

ALEX WOOD'S 8 WEEK FITNESS PROGRAMME

Improve your cardiovascular fitness and wellbeing with this straightforward 8 week programme. Pick 4 days to exercise and have 3 rest days.

	Day 1	Day 2	Day 3	Day 4
Week 1		Aerobic exercise: 20 min at RPE 5	3 x 10 press ups 3x 10 dips 3 x 10 situps 3 x 20sec plank 3 x 10 squats	Aerobic exercise: 20 min at RPE 5
Week 2	3 x 10 press ups 3x 10 dips 3 x 10 leg lifts 3 x 20sec side plank 3 x 10 lunges	Aerobic exercise: 25 min at RPE 5	3 x 12 press ups 3 x 12 dips 3 x 12 reverse plank 3 x 12 squats	Aerobic exercise: 25 min at RPE 5
Week 3	Aerobic exercise: 25 min at RPE 6	3 x 15 narrow press ups 3 x 15 leg lifts 3 x 30sec side plank 3 x 15 reverse lunges	Aerobic exercise: 30 min at RPE 5	3 x 15 press ups 3 x 15 dips 3 x 15 situps 3 x 30sec side plank 3 x 15 squat
Week 4	3 x 15 wide press ups 3 x 15 dips 3 x 15 bicycle situps 3 x 30 sec reverse plank 3 x 15 lunges	Aerobic exercise: 30 min at RPE 6	3 x 17 Press ups 3 x 17 dips 3 x 17 situps 3 x 40 sec dish hold 3 x 17 squats	Aerobic exercise: 25 min at RPE 6
Week 5	Aerobic exercise: 35 min at RPE 6 2 hill sprints RPE 7	3 x 17 tricep press ups 3 x 17 dips 3 x 17 tuck kicks 3 x 40 sec extended plank 3 x 17 long jumps	Aerobic exercise: 35 min at RPE 6 2 hill sprints RPE 7	3 x 18 press ups 3 x 18 dips 3 x 18 situps 3 x 45 sec plank 3 x 18 squats

Week 6	3 x 18 hands off press ups	Aerobic activity 30 min RPE 6	3 x 20 press ups	Aerobic exercise RPE 6
	3 x 18 dips		3 x 20 dips	
	3 x 18 leg lifts	4 hill sprints	3 x 20 situps	
	3 x 45 sec reverse plank	RPE 7	3 x 45 sec plank	4 hill reps RPE 7
	3 x 18 narrow squats		3 x 20 squats	

Week 7	Aerobic activity 45 min RPE 6	3 x 20 superman press ups	Aerobic activity 45 min RPE 6	20 x press ups
		3 x 20 dips		3 x 20 dips
	6 hill reps RPE 7	3 x 20 single leg v sits		3 x 20 situps
		3 x 45 sec extended plank		3 x 45 sec plank
		3 x 20 jump squats		3 x 20 squats

Week 8	3 x 22 diamond press ups	Aerobic activity 45 min RPE 6	3 x 22 press ups	Aerobic activity 40 min RPE 7
	3 x 22 dips		3 x 22 dips	
	3 x 22 straight leg situps	4 hill reps RPE 7	3 x 22 situps	4 hill reps RPE 8
	3 x 50 sec V hold		3 x 50 sec plank	
	3 x 22 lunges		3 x 22 squats	

KEY INFO:

***RPE** - The Rated Perceived Exertion scale is used to measure the intensity of your exercise. The RPE scale runs from 0 - 10 to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after a very difficult activity.

****Aerobic Activity** - any type of cardiovascular conditioning. It can include activities like brisk walking, swimming, running, or cycling. By definition, aerobic exercise means “with oxygen.” Your breathing and heart rate will increase during aerobic activities.

