



TUESDAY WORKOUT

CARDIO TRAINING

Feel free to alternate your aerobic workout with different exercises. For example:

- Roller Blading
- Stairmaster
- Cycling
- Jogging
- Rowing Machine
- Swimming

The key to aerobic exercising is to work within your target heart rate.

TRAINING INTENSITY:

Approximately 75% to 80% of your maximum heart rate. Your Maximum heart rate is 220 minus your age. ie. $220 - 17 = 203$ max/h.r.

Your target aerobic heart rate is $203 \times 75\% - 80\% = 152 - 162$ bpm

Ideally you should wear a heart rate monitor during aerobic workouts to keep you within your target. They can be purchased at any quality sports store and are well worth the money.

TRAINING SESSIONS:

Always allow for a 5 minute warm up and 5 minute cool down. You should work within your target heart rate for between 20-30 minutes each session.

PLYOMETRIC EXERCISES

- 1) **BOUNDING** – 100m High Skipping – pump arms to propel body up and out
Week 1 – 3 sets
Add 1 set each week (max. 6 sets)
- 2) **TUCK JUMP** – Knees to chest consecutively
Week 1 – 10 reps x 3 sets
Add 2-3 reps each week
- 3) **ICE SKATER** – Mimic skating
Week 1 – 20 reps x 3 sets
Add 2-3 reps each week
- 4) **1 LEG SPRINT** – 50m Sprint – alternate reps with each leg
Week 1 – 2 sets each leg
Add 1 set each week (max. 5 sets)
- 5) **FROG LEAP** – 50m – Hands on head, deep squat and thrust forward, repeat
Week 1 – 2 sets
Add 1 set each week (max. 6 sets)
- 6) **LATERAL BOUNDS** – Mimic mogul skiing
Week 1 – 40 reps x 4 sets
Add 2-3 reps each week
- 7) **LATERAL TAGS** – 5 paces – without crossing feet, shuffle from cone to cone

INTERVAL TRAINING 1

20 second workout time, 10 second rest time

20 exercises = 1 set

Do 3 sets

- SCISSORS
- TOE TOUCH
- PLANK TOE TAP
- HEEL TOUCH, PUSH THRU
- V UP
- CRUNCH TWIST
- KNEE RAISE
- RUNNER
- BUTTERFLY
- REVERSE CRUNCH
- PRISONER SQUATS
- BICYCLE CRUNCHES
- PUSH UPS
- DYNAMIC PLANK
- SUPERMAN
- BURPEE
- JUMPING JACKS
- CRUNCHES (KNEES UP)
- SUPERMAN PUSH UPS
- PRISONER BACK LUNGE

NOTES:

If you want to increase intensity, add workout time OR sets

Workout in control but as fast as you can. Try to recover quickly during rest. Deep breaths to bring heartrate back down.
