

WLC10 FITNESS ROUTINES – WEEK 6

WEEK 6: STRENGTH & ENDURANCE CIRCUIT:

This workout is composed of 2 exercise circuits, each with 4 exercises. Complete each exercise in sequence taking minimal rest between exercises, then repeat as directed before moving to the next circuit of exercises. Each exercise is to be completed for 1min. This circuit is being completed 3-4x/week with a day rest in between. The challengers will also continue to apply the 5K training program 3x/week.

1. Squat Press
2. Pull Over
3. Dynamic Plank (from feet or knees)
4. T-Drill

REPEAT 3x

1. Alternating Bent Over Row
2. Walk Out Push-up (from feet or knees)
3. Q-Ped Extension
4. Lateral Shuffle with Reverse Lunge

REPEAT 3x

Modifications:

- As Nadia's ankle continues to heal, she is now able to walk for longer durations and have more pressure on it. The T-Drill and Lateral Shuffle exercise modification will be for Nadia walk through the movements as opposed to run or shuffle.