



Advanced Workout Plan 1

60 minutes

Session Objective - This is a timed based workout. The objective is to complete as many repetitions as possible in the time frame before resting. You will complete 20 seconds of each exercise then rest for 10 seconds. You will complete 8 sets for each exercise before resting 1 minute before moving on to the next exercise.

Warm Up – 10 minutes

- 5 minutes of light to fast jog before
- 5 minutes of general stretching

| | Name of equipment | Per set | No. of Sets |
|-------------------|--|--|-------------|
| Exercise 1 | Wall Ball - Ball throws | 20 seconds exercise 10 seconds rest | 8 |
| Rest | | 1 minute | |
| Exercise 2 | Handstand Wall - Handstands | 20 seconds exercise 10 seconds rest | 8 |
| Rest | | 1 minute | |
| Exercise 3 | Chin-Ups Bar - Chin ups | 20 seconds exercise 10 seconds rest | 8 |
| Rest | | 1 minute | |
| Exercise 4 | Pull-Up Bar or Trapeze Rings - Horizontal Row | 20 seconds exercise 10 seconds rest | 8 |
| Rest | | 1 minute | |
| Exercise 5 | Dip and Lift Bar - Leg Lift | 20 seconds exercise 10 seconds rest | 8 |
| Rest | | 1 minute | |
| Exercise 6 | Plyo Box - Box Jumps | 20 seconds exercise 10 seconds rest | 8 |

Cool Down – 15 minutes

- 5 minutes of light walk followed by
- 10 minutes of stretching, legs, chest, shoulders, 2 minutes per side of stretch



Advanced Workout Plan 2

60 minutes

Session Objective - This is a repetition based workout. The objective is to move quickly through the repetitions whilst increasing the heart rate and building a sweat. The participant will have to mark out a rough 200m mark to run to. The participant will run 400m before completing 5 exercises (1 Set) then resting for 1 minute.

Warm up – 10 minutes

- 5 minutes of fast walk to slow jog followed by
- 5 minutes of general stretching

Run 400m

| One Set | Name of equipment | Reps |
|------------|--|----------|
| Exercise 1 | Sit Up Board - Sit ups | 30 reps |
| Exercise 2 | Wall Ball - Ball Throws | 30 reps |
| Exercise 3 | Pull Up Bar or Trapeze Rings - Horizontal Row | 30 reps |
| Exercise 4 | Dip Bar or Trapeze Rings - Dips | 30 reps |
| Exercise 5 | Plyo Box Plyo Box Jumps | 30 reps |
| Rest | | 1 minute |

Perform as many sets (outlined above) as possible in 35 minutes

Cool Down – 15 minutes

- 5 minutes of light walking
- 10 minutes of general stretching



Advanced Workout Plan 3

60 minutes

Session Objective – This is a timed based workout. The objective is to challenge the cardio system. It incorporates more exercises that get the heart rate up over a period of time before rest. The participant will need to mark out a rough distance of 200m. Participants will perform as many rounds of the sequence as possible in 30 minutes

Warm Up – 10 minutes

- 5 minutes of light to fast jog followed by
- 5 minutes of general stretching

| One Set | Name of equipment | Amount |
|------------|---|----------|
| Run | | 400m |
| Exercise 1 | Wall Ball - Ball Throws | 50 reps |
| Run | | 400m |
| Exercise 2 | Trapeze Rings or Pull Up Bar - Horizontal Rows | 50 reps |
| Run | | 400m |
| Exercise 3 | Trapeze Rings or Dip Bar - Dips | 50 reps |
| Run | | 400m |
| Exercise 4 | Plyo Box - Plyo Box Jumps | 50 reps |
| Rest | | 1 minute |

Perform as many sets (outlined above) as possible in 30 minutes

Cool Down – 15 minutes

- 5 minute light walk followed by
- 10 minutes of general stretching