



Intermediate Workout Plan 1

45 mins

Session Objective - This is a timed based session, the objective is to complete as many repetitions as possible in the time frame before resting. You will complete 60 seconds of each exercise, resting for 30 seconds between each exercise.

Warm Up – 10 minutes

5 minutes of fast walk to light jog before completing

5 minutes of general stretching

One Set	Equipment and Exercise	Length
Exercise 1	Dip (dip bar or trapeze rings)	60 seconds
Rest		30 seconds
Exercise 2	Plyo Box - Box Jumps	60 seconds
Rest		30 seconds
Exercise 3	Leg Lift	60 seconds
Rest		30 seconds
Exercise 4	Vault Bar	60 seconds
Rest		30 seconds
Exercise 5	Chin Ups	60 seconds
Rest		30 seconds

Complete 3 sets (outlined above)

Cool Down – 10 minutes

- 4 minute of light walk before
- stretching the legs, chest and shoulders 1 minute per stretch



Intermediate Workout Plan 2

45 minutes

Session Objective - This is a repetition based session, 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 100m mark to run to. The participant will perform a set number of repetitions, following this they will run 200m then rest 1 minute

Warm up – 10 minutes

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

One Set	Equipment and Exercise	Reps/Distance
Exercise 1	Back Extension	20 reps
Exercise 2	Leg Lifts	20 reps
Exercise 3	Horizontal Rows - Pull Up Bar or Trapeze Rings	20 reps
Exercise 4	Dips - Dip Bar or Trapeze Rings	20 reps
Exercise 5	Wall Ball Repetitions	20 reps
Run		200m
Rest		1 minute

Perform 2 – 4 sets (outlined above)

Cool Down – 10 minutes

- 4 minutes of light walk followed by
- 6 minutes of stretching, 1 minute per side per stretch.



Intermediate Workout Plan 3

45 minutes

Session Objective – The objective of this session 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 to run to and back. Participants will perform 5 minutes of exercise before 2 minutes of rest.

Warm Up – 10 minutes

- 5 minutes brisk walk to light jog followed by
- 5 minutes of general stretching

One Set	Equipment and Exercise	Reps/Distance
Run		400m
Exercise 1	Push up Bar	10 reps
Exercise 3	Sit Up Board	20 reps
Exercise 4	Plyo Box	40 reps
Rest		2mins

Complete 3 sets outlined above

Cool Down – 10 minutes

- 4 minutes of light walk followed by
- 6 minutes of general stretching