

TABATA ROUNDS

Each round goes for four minutes with small rounds of work and rest. Have a small break between rounds.

TABATA ROUND ONE

1: 20 seconds High Knees

10 second break

2: 20 seconds Mountain Climbers

Repeat for four min

TABATA ROUND TWO

1: 20 Seconds Air Punches

10 second break

2: 20 seconds Jump Lunges

Repeat for four mins

TABATA ROUND THREE

1: 20 seconds Push Ups

10 second break

2: 20 seconds Bicycle Crunch

Repeat for four mins

TABATA ROUND FOUR

1: 20 seconds Burpee

10 second break

2: 20 seconds Squat Jumps

Repeat for four mins

WALK THE LAKE ADVANCED PROGRAM

1: All abilities playground
(starting point + first round of exercises)

2: Northern Shore
(Second round of exercises)

3: Flat Benches
(Third round of exercises)

4: Park Benches
(Fourth round of exercises)

5: Steps near bridge
(last round of exercise)



WALK THE LAKE ADVANCED PROGRAM

Location and Exercise	Sets x Reps	Notes
1: Starting point		Begin your journey near the all abilities playground. Your First round of exercises is at the hill near the lake close by.
1: Hill workout	Repeat this 10 times 1 x Hill Sprint 10x Lunges 10x Push up	Run up the hill and back down again. At the base of the hill complete 10 lunges and 10 push ups. Repeat the process 10 times
2: Run to the Northern Shore		Once the workout is complete run to the northern shore for your next workout.
2: Northern Shore workout	50 x Mountain Climbers 40 x Squat Jacks 30 x Plank Jacks 20x Lunge Knee raise 10x Burpee	Complete the following list once.
Run to the next Exercise location (Flat Benches)		Follow the path around the lake towards the skate park. Keep going to you reach the area with all the benches for your next round.
3: Bench Workout	10-20-30 Step ups (Left and Right) Dips Push Up Jumping Jacks	This is a three-round workout. First round all four moves are completed 10 times each Second round 20 times each Last round is 30 times each

WALK THE LAKE ADVANCED PROGRAM

Location and Exercise	Sets x Reps	Notes
Run to the next Exercise location (Park Benches)		Follow the path around the lake past the caravan park and triathlon club till you're find the park benches
4: Park bench workout	10-20-30 Step ups (Left and Right) Dips Push Up Jumping Jacks	The three-round workout is back! Complete this workout again. First round all four moves are completed 10 times each Second round 20 times each Last round is 30 times each
2: Northern Shore workout	50 x Mountain Climbers 40 x Squat Jacks 30 x Plank Jacks 20x Lunge Knee raise 10x Burpee	Complete the following list once.
Run to the next Exercise location (Steps near bridge)		Follow the path towards Aquamoves. Cross the road towards the suspension bridge and find the stairs.
5: Step workouts	Repeat 10 Times 2x Stair Run 20x Squat Heel Raise	Run up and down the stairs twice, then complete 20 squat with a heel raise. Complete this circuit 10 times Once complete you have finished your workout.

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AT HOME ADVANCED STRENGTH PROGRAM (DAY 1)

Exercise – UPPER BODY	Sets x Reps	Notes
Push up + 6 Mountain Climber	3 x 15	Complete push up, then 6 quick climber. Repeat 15 times
Lateral raise + front raise (Do one then the other = 1 rep)	3 x 15	Using dumbbells, cans, water bottles
Bent Over Row	3 x 15	Using dumbbells, cans, water bottles
Tricep dips	3 x 15	Using chair
Single arm Shoulder press	3 x 15 each side	Using dumbbells, cans, water bottles
1. Tricep kickbacks 2. Curl To Press	3 x 15 each side	Using dumbbells, cans, water bottles
1. Plank hold 2. Commandoes	3 x 1 min 3 x 12 each side	

1. 2. = superset (no rest in between exercises)

AT HOME ADVANCED STRENGTH PROGRAM (DAY 2)

Exercise – LOWER BODY	Sets x Reps	Notes
Squats	3 x 15	Use whatever weight you have. Go as heavy as you can.
Lunges	3 x 15	Use whatever weight you have. Go as heavy as you can.
Squat jumps	3 x 20	Body weight or hold weight at collar bone.
Hip Thrust	3 x 15	Use whatever weight you have. Go as heavy as you can.
Squat with holds	3 x 20	Pause for 3 sec at the bottom of each squat
1. Wall sit 2. Single leg hip bridge	3 x 1 min 3 x 12 – 15 each side	