in order). You will do this for 30 minutes. This means you will see each exercise 10 times each by the end of your 30 minutes.</p> <p><i>When the first minute begins you will perform 8 burpees, whatever time is left of that minute is your rest period. When minute 2 begins you perform 16 crunches, whatever time is left of that minute is your rest period. When minute 3 begins you perform 24 squats, whatever time is left of that minute is your rest period. For minute 4 you return to burpees etc.</i></p> <p>8 x burpees</p>	

<p>16 x crunches 24 x squats</p> <p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout #3.9</u> <u>Strength (whole body) focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s fast air squats 30s spotty dogs (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Tricep stretch https://www.youtube.com/watch?v=Sj-pzA2nt7o Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml (15-20s stretch each side)</p> <p>Prime Air squat https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true</p>	

Push up

https://www.youtube.com/watch?v=Eh00_rniF8E&disable_polymer=true

Plank (30 second hold)

<https://www.youtube.com/watch?v=pvljsG5Svck>

(10 repetitions each, apart from the plank. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you put together for your lower body workout but should be slightly heavier than your upper body workout. Adjust as necessary. If unsure of the exercises, you can check the links below).

This is now the THIRD phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 weighted RUCKSACK SQUAT CLEAN THRUSTERS
<https://www.youtube.com/watch?v=V7FXNBFZn4c>
2. 4 sets of 15 weighted ALTERNATING SINGLE ARM PUSH PRESS
<https://www.youtube.com/watch?v=qM5p3s6GMVo>
3. 4 sets of 15 weighted FRONT SQUATS
https://www.youtube.com/watch?v=a4Qdxi4TIsY&disable_polymer=true
4. 4 sets of 15 weighted SUMO DEADLIFT HIGH PULL
https://www.youtube.com/watch?v=V0qNjLHV3_c
5. 4 sets of 10 (5 each arm) weighted TURKISH GET UPS
<https://www.youtube.com/watch?v=dghZiBHjq90>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

or

follow <https://www.youtube.com/watch?v=u5Hr3rNUZ24>

Workout #3.10

Cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot (low knees)
30s Alternate squat thrusts
(3x round)
or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch
Pigeon stretch
Quadriceps stretch
Pectoral stretch
Deltoid stretch
(15-20s stretch each side)

Prime

Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true
Push ups (knees if necessary) https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true
Alternating lunges <https://www.youtube.com/watch?v=uvjhei0SWaQ>
(10 repetitions each. 2 rounds)

Workout: Tabata workout

*Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.
Repeated for 8 rounds of 20sec work and 10sec rest.
1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)*

- Tabata 1. (do star jumps for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 2. (do jumping squats ups for the first round, and bicycle crunches for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 3. (do high knees sprinting for the first round, and shoulder taps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Star jumps

<https://www.youtube.com/watch?v=c4DAnQ6DtF8>

High knees sprinting in place

<https://www.youtube.com/watch?v=dWnssSlxgl4>

Jump squats

https://www.youtube.com/watch?v=Azl5tkCzDcc&disable_polymer=true

<p>Bicycle crunches https://www.youtube.com/watch?v=lQ76ehxls3c</p> <p>Shoulder taps: https://www.youtube.com/watch?v=QOCn3_iOAro&disable_polymer=true</p> <p>Alternate squat thrusts https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true</p> <p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout #3.11</u> <u>Strength and control with mobility</u></p> <p><i>This session would be referred to as an “Active Recovery Session”. It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.</i></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s air squats (focus on depth) 30s alternating toe touches 30s heel flicks (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Extended stretching Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8 Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Cossack squat tilt</p>	

https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

(30-40s stretch each side)

Prime

Air squat

Push ups

Alternating lunges

(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement (on both sides). Take 45-60 sec rest between each set.

1. Rolling lizard https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true
2. Inch worm + push up https://www.youtube.com/watch?v=uwB_lmF3_R0
3. Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true
4. Crab Reach https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true
5. Supine leg swings (10 both sides) https://www.youtube.com/watch?v=uwB_lmF3_R0
6. Shin box rotation to raise <https://www.youtube.com/watch?v=GJGYcoK3mSI>
7. Elbow to instep T-spine rotations <https://www.youtube.com/watch?v=b0awMvFV6dE>

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true
or

5 minutes of gentle stretching.

Workout #4.1

Muscular endurance focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps
30s jogging on the spot
30s spotty dogs
(3 rounds)
or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Calf peddles
https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true
Pigeon stretch <https://www.youtube.com/watch?v=tYY-cqNjuVA>
Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB>
Pectoral stretch <https://www.youtube.com/watch?v=yElqfGirnmU>
Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml
Hip flexor stretch
https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3
(15-20s stretch each side)

Prime

Air squat:
https://www.youtube.com/watch?v=C_VtOYc6j5c
Calf peddles
https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true
Long alternating lunges:
<https://www.youtube.com/watch?v=uvjhei0SWaQ>
T-push up:
<https://www.youtube.com/watch?v=-SgeUqvNzag>

(10 repetitions each. 2 rounds)

Workout

This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not sacrifice technique and form for speed. Keep a note of your time as you will be revisiting this in weeks to come.

200m x run (if nowhere to run, substitute for garden shuttles/20 step ups/20 star jumps)
40 x air squats https://www.youtube.com/watch?v=L8fvypPrzsz&disable_polymer=true
30 x crunches <https://www.youtube.com/watch?v=8P5Vn9qPV0Y>
20 x push ups https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true
10 x burpees https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true

<p>200m x run (<i>if nowhere to run, substitute for garden shuttles/20 step ups/20 star jumps</i>)</p> <p>10 x burpees</p> <p>20 x push ups</p> <p>30 x crunches</p> <p>40 x air squats</p> <p>200m x run (<i>if nowhere to run, substitute for garden shuttles/20 step ups/20 star jumps</i>)</p> <p>Cool down</p> <p>5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true</p> <p>or</p> <p>5 minutes of gentle stretching.</p>	
<p><u>Workout #4.2</u></p> <p><u>Muscular endurance and cardiovascular fitness focus</u></p> <p>Mobilise</p> <p>Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up</p> <p>30s star jumps</p> <p>30s jogging on the spot (high knees)</p> <p>30s heel flicks</p> <p>(3 rounds)</p> <p>or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch</p> <p>Hamstring stretch</p> <p>Pigeon stretch</p> <p>Quadriceps stretch</p> <p>Pectoral stretch</p> <p>Deltoid stretch</p> <p>(15-20s stretch each side)</p> <p>Prime</p> <p>Air squat https://www.youtube.com/watch?v=C_VtOYc6j5c</p> <p>T-Push ups (from knees if needed) https://www.youtube.com/watch?v=-SgeUqvNzag</p> <p>Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true</p> <p>(10 repetitions each. 2 rounds)</p> <p>Workout</p> <p><i>This is a revisit to this workout from the 13th April. Refer back to your notes and try and make it a 1-2 minutes further in both exercises.</i></p>	

(1) Death by Burpee (2) Death by squat thrust press up

Firstly set a stop watch somewhere you can see it.

- When you hit start (0.00) perform 4 burpees and then rest for the remainder of that minute.
- When 1:00 shows on the clock perform 5 burpees and then rest for the remainder of that minute.
- When 2:00 shows on the clock perform 6 burpees and then rest for the remainder of that minute.

This part of the workout is completed when you can no longer finish the burpees in the allocated time. (burpee https://www.youtube.com/watch?v=NqV4vxL-e7k&disable_polymer=true)

You will then repeat the same workout but with squat thrust press ups.

(https://www.youtube.com/watch?v=Aq7-q0h6yvw&disable_polymer=true)

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #4.3

Strength (lower body) focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s alternating squat thrusts

30s jogging on the spot

30s air squats + single knee raise as you come up.

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch <https://www.youtube.com/watch?v=tYY-cqNjuVA>

Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB>

Abdominal stretch <https://www.youtube.com/watch?v=gMyDaDqiWvg>

Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

Lower back stretch https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4

(15-20s stretch each side)

Prime

Split squat <https://www.youtube.com/watch?v=UcZVX7Sc9YI>

Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

Explosive squats <https://www.youtube.com/watch?v=87ynaOgFplw>

(10 repetitions each. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

*This is now the **FOURTH** phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.*

1. 4 sets of 15 weighted BACK SQUATS. Put your bag on tight to your back. You should descend slowly for 4sec until your hips are level with your knees before driving for 2sec up to full extension. Concentrate on feeling the tension through your quadriceps and glutes throughout the moment and keeping your chest up. *Add a 3 second pause at the bottom of the squat to build strength at our weakest position.* https://www.youtube.com/watch?v=5cf1Fw1eF0Y&disable_polymer=true
2. 4 sets of 16 weighted SHOULDER HOLD WALKING LUNGES. Keep your bag in the same place as the back squats but lighten it by around 20%. <https://www.youtube.com/watch?v=yudx99vYNuY>
3. 4 sets of 15 weighted BULGARIAN SPLIT SQUATS (both sides). Keep your bag in the same place as the back squats but lighten it by around 20%. <https://www.youtube.com/watch?v=gZHj8qdtmto>
4. 4 sets of 30 weighted SINGLE LEGGED CALF RAISES. Put your bag on your front but increase the weight by 10% from your back squat. <https://www.youtube.com/watch?v=cNNDItsxFUg>
5. 4 sets of 30-60 second isometric WALL SITS.
6. 4 sets of 15 GLUTE BRIDGES *Hold a 3 second pause at the top of the movement to build strength at the hardest position.* <https://www.youtube.com/watch?v=YRqolM0u0PY>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #4.4

Cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot (low knees)

30s Alternate squat thrusts

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch

Pigeon stretch

Quadriceps stretch

Pectoral stretch

Deltoid stretch

(15-20s stretch each side)

Prime

Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

Push ups (knees if necessary) https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true

Alternating lunges <https://www.youtube.com/watch?v=uvjhei0SWaQ>

(10 repetitions each. 2 rounds)

Workout: Tabata workout

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.

Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

- Tabata 1. (do star jumps for the first round, and burpees for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 2. (do jumping squats up for the first round, and high knees running in place for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)

- Tabata 3. (do alternating squat thrusts for the first round, and burpee tuck jumps for the second.. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Star jumps

<https://www.youtube.com/watch?v=c4DAnQ6DtF8>

High knees sprinting in place

<https://www.youtube.com/watch?v=dWnssSlxgl4>

Jump squats

https://www.youtube.com/watch?v=Azl5tkCzDcc&disable_polymer=true

Burpee tuck jump

<https://www.youtube.com/watch?v=xM2DLDRPT5M>

Burpee

https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true

Alternate squat thrusts

https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #4.5

Strength and control with mobility

This session would be referred to as an “Active Recovery Session”. It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s air squats (focus on depth)

30s alternating toe touches

30s heel flicks

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Extended stretching

Hamstring stretch

https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch

<https://www.youtube.com/watch?v=tYY-cqNjuVA>

Figure of 4 stretch

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true

Quadriceps stretch

<https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirnmU>

Cossack squat tilt

https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

(30-40s stretch each side)

Prime

Air squat

Push ups

Alternating lunges

(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement (on both sides). Take 45-60 sec rest between each set.

1. Hip flexor to knight stretch

<https://www.youtube.com/watch?v=COyFqDGwi7U>

2. Push up-downward facing dog into calf peddles <https://www.youtube.com/watch?v=rGdIMVV4EFo>

3. Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

4. Chalk circles <https://www.youtube.com/watch?v=KGJXAsbatP0>

5. Supine leg swings (10 both sides) <https://www.youtube.com/watch?v=uYml88S2tmo>

6. Pigeon press up https://www.youtube.com/watch?v=z7lA_qCmCNs&disable_polymer=true

7. Elbow to instep T-spine rotations <https://www.youtube.com/watch?v=b0awMvFV6dE>

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true
or

5 minutes of gentle stretching.	
<p><u>Workout #4.6</u> <u>Muscular endurance focus</u></p> <p><i>This is a revisit to this workout from the 17th April. Refer back to your notes and try and speed up your movements (whilst keeping good technique). .</i></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s jogging on the spot 30s spotty dogs (3 rounds) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3 (15-20s stretch each side)</p> <p>Prime Air squat: https://www.youtube.com/watch?v=C_VtOYc6j5c Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true Long alternating lunges: https://www.youtube.com/watch?v=uvjhei0SWaQ T-push up: https://www.youtube.com/watch?v=-SgeUqvNzag</p>	

<p>(10 repetitions each. 2 rounds)</p> <p>Workout <i>This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not sacrifice technique and form for speed. Keep a note of your time as you will be revisiting this in weeks to come.</i></p> <p>400m x run (if nowhere to run, substitute for garden shuttles/40 step ups/40 star jumps) 40 x walking lunges https://www.youtube.com/watch?v=L8fvypPrzs&disable_polymer=true 30 x crunches https://www.youtube.com/watch?v=8P5Vn9qPV0Y 20 x push ups https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true 10 x burpees https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true (3 rounds)</p> <p>Cool down 5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true or 5 minutes of gentle stretching.</p>	
<p><u>Workout #4.7</u> <u>Strength (upper body) focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s Spotty dogs 30s Air squats 30s 3 directional star jumps (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Tricep stretch https://www.youtube.com/watch?v=Sj-pzA2nt7o Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Lower back stretch https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4</p>	

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

Neck stretch (2:50 of clip)

<https://www.youtube.com/watch?v=2NOsE-VPpkE>

(15-20s stretch each side)

Prime

Shoulder taps:

https://www.youtube.com/watch?v=QOCn3_iOAro&disable_polymer=true

T-push up (from knees if needed)

<https://www.youtube.com/watch?v=vKaLCCNxMho>

Crab Reach https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true

(10 repetitions each, 2 rounds)

Workout

Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the FOURTH phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 weighted DOUBLE ARM STANDING SHOULDER PRESS.
<https://www.youtube.com/watch?v=sikkFJZ9swc>
2. 4 sets of 15 weighted double arm KNEELING BICEP CURLS.
<https://www.youtube.com/watch?v=FR8adBK8lYc>
3. 4 sets of 15 weighted DOUBLE ARM BENT OVER ROW.
https://www.youtube.com/watch?v=N_l7nd4cOKg&disable_polymer=true
4. 4 sets of 15 weighted double arm DECLINE BACKPACK PUSH UPS
<https://www.youtube.com/watch?v=lpFtTZLZCA>
5. 4 sets of 15 weighted DOUBLE ARM WEIGHTED CHAIR DIP
<https://www.youtube.com/watch?v=vOz27LsaEwE>
6. 4 sets of 15 weighted single arm PUSH PRESS
<https://www.youtube.com/watch?v=GBtTNjS1Lfe>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #4.8

Muscular endurance and cardiovascular fitness focus

This is a revisit to this workout from the 19th April. Refer back to your notes and try and speed up your movements (whilst keeping good technique). .

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s 3 directional star jumps

30s jogging on the spot

30s alternate squat thrusts

(3 rounds)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Pigeon stretch <https://www.youtube.com/watch?v=tYY-cqNjuVA>

Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB>

Pectoral stretch <https://www.youtube.com/watch?v=yElqfGirnmU>

Figure of 4 stretch

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true

Abdominal stretch <https://www.youtube.com/watch?v=gMyDaDqiWvg>

(15-20s stretch each side)

Prime

Cossack squat tilt

https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

T-Push ups (from knees if needed, stretch the chest out on every T position)

<https://www.youtube.com/watch?v=-SgeUqvNzag>

Calf peddles

https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

(10 repetitions each. 2 rounds)

Workout

Every minute on the minute you must perform one of the three exercises (in order). You will do this for 30 minutes. This means you will see each exercise 10 times each by the end of your 30 minutes.

<p><i>When the first minute begins you will perform 8 burpees, whatever time is left of that minute is your rest period. When minute 2 begins you perform 16 crunches, whatever time is left of that minute is your rest period. When minute 3 begins you perform 24 squats, whatever time is left of that minute is your rest period. For minute 4 you return to burpees etc.</i></p> <p>8 x burpees 16 x crunches 24 x squats</p> <p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout #4.9</u> <u>Strength (whole body) focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s jog on spot high knees 30s alternating squat thrusts 30s spotty dogs (3x round) or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4</p> <p>Stretch Lower back stretch https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4 Tricep stretch https://www.youtube.com/watch?v=Sj-pzA2nt7o Abdominal stretch https://www.youtube.com/watch?v=gMyDaDqiWvg Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3 (15-20s stretch each side)</p> <p>Prime Air squat</p>	

https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true

Push up

https://www.youtube.com/watch?v=Eh00_rniF8E&disable_polymer=true

Plank (30 second hold)

<https://www.youtube.com/watch?v=pvljsG5Svck>

(10 repetitions each, apart from the plank. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you put together for your lower body workout but should be slightly heavier than your upper body workout. Adjust as necessary. If unsure of the exercises, you can check the links below).

This is now the FOURTH phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 weighted ALTERNATING BAG ON SHOULDER THRUSTERS
<https://www.youtube.com/watch?v=ovsJxBXmqE>
2. 4 sets of 15 weighted FRONT SQUATS <https://www.youtube.com/watch?v=S52KPyLNB-A>
3. 4 sets of 15 weighted POWER CLEANS
<https://www.youtube.com/watch?v=INmeQkOUwiE>
4. 4 sets of 15 weighted SUMO DEADLIFT HIGHPULL
<https://www.youtube.com/watch?v=INEfXKPOxjE>
5. 4 sets of 10 (5 each arm) weighted PUSH PRESS
6. <https://www.youtube.com/watch?v=P06hRvWh0yA>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

or

follow <https://www.youtube.com/watch?v=u5Hr3rNUZ24>

Workout #4.10

Cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot (low knees)

30s Alternate squat thrusts

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch

Pigeon stretch

Quadriceps stretch

Pectoral stretch

Deltoid stretch

(15-20s stretch each side)

Prime

Air squat

Push ups (knees if necessary)

Alternating lunges

(10 repetitions each. 2 rounds)

Workout: Tabata workout

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.

Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

- Tabata 1. (do burpees for the first round, and star jumps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 2. (do push ups for the first round, and explosive squats for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 3. (do explosive switching lunges for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #4.11

Strength and control with mobility

This session would be referred to as an “Active Recovery Session”. It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s air squats (focus on depth)
30s alternating toe touches
30s alternating lunges (half depth)
(3x round)

or follow <https://www.youtube.com/watch?v=Ks-IKvKQ8f4>

Extended stretching

Hamstring stretch

https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch

<https://www.youtube.com/watch?v=tYY-cqNjuVA>

Figure of 4 stretch

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true

Quadriceps stretch

<https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirnmU>

Cossack squat tilt

https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=3

(30-40s stretch each side)

Prime

Air squat
Push ups
Alternating lunges
(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement (on both sides). Take 45-60 sec rest between each set.

1. Rolling lizard https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true
2. Push up-downward facing dog into calf peddles <https://www.youtube.com/watch?v=rGdIMVV4EFo>
3. Chalk circles <https://www.youtube.com/watch?v=KGJXAsbatP0>
4. Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true
5. Supine leg swings <https://www.youtube.com/watch?v=uYml88S2tmo>
6. Shin box rotation to raise <https://www.youtube.com/watch?v=GJGYcoK3mSI>
7. Crab Reach https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true

or

5 minutes of gentle stretching.

Workout #5.1

Muscular endurance focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot

30s spotty dogs

(3 rounds)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Calf peddles

https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

Pigeon stretch <https://www.youtube.com/watch?v=tYY-cqNjuVA>

Quadriceps stretch [https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-](https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB)

[0lFelyPubGlaqCnj5AeMMB](https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB)

Pectoral stretch <https://www.youtube.com/watch?v=yElqfGirnmU>

Deltoid stretch [https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-](https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml)

[Xiwr0G8DCD_23Bml](https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml)

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

(15-20s stretch each side)

Prime

Air squat:

https://www.youtube.com/watch?v=C_VtOYc6j5c

Calf peddles

https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

Lunge to knee drive

https://www.youtube.com/watch?v=4_1V0NRv7Ww

T-push up:

<https://www.youtube.com/watch?v=-SgeUqvNzag>

(10 repetitions each. 2 rounds)

Workout

This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not sacrifice technique and form for speed. Keep a note of your time as you will be revisiting this in weeks to come.

150 x weighted alternating lunges

(every 15 repetitions you must stop and perform 7 push ups & 8 crunches before beginning the lunges again).

For a weight use your weighted ruck sack but do not put it on. You must have it in front of your body, holding it like a bear hug.

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true

or

5 minutes of gentle stretching.

Workout #5.2

Muscular endurance and cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s 3 directional star jumps

30s jogging on the spot

30s alternate squat thrusts

(3 rounds)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Quadriceps stretch

<https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB>

Tricep stretch

<https://www.youtube.com/watch?v=Sj-pzA2nt7o>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirmU>

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=3

Abdominal stretch

<https://www.youtube.com/watch?v=gMyDaDqiWvg>

(15-20s stretch each side)

Prime

Cossack squat tilt

https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

T-Push ups (from knees if needed, stretch the chest out on every T position)

<https://www.youtube.com/watch?v=-SgeUqvNzag>

Calf peddles

https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

Air squat (add 2 sec pause at bottom):

https://www.youtube.com/watch?v=C_VtOYc6j5c

(10 repetitions each. 2 rounds)

Workout

Push ups (10/9/8/7/6/5/4/3/2/1)

Squats (1/2/3/4/5/6/7/8/9/10)

Round 1 is 10 push ups and 1 squat

Round 2 is 9 push ups and 2 squats

Round 3 is 8 push ups and 3 squats

etc. until Round 10 which is 1 push up and 10 squats.

Put a stop watch where you can see it and every 2 minutes you must perform 5 burpees.

<p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout #5.3</u> <u>Strength (lower body) focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s alternating squat thrusts 30s jogging on the spot 30s air squats + single knee raise as you come up. (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8 Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB Abdominal stretch https://www.youtube.com/watch?v=gMyDaDqiWvg Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=3 Lower back stretch https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4 (15-20s stretch each side)</p> <p>Prime Split squat https://www.youtube.com/watch?v=UcZVX7Sc9YI Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true Explosive squats https://www.youtube.com/watch?v=87ynaOgFplw (10 repetitions each. 2 rounds)</p> <p>Workout</p>	

(Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

*This is now the **FIFTH** phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.*

1. 4 sets of 15 ALTERNATING COSSACK SQUAT (bodyweight only)
<https://www.youtube.com/watch?v=5oVpSP4bTEA>
2. 4 sets of 15 weighted DEADLIFT put your bag on the floor between your legs
<https://www.youtube.com/watch?v=rvOxXxqiOqc>
3. 4 sets of 16 weighted RUCKSACK WALKING LUNGES. Keep your bag in the same place as the back squats but lighten it by around 20%. <https://www.youtube.com/watch?v=aEqdEfklTC8>
4. 4 sets of 15 weighted RUCKSACK FRONT SQUATS. Put your bag on your front but increase the weight by 10% from your back squat. <https://www.youtube.com/watch?v=S52KPyLNB-A>
5. 4 sets of 15 weighted RUCKSACK 1&1/4 BACK SQUATS
<https://www.youtube.com/watch?v=ASnB8x4CRyc>
6. 4 sets of 15 CURTSEY LUNGES (body weight only) https://www.youtube.com/watch?v=3kL7_XwVGBA

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout 5.4

Cardiovascular fitness focus

This is a revisit from the 24th March so refer to your notes and try for one more rep each round. Make a note of your heart rate and rate of perceived exertion (RPE out of 10).

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot (low knees)

30s Alternate squat thrusts

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch

Pigeon stretch

<p> Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side) </p> <p> Prime Air squat Push ups (knees if necessary) Alternating lunges (10 repetitions each. 2 rounds) </p> <p> Workout: <u>Tabata workout</u> </p> <p> <i>Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest. Repeated for 8 rounds of 20sec work and 10sec rest. 1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)</i> </p> <ul style="list-style-type: none"> • Tabata 1. (do burpees for the first round, and star jumps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). <i>(Have a full 5 minutes rest)</i> • Tabata 2. (do push ups for the first round, and explosive squats for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). <i>(Have a full 5 minutes rest)</i> • Tabata 3. (do explosive switching lunges for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each). <p> Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching. </p>	
<p> <u>Workout #5.5</u> <u>Strength and control with mobility</u> </p> <p> <i>This session would be referred to as an “Active Recovery Session”. It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.</i> </p> <p> Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable. </p>	

Warm up

30s air squats (focus on depth)
30s alternating toe touches
30s alternating lunges (half depth)
(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Extended stretching

Hamstring stretch

https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch

<https://www.youtube.com/watch?v=tYY-cqNjuVA>

Figure of 4 stretch

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true

Quadriceps stretch

<https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirnmU>

Cossack squat tilt

https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

(30-40s stretch each side)

Prime

Air squat

Push ups

Alternating lunges

(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement (on both sides). Take 45-60 sec rest between each set.

1. Supine leg swings <https://www.youtube.com/watch?v=uYml88S2tmo>

<ol style="list-style-type: none"> 2. Shin box rotation to raise https://www.youtube.com/watch?v=GJGYcoK3mSI 3. Air squat (slow and focusing on depth, hold bottom position for 4 seconds) https://www.youtube.com/watch?v=C_VtOYc6j5c 4. T-push ups (knees if necessary) https://www.youtube.com/watch?v=-SgeUqvNzag 5. Long alternating lunges https://www.youtube.com/watch?v=uvjhei0SWaQ 6. Cossack squats (comfortable depth) https://www.youtube.com/watch?v=YvxmS5BIPi8&disable_polymer=true 7. Inch worm push up https://www.youtube.com/watch?v=Gv0rFtj-XjI <p>Cool down 5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true or 5 minutes of gentle stretching.</p>	
<p><u>Workout #5.6</u> <u>Muscular endurance focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s jogging on the spot 30s spotty dogs (3 rounds) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3 (15-20s stretch each side)</p> <p>Prime</p>	

<p>Air squat https://www.youtube.com/watch?v=C_VtOYc6j5c Push ups (knees option) https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true Lunge to knee drive https://www.youtube.com/watch?v=4_1V0NRv7Ww Crunches https://www.youtube.com/watch?v=8P5Vn9qPV0Y (10 repetitions each. 2 rounds)</p> <p>Workout <i>This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not sacrifice technique and form for speed.</i></p> <p>Place a stop watch in front of you and complete these movements back to back: 1 minute of burpees https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true 1 minute of star jumps https://www.youtube.com/watch?v=c4DAnQ6DtF8 1 minute of push ups https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true 1 minute of crunches https://www.youtube.com/watch?v=8P5Vn9qPV0Y 1 minute of rest</p> <p>Your score is the total reps. If you get 15 burpees then begin your star jump count as 16, 17, 18 etc. Record your total reps across the 3 rounds and try and keep them as similar as possible. Set a good pace and try to maintain it, don't go out too fast and decline in performance.</p> <p>Cool down 5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true or 5 minutes of gentle stretching.</p>	
<p><u>Workout #5.7</u> <u>Strength (upper body) focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s Spotty dogs 30s Air squats 30s 3 directional star jumps (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Tricep stretch</p>	

<https://www.youtube.com/watch?v=Sj-pzA2nt7o>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirnmU>

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Lower back stretch

https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=3

Neck stretch (2:50 of clip)

<https://www.youtube.com/watch?v=2NOsE-VPpkE>

(15-20s stretch each side)

Prime

Shoulder taps:

https://www.youtube.com/watch?v=QOCn3_iOAro&disable_polymer=true

T-push up (from knees if needed)

<https://www.youtube.com/watch?v=vKaLCCNxMho>

Crab Reach https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true

(10 repetitions each, 2 rounds)

Workout

Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the FIFTH phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 weighted DOUBLE ARM STANDING SHOULDER PRESS.
<https://www.youtube.com/watch?v=ts8ktLPe0BA>
2. 4 sets of 15 weighted double arm BICEP CURLS. <https://www.youtube.com/watch?v=eg7MFeUvEAs>
3. 4 sets of 15 weighted DOUBLE ARM BENT OVER ROW.
https://www.youtube.com/watch?v=N_l7nd4cOKg
4. 4 sets of 15 weighted double arm DECLINE BACKPACK PUSH UPS
<https://www.youtube.com/watch?v=lpFtTZLZCA>
5. 4 sets of 15 weighted DOUBLE ARM WEIGHTED CHAIR DIP
<https://www.youtube.com/watch?v=vOz27LsaEwE>
6. 4 sets of 15 weighted standard PUSH UPS
<https://www.youtube.com/watch?v=WfXZ4ZdqA5M>

<p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout #5.8</u> <u>Muscular endurance and cardiovascular fitness focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s Jog on spot (high knees) 30s Heel flicks 30s spotty dogs (3 rounds) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch Abdominal stretch (15-20s stretch each side)</p> <p>Prime Air squat (slow descent with a 2 second pause at the bottom). https://www.youtube.com/watch?v=C_VtOYc6j5c T-Push ups (from knees if needed, stretch the chest out on every T position) https://www.youtube.com/watch?v=-SgeUqvNzag Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pqq&disable_polymer=true (10 repetitions each. 2 rounds)</p> <p>Workout <i>Get your weighted bag you have been using for the lifting workouts. Make it a little lighter as you will want to move quickly. You should not need to take more than 1 break each set. If you need to then the weight is too heavy this time.</i></p> <p>21 x Bag thrusters</p>	

<p> 21 x Burpees over your bag 15 x Bag thrusters 15 x Burpees over your bag 9 x Bag thrusters 9 x Burpees over your bag BAG THRUSTER: https://www.youtube.com/watch?v=VMN81T0PO4c BURPEE OVER BAG https://www.youtube.com/watch?v=G_Vi2m0c08c </p> <p> Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching. </p>	
<p> <u>Workout #5.9</u> <u>Strength (whole body) focus</u> </p> <p> Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable. </p> <p> Warm up 30s star jumps 30s alternate squat thrusts 30s high knees (3x round) or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4 </p> <p> Stretch Lower back stretch https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4 Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Tricep stretch https://www.youtube.com/watch?v=Sj-pzA2nt7o Abdominal stretch https://www.youtube.com/watch?v=gMyDaDqiWvg Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3 (15-20s stretch each side) </p>	

Prime

Air squat

https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true

T-push up:

<https://www.youtube.com/watch?v=-SgeUqvNzag>

Lunge to knee drive

https://www.youtube.com/watch?v=4_1V0NRv7Ww

(10 repetitions each, 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you put together for your lower body workout but should be slightly heavier than your upper body workout. Adjust as necessary. If unsure of the exercises, you can check the links below).

This is now the FIFTH phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 weighted BAG DEADLIFTS <https://www.youtube.com/watch?v=rvOxXxqjOgc>
2. 4 sets of 15 weighted PUSH PRESS <https://www.youtube.com/watch?v=M4tYjREDOPE>
3. 4 sets of 15 weighted BAG THRUSTERS https://www.youtube.com/watch?v=PRD-ioe_IB4
4. 4 sets of 15 weighted BICEP CURLS <https://www.youtube.com/watch?v=FR8adBK8lYc>
5. 4 sets of 10 (5 each arm) weighted SPLIT SQUAT https://www.youtube.com/watch?v=S3O7w6a_xBw
6. 4 sets of 15 weighted REVERSE LUNGES <https://www.youtube.com/watch?v=-pwSBa4kJrc>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

or

follow <https://www.youtube.com/watch?v=u5Hr3rNUZ24>

Workout #5.10**Cardiovascular fitness focus****Mobilise**

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s Jog on spot (high knees)

30s Star jumps

30s Alternate squat thrusts

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch

Pigeon stretch

Quadriceps stretch

Pectoral stretch

Deltoid stretch

(15-20s stretch each side)

Prime

Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

Push ups (knees if necessary) https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true

Alternating lunges <https://www.youtube.com/watch?v=uvjhei0SWaQ>

Air squat:

https://www.youtube.com/watch?v=C_VtOYc6j5c

(10 repetitions each. 2 rounds)

Workout: Tabata workout

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.

Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

- Tabata 1. (do star jumps for the first round, and burpees for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 2. (do jumping squats ups for the first round, and high knees running in place for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 3. (do alternating squat thrusts for the first round, and burpee tuck jumps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Star jumps

<https://www.youtube.com/watch?v=c4DAnQ6DtF8>

High knees sprinting in place

<https://www.youtube.com/watch?v=dWnssSlxgl4>

Jump squats

https://www.youtube.com/watch?v=Azl5tkCzDcc&disable_polymer=true

<p>Burpee tuck jump https://www.youtube.com/watch?v=xM2DLDRPT5M</p> <p>Burpee https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true</p> <p>Alternate squat thrusts https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true</p> <p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout #5.11</u> <u>Strength and control with mobility</u></p> <p><i>This session would be referred to as an “Active Recovery Session”. It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.</i></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s air squats (focus on depth) 30s alternating toe touches 30s heel flicks (3x round) or follow https://www.youtube.com/watch?v=Ks-IKvKQ8f4</p> <p>Extended stretching Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8 Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Cossack squat tilt</p>	

https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB&index=3

(30-40s stretch each side)

Prime

Air squat

Push ups

Alternating lunges

(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement (on both sides). Take 45-60 sec rest between each set.

1. Hip flexor to knight stretch
<https://www.youtube.com/watch?v=COyFqDGwj7U>
2. Push up-downward facing dog into calf peddles <https://www.youtube.com/watch?v=rGdIMVV4EFo>
3. Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true
4. Rolling lizard https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true
5. Chalk circles <https://www.youtube.com/watch?v=KGJXAsbatP0>
6. Supine leg swings (10 both sides) <https://www.youtube.com/watch?v=uYml88S2tmo>
7. Pigeon press up https://www.youtube.com/watch?v=z7IA_qCmCNs&disable_polymer=true
8. Elbow to instep T-spine rotations <https://www.youtube.com/watch?v=b0awMvFV6dE>

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true

or

5 minutes of gentle stretching.

Workout #6.1

Muscular endurance focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot

30s spotty dogs

(3 rounds)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch <https://www.youtube.com/watch?v=tYY-cqNjuVA>

Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB>

Pectoral stretch <https://www.youtube.com/watch?v=yElqfGirnmU>

Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

(15-20s stretch each side)

Prime

Air squat

Push ups (from knees if needed)

Alternating lunges

Crunches

(10 repetitions each. 2 rounds)

Workout

(1) Push ups (from knees if necessary)

https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true

(2) Squats https://www.youtube.com/watch?v=C_VtOYc6j5c

(3) Bicycle crunches <https://www.youtube.com/watch?v=lQ76ehxIs3c>

(4) Jump switch lunges <https://www.youtube.com/watch?v=zUNVifB6g0k>

(5) Star jumps <https://www.youtube.com/watch?v=c4DAnQ6DtF8>

(6) Crunches <https://www.youtube.com/watch?v=8P5Vn9qPV0Y>

(10 of all movements, then move to 9, 8, 7, 6, 5, 4, 3, 2, 1)

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true

or

5 minutes of gentle stretching.

Workout #6.2

Muscular endurance and cardiovascular fitness focus

This is a revisit workout from the 2nd April so refer back to your notes and see if you can either beat your previous time or execute the movements with better quality and technique.

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot

30s spotty dogs

(3 rounds)

or follow <https://www.youtube.com/watch?v=Ks-IKvKQ8f4>

Stretch

Hamstring stretch

Pigeon stretch

Quadriceps stretch

Pectoral stretch

Deltoid stretch

Abdominal stretch

(15-20s stretch each side)

Prime

Air squat (slow descent with a 2 second pause at the bottom).

https://www.youtube.com/watch?v=C_VtOYc6j5c

T-Push ups (from knees if needed, stretch the chest out on every T position)

<https://www.youtube.com/watch?v=-SgeUqvNzag>

Cossack squat tilt

https://www.youtube.com/watch?v=9j410Lo9pqq&disable_polymer=true

Crunches

<https://www.youtube.com/watch?v=8P5Vn9qPV0Y>

(10 repetitions each. 2 rounds)

Workout

Use your full name (including middle names).

If you have less than 20 letter in your full name borrow a family members' name as well.

A – 50 star jumps	N – 25 burpees
B – 20 crunches	O – 40 star jumps
C – 30 air squats	P – 15 alternating lunges
D – 15 push ups	Q – 30 crunches
E – 1 minute ski sit	R – 15 push ups
F – 10 burpees	S – 30 jump squats
G – 20 alternating lunges	T – 15 burpees
H – 20 jump squats	U – 30 tricep dips (chair)
I – 30 star jumps	V – 2 minute ski sit
J – 1 minute plank	W – 50 calf raises
K – 10 push ups	X – 60 star jumps
L – 20 tricep dips (chair)	Y – 2 minute plank
M – 20 burpees	Z – 20 push ups

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true
or
5 minutes of gentle stretching.

Workout #6.3

Strength (lower body) focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s alternating squat thrusts
30s jogging on the spot
30s air squats + single knee raise as you come up.
(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch <https://www.youtube.com/watch?v=tYY-cgNjuVA>

Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB>

Abdominal stretch <https://www.youtube.com/watch?v=gMyDaDqiWvg>

Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

Lower back stretch https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4

(15-20s stretch each side)

Prime

Split squat <https://www.youtube.com/watch?v=UcZVX7Sc9YI>

Jump switch lunges

<https://www.youtube.com/watch?v=zUNVifB6g0k>

Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

Explosive squats <https://www.youtube.com/watch?v=87ynaOgFplw>

(10 repetitions each. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

*This is now the **SIXTH** phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.*

1. 4 sets of 15 weighted BACK SQUATS. Put your bag on tight to your back. You should descend slowly for 4sec until your hips are level with your knees before driving for 2sec up to full extension. Concentrate on feeling the tension through your quadriceps and glutes throughout the moment and keeping your chest up. *Add a 3 second pause at the bottom of the squat to build strength at our weakest position.* https://www.youtube.com/watch?v=5cf1Fw1eF0Y&disable_polymer=true
2. 4 sets of 16 weighted SHOULDER HOLD WALKING LUNGES. Keep your bag in the same place as the back squats but lighten it by around 20%. <https://www.youtube.com/watch?v=yudx99vYNuY>
3. 4 sets of 15 weighted BULGARIAN SPLIT SQUATS (both sides). Keep your bag in the same place as the back squats but lighten it by around 20%. <https://www.youtube.com/watch?v=gZHj8qdtmto>
4. 4 sets of 15 weighted GOOD MORNINGS. Put your bag on your front but increase the weight by 10% from your back squat <https://www.youtube.com/watch?v=IA7dHb7HPSM>

<p>5. 4 sets of 15 <u>weighted</u> WALKING LUNGES (FRONT RACK) https://www.youtube.com/watch?v=xF_PjJau0aw</p> <p>6. 4 sets of 15 GLUTE BRIDGES <i>Hold a 3 second pause at the top of the movement to build strength at the hardest position.</i> https://www.youtube.com/watch?v=YRqolM0u0PY</p> <p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout 6.4</u> <u>Cardiovascular fitness focus</u> <i>Make a note of your heart rate and rate of perceived exertion (RPE out of 10).</i></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s jogging on the spot (low knees) 30s Alternate squat thrusts (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)</p> <p>Prime Air squat Push ups (knees if necessary) Alternating lunges (10 repetitions each. 2 rounds)</p> <p>Workout: <u>Tabata workout</u></p> <p><i>Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.</i></p>	

Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

- Tabata 1. (do burpees tuck jumps for the first round, and push ups for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 2. (do jump squats for the first round, and jumping switching lunges for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 3. (do double legged squat thrusts for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout 6.5

Strength and control with mobility

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s air squats (focus on depth)

30s alternating toe touches

30s spotty dogs

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Extended stretching

Hamstring stretch

https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch

<https://www.youtube.com/watch?v=tYY-cqNjuVA>

Neck stretch (2:50 of clip)

<https://www.youtube.com/watch?v=2NOsE-VPpkE>

Quadriceps stretch

<https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirnmU>

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=3

(15-20s stretch each side)

Prime

Air squat

Push ups

Alternating lunges

(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted.

Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.

1. Chalk circles

<https://www.youtube.com/watch?v=KGJXAsbatP0>

2. Rolling lizard

https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true

3. Kneeling T-Spine rotations

https://www.youtube.com/watch?v=uzrQ_CzN7Ic&disable_polymer=true

4. Hip flexor to knight stretch

<https://www.youtube.com/watch?v=COyFqDGwj7U>

5. Supine leg swings

<https://www.youtube.com/watch?v=uYml88S2tmo>

6. Push up-downward facing dog into calf peddles

<https://www.youtube.com/watch?v=rGdIMVV4EFo>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

<p>Workout #6.6 <u>Muscular endurance and cardiovascular fitness focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s 3 directional star jumps 30s jogging on the spot 30s alternate squat thrusts (3 rounds) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Pigeon stretch https://www.youtube.com/watch?v=tYY-cqNjuVA Quadriceps stretch https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true Abdominal stretch https://www.youtube.com/watch?v=gMyDaDqiWvg (15-20s stretch each side)</p> <p>Prime Air squat (slow descent with a 2 second pause at the bottom). T-Push ups (from knees if needed, stretch the chest out on every T position) Crunches (10 repetitions each. 2 rounds)</p> <p>Workout Every minute on the minute you must perform one of the three exercises (in order). You will do this for 30 minutes. This means you will see each exercise 6 times each by the end of your 30 minutes.</p> <p><i>When the first minute begins you will perform 20 alternating squat thrusts (20 each leg), whatever time is left of that minute is your rest period. When minute 2 begins you perform air squats, whatever time is left of that minute is your rest period. When minute 3 begins you perform 12 x burpees, whatever time is left of that minute is your rest period. For minute 4 you return to burpees etc.</i></p> <p>20 x alternating squat thrusts (20 each leg)</p>	

<p>20 x air squats https://www.youtube.com/watch?v=C_VtOYc6j5c 12 x burpees https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true 10 x jump squats https://www.youtube.com/watch?v=87ynaOgFplw 40s plank hold https://www.youtube.com/watch?v=TxvNkmjdhMM&disable_polymer=true</p> <p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout #6.7</u> <u>Strength (upper body) focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s Spotty dogs 30s Air squats 30s 3 directional star jumps (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Tricep stretch https://www.youtube.com/watch?v=Sj-pzA2nt7o Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml Lower back stretch https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4 Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3 Neck stretch (2:50 of clip) https://www.youtube.com/watch?v=2NOsE-VPpkE (15-20s stretch each side)</p> <p>Prime</p>	

Shoulder taps:

https://www.youtube.com/watch?v=QOCn3_iOAro&disable_polymer=true

T-push up (from knees if needed) slow your descent for 4 seconds and drive up for 1

<https://www.youtube.com/watch?v=vKaLCCNxMho>

Crab Reach https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true

(10 repetitions each, 2 rounds)

Workout

Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the SIXTH phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 weighted KNEELING SINGLE ARM SHOULDER PRESS.
<https://www.youtube.com/watch?v=jObn7DyxUqk>
2. 4 sets of 15 weighted SINGLE ARM BICEP CURLS. <https://www.youtube.com/watch?v=FR8adBK8lYc>
3. 4 sets of 15 weighted SINGLE ARM BENT OVER ROW. <https://www.youtube.com/watch?v=N8Fv5jABUYI>
4. 4 sets of 15 weighted double arm BACKPACK PUSH UPS
<https://www.youtube.com/watch?v=WfXZ4ZdqA5M>
5. 4 sets of 15 weighted SINGLE ARM (water bottle) WEIGHTED TRICEP KICKBACKS
<https://www.youtube.com/watch?v=6SS6K3lAwZ8>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #6.8

Muscular endurance focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot

30s spotty dogs

(3 rounds)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Calf peddles

https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

Pigeon stretch <https://www.youtube.com/watch?v=tYY-cqNjuVA>

Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB>

Pectoral stretch <https://www.youtube.com/watch?v=yElqfGirnmU>

Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-OlFelyPubGlaqCnj5AeMMB&index=3

(15-20s stretch each side)

Prime

Air squat:

https://www.youtube.com/watch?v=C_VtOYc6j5c

Calf peddles

https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

Long alternating lunges:

<https://www.youtube.com/watch?v=uvjhei0SWaQ>

T-push up:

<https://www.youtube.com/watch?v=-SgeUqvNzag>

(10 repetitions each. 2 rounds)

Workout

This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not sacrifice technique and form for speed. Keep a note of your time as you will be revisiting this in weeks to come.

200m x run (if nowhere to run, substitute for garden shuttles/20 step ups/20 star jumps)

40 x air squats https://www.youtube.com/watch?v=L8fvypPrzsz&disable_polymer=true

30 x crunches <https://www.youtube.com/watch?v=8P5Vn9qPV0Y>

20 x push ups https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true

10 x burpees https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true

200m x run (if nowhere to run, substitute for garden shuttles/20 step ups/20 star jumps)

<p>10 x burpees 20 x push ups 30 x crunches 40 x air squats 200m x run (<i>if nowhere to run, substitute for garden shuttles/20 step ups/20 star jumps</i>)</p> <p>Cool down 5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true or 5 minutes of gentle stretching.</p>	
<p><u>Workout #6.9</u> <u>Strength (whole body) focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s alternate squat thrusts 30s high knees (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Lower back stretch https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4 Pectoral stretch https://www.youtube.com/watch?v=yElqfGirnmU Tricep stretch https://www.youtube.com/watch?v=Sj-pzA2nt7o Abdominal stretch https://www.youtube.com/watch?v=gMyDaDqiWvg Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3 (15-20s stretch each side)</p> <p>Prime Air squat https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true T-push up:</p>	

<https://www.youtube.com/watch?v=-SgeUqvNzag>

Lunge to knee drive

https://www.youtube.com/watch?v=4_1V0NRv7Ww

(10 repetitions each, 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you put together for your lower body workout but should be slightly heavier than your upper body workout. Adjust as necessary. If unsure of the exercises, you can check the links below).

This is now the FIFTH phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 16 weighted FRONT BAG HOLD ALTERNATING STEP UPS
<https://www.youtube.com/watch?v=q7-a9Smlcys>
2. 4 sets of 15 weighted BAG ON SHOULDER ALTERNATING THRUSTERS
https://www.youtube.com/watch?v=n_FJBv6q7GU
3. 4 sets of 15 weighted BAG HANG CLEAN <https://www.youtube.com/watch?v=dX4BUZikc2g>
4. 4 sets of 15 weighted BAG GROUND TO OVERHEAD <https://www.youtube.com/watch?v=0QrxDirXZZY>
5. 4 sets of 10 weighted WIDE STANCE GOOD MORNINGS
<https://www.youtube.com/watch?v=6SdV2F6S62M>
6. 4 sets of 15 weighted BAG LOADED ZERCHER REVERSE LUNGES
<https://www.youtube.com/watch?v=Yi-5d8W-4Bk>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

or

follow <https://www.youtube.com/watch?v=u5Hr3rNUZ24>

Workout 6.10

Cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot (low knees)

30s Alternate squat thrusts

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Hamstring stretch

Pigeon stretch

Quadriceps stretch

Pectoral stretch

Deltoid stretch

(15-20s stretch each side)

Prime

Air squat

Push ups (knees if necessary)

Alternating lunges

(10 repetitions each. 2 rounds)

Workout: Tabata workout

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.

Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

- Tabata 1. (do burpees for the first round, and star jumps for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 2. (do push ups for the first round, and explosive squats for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 3. (do explosive switching lunges for the first round, and alternating squat thrusts for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #6.11

Strength and control with mobility

This session would be referred to as an “Active Recovery Session”. It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s air squats (focus on depth)

30s alternating toe touches

30s heel flicks

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-IKvKQ8f4>

Extended stretching

Hamstring stretch

https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch

<https://www.youtube.com/watch?v=tYY-cqNjuVA>

Figure of 4 stretch

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true

Quadriceps stretch

<https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirnmU>

Cossack squat tilt

https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=3

(30-40s stretch each side)

Prime

Air squat

Push ups

Alternating lunges

(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos

show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement (on both sides). Take 45-60 sec rest between each set.

1. Rolling lizard https://www.youtube.com/watch?v=nMvnE2OABys&disable_polymer=true
2. Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true
3. Crab Reach https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true
4. Supine leg swings (10 both sides) https://www.youtube.com/watch?v=uwB_lmF3_R0
5. Shin box rotation to raise (add an overhead stretch each side)
<https://www.youtube.com/watch?v=GJGYcoK3mSI>
6. Hip flexor to knight stretch <https://www.youtube.com/watch?v=COyFqDGwj7U>

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true
or
5 minutes of gentle stretching.

Workout #7.1

Muscular endurance focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps
30s jogging on the spot
30s spotty dogs
(3 rounds)
or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true
Pigeon stretch <https://www.youtube.com/watch?v=tYY-cqNjuVA>
Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0IfelyPubGlaqCnj5AeMMB>
Pectoral stretch <https://www.youtube.com/watch?v=yElqfGirnmU>
Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml
Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IfelyPubGlaqCnj5AeMMB&index=3

(15-20s stretch each side)

Prime

Air squat: https://www.youtube.com/watch?v=C_VtOYc6j5c

Calf peddles https://www.youtube.com/watch?v=xrZcrrIVaDI&disable_polymer=true

Lunge to knee drive https://www.youtube.com/watch?v=4_1V0NRv7Ww

T-push up: <https://www.youtube.com/watch?v=-SgeUqvNzag>

(10 repetitions each. 2 rounds)

Workout

This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not sacrifice technique and form for speed. Keep a note of your time as you will be revisiting this in weeks to come.

- 10 squats
- 1 push up

- 9 squats
- 2 push ups

- 8 squats
- 3 push ups

Continue this until 1 squat and 10 push ups have been completed.

Between each round perform 10 crunches.

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true

or

5 minutes of gentle stretching.

Workout #7.2

Muscular endurance and cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s 3 directional star jumps

30s jogging on the spot

30s alternate squat thrusts

(3 rounds)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Pigeon stretch <https://www.youtube.com/watch?v=tYY-cqNjuVA>

Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB>

Pectoral stretch <https://www.youtube.com/watch?v=yElqfGirnmU>

Figure of 4 stretch https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true

Abdominal stretch <https://www.youtube.com/watch?v=gMyDaDqiWvg>

(15-20s stretch each side)

Prime

Cossack squat tilt

https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

T-Push ups (from knees if needed, stretch the chest out on every T position)

<https://www.youtube.com/watch?v=-SgeUqvNzag>

Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

(10 repetitions each. 2 rounds)

Workout

As quickly as possible whilst remaining strict and tight with your form:

Run ½ mile (if cannot run substitute for 100 star jumps)

50 x push ups

50 x squats

50 x crunches

50 x alternating lunges

Run ½ mile (if cannot run substitute for 100 star jumps)

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #7.3

Strength (lower body) focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s alternating squat thrusts

30s jogging on the spot

30s air squats + single knee raise as you come up.

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-IKvKQ8f4>

Stretch

Hamstring stretch https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch <https://www.youtube.com/watch?v=tYY-cqNjuVA>

Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-OIFelyPubGlaqCnj5AeMMB>

Abdominal stretch <https://www.youtube.com/watch?v=gMyDaDqiWvg>

Hip flexor stretch https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-OIFelyPubGlaqCnj5AeMMB&index=3

Lower back stretch https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-OEK4LwfcXhcmKebCn-RZ_B&index=4

(15-20s stretch each side)

Prime

Split squat <https://www.youtube.com/watch?v=UcZVX7Sc9YI>

Jump switch lunges

<https://www.youtube.com/watch?v=zUNVifB6g0k>

Calf peddles https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

Explosive squats <https://www.youtube.com/watch?v=87ynaOgFplw>

(10 repetitions each. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

*This is now the **SEVENTH** phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.*

1. 4 sets of 15 weighted BACK SQUATS. Put your bag on tight to your back. You should descend slowly for 4sec until your hips are level with your knees before driving for 2sec up to full extension. Concentrate on feeling the tension through your quadriceps and glutes throughout the moment and

<p>keeping your chest up. <i>Add a 3 second pause at the bottom of the squat to build strength at our weakest position.</i> https://www.youtube.com/watch?v=5cf1Fw1eFOY&disable_polymer=true</p> <ol style="list-style-type: none"> 2. 4 sets of 16 <u>weighted</u> SHOULDER HOLD WALKING LUNGES. Keep your bag in the same place as the back squats but lighten it by around 20%. https://www.youtube.com/watch?v=yudx99vYNuY 3. 4 sets of 15 <u>weighted</u> BULGARIAN SPLIT SQUATS (both sides). Keep your bag in the same place as the back squats but lighten it by around 20%. https://www.youtube.com/watch?v=gZHj8qdtmt0 4. 4 sets of 15 <u>weighted</u> GOOD MORNINGS. Put your bag on your front but increase the weight by 10% from your back squat https://www.youtube.com/watch?v=IA7dHb7HPSM 5. 4 sets of 15 <u>weighted</u> WALKING LUNGES (FRONT RACK) https://www.youtube.com/watch?v=xF_PjJau0aw 6. 4 sets of 15 GLUTE BRIDGES <i>Hold a 3 second pause at the top of the movement to build strength at the hardest position.</i> https://www.youtube.com/watch?v=YRqolM0u0PY <p>Cool down 5 minutes of Animal Flow or 5 minutes of gentle stretching.</p>	
<p><u>Workout #7.4</u> <u>Cardiovascular fitness focus</u></p> <p>Mobilise Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up 30s star jumps 30s jogging on the spot (low knees) 30s Alternate squat thrusts (3x round) or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch Hamstring stretch Pigeon stretch Quadriceps stretch Pectoral stretch Deltoid stretch (15-20s stretch each side)</p> <p>Prime Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true</p>	

Push ups (knees if necessary) https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true
Alternating lunges <https://www.youtube.com/watch?v=uvjhei0SWaQ>
(10 repetitions each. 2 rounds)

Workout: Tabata workout

*Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.
Repeated for 8 rounds of 20sec work and 10sec rest.
1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)*

- Tabata 1. (do star jumps for the first round, and burpees for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 2. (do jumping squats ups for the first round, and high knees running in place for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 3. (do alternating squat thrusts for the first round, and burpee tuck jumps for the second.. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Star jumps

<https://www.youtube.com/watch?v=c4DAnQ6DtF8>

High knees sprinting in place

<https://www.youtube.com/watch?v=dWnssSlxgl4>

Jump squats

https://www.youtube.com/watch?v=Azl5tkCzDcc&disable_polymer=true

Burpee tuck jump

<https://www.youtube.com/watch?v=xM2DLDRPT5M>

Burpee

https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true

Alternate squat thrusts

https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout 7.5

Strength and control with mobility

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s air squats (focus on depth)

30s alternating toe touches

30s spotty dogs

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-IKvKQ8f4>

Extended stretching

Hamstring stretch

https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch

<https://www.youtube.com/watch?v=tYY-cqNjuVA>

Figure of 4 stretch

[https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-](https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true)

[0IFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true](https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true)

Quadriceps stretch

<https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirnmU>

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Hip flexor stretch

[https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-](https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=3)

[0IFelyPubGlaqCnj5AeMMB&index=3](https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=3)

(15-20s stretch each side)

Prime

Air squat

Push ups

Alternating lunges

(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be performed unweighted.

Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.

6. Air squat (slow and focusing on depth, hold bottom position for 4 seconds)
https://www.youtube.com/watch?v=C_VtOYc6j5c
7. T-push ups (knees if necessary) <https://www.youtube.com/watch?v=-SgeUqvNzag>
8. Long alternating lunges <https://www.youtube.com/watch?v=uvjhei0SWaQ>
9. Cossack squats (comfortable depth)
https://www.youtube.com/watch?v=YvxmS5BIPi8&disable_polymer=true
10. Inch worm push up <https://www.youtube.com/watch?v=Gv0rFtj-XjI>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Hamstring stretch

https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch

<https://www.youtube.com/watch?v=tYY-cqNjuVA>

Figure of 4 stretch

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true

Quadriceps stretch

<https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirnmU>

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

Workout #7.6

Muscular endurance focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s star jumps

30s jogging on the spot

30s spotty dogs

(3 rounds)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Calf peddles

https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

Pigeon stretch <https://www.youtube.com/watch?v=tYY-cqNjuVA>

Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB>

Pectoral stretch <https://www.youtube.com/watch?v=yElqfGirnmU>

Deltoid stretch https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

(15-20s stretch each side)

Prime

Air squat:

https://www.youtube.com/watch?v=C_VtOYc6j5c

Calf peddles

https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

Long alternating lunges:

<https://www.youtube.com/watch?v=uvjhei0SWaQ>

T-push up:

<https://www.youtube.com/watch?v=-SgeUqvNzag>

(10 repetitions each. 2 rounds)

Workout

This workout should be performed as fast as is possible whilst still remaining tight and strong in your technique. Do not sacrifice technique and form for speed. Keep a note of your time as you will be revisiting this in weeks to come.

(Use your weighted ruck sack)

3 rounds of

<p>10 x ruck sack deadlifts https://www.youtube.com/watch?v=rvOxXxqjOqc</p> <p>10 x burpees over your bag https://www.youtube.com/watch?v=5kSYIUKGRfE</p> <p><i>then straight into</i></p> <p>10 x ruck sack thrusters https://www.youtube.com/watch?v=vmn81t0po4c</p> <p>10 x ruck sack front rack alternating lunges https://www.youtube.com/watch?v=eWaFLlIJqO8</p> <p>Cool down</p> <p>5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true</p> <p>or</p> <p>5 minutes of gentle stretching.</p>	
<p><u>Workout #7.7</u></p> <p><u>Strength (upper body) focus</u></p> <p>Mobilise</p> <p>Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.</p> <p>Warm up</p> <p>30s Spotty dogs</p> <p>30s Air squats</p> <p>30s 3 directional star jumps</p> <p>(3x round)</p> <p>or follow https://www.youtube.com/watch?v=Ks-lKvKQ8f4</p> <p>Stretch</p> <p>Tricep stretch</p> <p>https://www.youtube.com/watch?v=Sj-pzA2nt7o</p> <p>Pectoral stretch</p> <p>https://www.youtube.com/watch?v=yElqfGirnmU</p> <p>Deltoid stretch</p> <p>https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml</p> <p>Lower back stretch</p> <p>https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4</p> <p>Hip flexor stretch</p> <p>https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3</p> <p>Neck stretch (2:50 of clip)</p> <p>https://www.youtube.com/watch?v=2NOsE-VPpkE</p> <p>(15-20s stretch each side)</p> <p>Prime</p> <p>Shoulder taps:</p>	

https://www.youtube.com/watch?v=QOCn3_iOAro&disable_polymer=true

T-push up (from knees if needed)

<https://www.youtube.com/watch?v=vKaLCCNxMho>

Crab Reach https://www.youtube.com/watch?v=gOAvTKW8atM&disable_polymer=true

(10 repetitions each, 2 rounds)

Workout

Make a weight by putting books into your bag to make it heavy. For comfort put a towel in the bag first right at the bottom, then wrap your books up in a second towel so it doesn't dig into your back. Adjust as necessary. If unsure of the movements, you can check the links below).

This is now the SEVENTH phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 weighted DOUBLE ARM STANDING SHOULDER PRESS.
<https://www.youtube.com/watch?v=ts8ktLPe0BA>
2. 4 sets of 15 weighted double arm BICEP CURLS. <https://www.youtube.com/watch?v=eg7MFeUvEAs>
3. 4 sets of 15 weighted DOUBLE ARM BENT OVER ROW.
https://www.youtube.com/watch?v=N_l7nd4cOKg
4. 4 sets of 15 weighted double arm DECLINE BACKPACK PUSH UPS
<https://www.youtube.com/watch?v=lpFtTZZLZCA>
5. 4 sets of 15 weighted DOUBLE ARM WEIGHTED CHAIR DIP
<https://www.youtube.com/watch?v=vOz27LsaEwE>
6. 4 sets of 15 weighted standard PUSH UPS
<https://www.youtube.com/watch?v=WfXZ4ZdqA5M>

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #7.8

Muscular endurance and cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s 3 directional star jumps

30s jogging on the spot

30s alternate squat thrusts

(3 rounds)

or follow <https://www.youtube.com/watch?v=Ks-lKvKQ8f4>

Stretch

Pigeon stretch <https://www.youtube.com/watch?v=tYY-cqNjuVA>

Quadriceps stretch <https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-OIFelyPubGlaqCnj5AeMMB>

Pectoral stretch <https://www.youtube.com/watch?v=yElqfGirnmU>

Figure of 4 stretch

https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-OIFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true

Abdominal stretch <https://www.youtube.com/watch?v=gMyDaDqiWvg>
(15-20s stretch each side)

Prime

Cossack squat tilt

https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

T-Push ups (from knees if needed, stretch the chest out on every T position)

<https://www.youtube.com/watch?v=-SgeUqvNzag>

Calf peddles

https://www.youtube.com/watch?v=xrZcrrlVaDI&disable_polymer=true

(10 repetitions each. 2 rounds)

Workout

Every minute on the minute you must perform one of the three exercises (in order). You will do this for 30 minutes. This means you will see each exercise 10 times each by the end of your 30 minutes.

When the first minute begins you will perform 8 burpees, whatever time is left of that minute is your rest period. When minute 2 begins you perform 16 crunches, whatever time is left of that minute is your rest period. When minute 3 begins you perform 24 squats, whatever time is left of that minute is your rest period. For minute 4 you return to burpees etc.

8-12 x push ups

16-20 x leg raises

24 -28 x alternating lunges (half each side)

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout #7.9

Strength (whole body) focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s jog on spot high knees

30s alternating squat thrusts

30s spotty dogs

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-IKvKQ8f4>

Stretch

Lower back stretch

https://www.youtube.com/watch?v=1iFrIrylYKo&list=PLqMWsWQP14-0EK4LwfcXhcmKebCn-RZ_B&index=4

Tricep stretch

<https://www.youtube.com/watch?v=Sj-pzA2nt7o>

Abdominal stretch

<https://www.youtube.com/watch?v=gMyDaDqiWvg>

Hip flexor stretch

https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0lFelyPubGlaqCnj5AeMMB&index=3

(15-20s stretch each side)

Prime

Air squat

https://www.youtube.com/watch?v=C_VtOYc6j5c&disable_polymer=true

Push up

https://www.youtube.com/watch?v=Eh00_rniF8E&disable_polymer=true

Plank (30 second hold)

<https://www.youtube.com/watch?v=pvljsG5Svck>

(10 repetitions each, apart from the plank. 2 rounds)

Workout

(Make a weight by putting books into your bag to make it heavy, it will most likely be lighter than the one you put together for your lower body workout but should be slightly heavier than your upper body workout. Adjust as necessary. If unsure of the exercises, you can check the links below).

This is now the FOURTH phase of backpack weight training so try and increase your workload by increasing the weight by a book, or doing 1 more rep, or making your existing reps tidier and more controlled.

1. 4 sets of 15 weighted PUSH JERK <https://www.youtube.com/watch?v=OpZJS1arxsc>
2. 4 sets of 15 weighted POWER CLEAN <https://www.youtube.com/watch?v=INmeQkOUwiE>
3. 4 sets of 15 weighted GOOD MORNING <https://www.youtube.com/watch?v=IA7dHb7HPSM>
4. 4 sets of 15 weighted SUMO DEADLIFT HIGHPULL <https://www.youtube.com/watch?v=INEfXKPOxjE>
5. 4 sets of 15 weighted BAG HUG ALTERNATE STEP UPS <https://www.youtube.com/watch?v=q7-a9Smlcys>
6. 4 sets of 15 weighted BAG THRUSTERS https://www.youtube.com/watch?v=PRD-ioe_IB4

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

or

follow <https://www.youtube.com/watch?v=u5Hr3rNUZ24>

Workout 7.10

Cardiovascular fitness focus

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s Jog on spot (high knees)

30s Star jumps

30s Alternate squat thrusts

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-IKvKQ8f4>

Stretch

Hamstring stretch

Pigeon stretch

Quadriceps stretch

Pectoral stretch

Deltoid stretch

(15-20s stretch each side)

Prime

Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true

Push ups (knees if necessary) https://www.youtube.com/watch?v=0pkjOk0EiAk&disable_polymer=true

Alternating lunges <https://www.youtube.com/watch?v=uvjhei0SWaQ>

Air squat:

https://www.youtube.com/watch?v=C_VtOYc6j5c

(10 repetitions each. 2 rounds)

Workout: Tabata workout

Tabata is working hard and fast (100%) for 20 seconds followed by 10 seconds rest.

Repeated for 8 rounds of 20sec work and 10sec rest.

1 full Tabata takes you 4 minutes (20sec work, 10s rest = 30s. 8x = 4:00 minutes)

- Tabata 1. (do star jumps for the first round, and burpees for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 2. (do jumping squats ups for the first round, and high knees running in place for the second. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).
(Have a full 5 minutes rest)
- Tabata 3. (do alternating squat thrusts for the first round, and burpee tuck jumps for the second.. Continue to alternate between the 2 exercises until you have done 8 sets, this means you will have seen each exercise 4 times each).

Star jumps

<https://www.youtube.com/watch?v=c4DAnQ6DtF8>

High knees sprinting in place

<https://www.youtube.com/watch?v=dWnssSlxgl4>

Jump squats

https://www.youtube.com/watch?v=Azl5tkCzDcc&disable_polymer=true

Burpee tuck jump

<https://www.youtube.com/watch?v=xM2DLDRPT5M>

Burpee

https://www.youtube.com/watch?v=NgV4vxL-e7k&disable_polymer=true

Alternate squat thrusts

https://www.youtube.com/watch?v=t99j8KG8eR8&disable_polymer=true

Cool down

5 minutes of Animal Flow

or

5 minutes of gentle stretching.

Workout 7.11

Strength and control with mobility

This session would be referred to as an “Active Recovery Session”. It will help you flush the lactic acid and soreness from your muscles more effectively than a rest day would.

Mobilise

Circle every joint you can, 10x in both directions gently and as large a motion as is comfortable.

Warm up

30s air squats (focus on depth)

30s alternating toe touches

30s star jumps

(3x round)

or follow <https://www.youtube.com/watch?v=Ks-IKvKQ8f4>

Extended stretching

Hamstring stretch

https://www.youtube.com/watch?v=eF_BqIFmFm8

Pigeon stretch

<https://www.youtube.com/watch?v=tYY-cqNjuVA>

Figure of 4 stretch

[https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-](https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true)

[0IFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true](https://www.youtube.com/watch?v=Xb5gHdYtHnk&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=2&disable_polymer=true)

Quadriceps stretch

<https://www.youtube.com/watch?v=dIbDHMX0P9A&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB>

Pectoral stretch

<https://www.youtube.com/watch?v=yElqfGirnmU>

Deltoid stretch

https://www.youtube.com/watch?v=9XE8pkcBwMs&list=PLqMWsWQP14-0vq2F-Xiwr0G8DCD_23Bml

Hip flexor stretch

[https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-](https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=3)

[0IFelyPubGlaqCnj5AeMMB&index=3](https://www.youtube.com/watch?v=QW_jQz5Efs0&list=PLqMWsWQP14-0IFelyPubGlaqCnj5AeMMB&index=3)

(30-40s stretch each side)

Prime

Air squat

Push ups

Alternating lunges

(10 repetitions each. 2 rounds)

Workout:

The focus of all of these movements should be slow and controlled throughout, you should push your range of flexibility/motion lightly not throw yourself into bad positions with the muscles in pain. If the demo videos show a range you cannot do then simply sit higher with less depth until it is comfortable). These should all be

performed unweighted. It is the second time you have seen this workout so refer back to your notes about how the last one felt and you may feel like you can push the range deeper.

Perform 3 sets of 10 on each movement. Take 45-60 sec rest between each set.

1. Air squat (slow and focusing on depth, hold bottom position for 4 seconds)
https://www.youtube.com/watch?v=C_VtOYc6j5c
2. T-push ups (knees if necessary) <https://www.youtube.com/watch?v=-SgeUqvNzag>
3. Lunge with rotation <https://www.youtube.com/watch?v=kIKwPASZPWY>
4. Inch worm push up <https://www.youtube.com/watch?v=Gv0rFtj-XjI>
5. Cossack squat tilt https://www.youtube.com/watch?v=9j410Lo9pgg&disable_polymer=true
6. Static deep lunge with rotation <https://www.youtube.com/watch?v=IRv2XAIJSDA>

Cool down

5 minutes of Animal Flow https://www.youtube.com/watch?v=-myCysQu2kl&t=71s&disable_polymer=true

or

5 minutes of gentle stretching.