DIG DEEP FOR VICTORY

FIGHT FOR HEALTH WITH HEALTH
Built up North®
Welcome to the first workout.

Set a timer for 8 minutes.

The goal is to get ‘AS MANY ROUNDS AS POSSIBLE’ in the 8 minutes time cap.

So completing all repetitions of all 4 movements would be 1 full round.

Try not to stop for the 8 minutes.

Work your way through the reps of each exercise. Once you get through one whole round. Start back at the beginning for 2 more complete rounds.

Add a 12 Minute time cap to this work.

Don’t worry if you don’t finish it. You can always revisit this in the future.

Find a chair or bench that seems suitably sturdy to perform the dips.

If once is not available you could use: Kitchen worktop. Chest of drawers (usually about 3 draws) Park bench

Equally you can replace the movement with regular push-ups.

3-2-1 GO!! Complete the 40 jumping squats. Perform squats with feet just outside shoulder width apart and keep your head and chest up.

After the squats move onto the ice skaters.

Work your way through each movement.

Following the rest GO AGAIN!!!
DIG DEEP FOR VICTORY
WEEK 2

**SESSION 5**

**WORKOUT**
7 Rounds of:
7 Burpees
12 Sit-ups

Complete the above circuit 7 times through.
Complete all 7 Burpees before moving on to the sit-ups.
Ideally we go with a full sit-up. Start lying with hands above head touching the floor. Then sit up and try and touch in front of your feet.
If you cannot complete as above substitute with crunches.

**SESSION 6**

**STRENGTH WORKOUT**
Every Minute for 12 Minutes alternate between:
A. 6 x Glute Bridges
B. 20 x Split Squats (10 per leg)
C. 30 x Star Jumps
D. 30 x Plank Jacks

The Glute Bridges and Split squats are performed for quality and not pace.

**SESSION 7**

**WORKOUT**
10 Down to 1 Burpees

10 Burpees
9 Burpees
8 Burpees
7 Burpees

Burpees are a great full body conditioning exercise.
They are also a great functional lesson of how many times we fall, we can also get back up.
Walk 5 metres between each set as a rest.

**SESSION 8**

**INTERVALS**
40sec WORK 20sec REST
4 Rounds on each of the following
1. Mountain Climbers
2. Push-ups
3. Jumping Squats
4. Chair Dips

So you start the timer complete as many repetitions of the Mountain Climbers as possible in 40 seconds. Take 20 seconds rest.
Once the clock hits 1:00 start again and repeat a total of 4 times.
Then move onto the next exercise.
Push-ups and mountain climbers can be completed leaning against a kitchen bench or wall if required.
This document is designed to provide you with an outline plan to encourage and support physical and mental health.

Each workout is designed to support any level of fitness.

The goal is to try and complete 4 workouts across the space of a week to improve or maintain your current health whilst giving you something to focus on and achieve.

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**CHAIR DIP**
[https://youtu.be/r7azSowCQF4](https://youtu.be/r7azSowCQF4)

**GLUTE BRIDGE**
[https://youtu.be/YRqolM0u0PY](https://youtu.be/YRqolM0u0PY)

**STAR JUMP**
[https://youtu.be/qwEzQWPLJfA](https://youtu.be/qwEzQWPLJfA)

**PLANK JACK**
[https://youtu.be/x8J5BNgYwn4](https://youtu.be/x8J5BNgYwn4)

**MOUNTAIN CLIMBER**

**PUSH-UP**
[https://youtu.be/_l3ySVKYVJ8](https://youtu.be/_l3ySVKYVJ8)

**FLUTTER KICKS**
[https://youtu.be/FiSyYb18ff8](https://youtu.be/FiSyYb18ff8)

**PLANK VARIATIONS**
[https://youtu.be/MrEp33By1jY](https://youtu.be/MrEp33By1jY)
[https://youtu.be/v2-ltbATGlE](https://youtu.be/v2-ltbATGlE)

**LUNGES**
[https://youtu.be/L8fYypPrzzs](https://youtu.be/L8fYypPrzzs)

**ICE SKATER**
[https://youtu.be/0-Kw0wb7mSM](https://youtu.be/0-Kw0wb7mSM)

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We are grateful for every action that is taken in the fight against sickness.

For every tiny act of kindness, display of compassion and sacrifice that goes along with the care of others - we are forever in your debt.

We hope in some small way that this document provides you with some motivation and inspiration to push one repetition or one metre towards maintaining a healthy and happier you, in the fight against ill-health.

We are blessed to be surrounded by so many like you who give us so much hope.

Onwards

Paul Warrior
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Built Up North