



DIG DEEP FOR VICTORY

**FIGHT FOR HEALTH
WITH HEALTH**

*Built
up North*®

DIG DEEP FOR VICTORY

WEEK 1

SESSION 1

WORKOUT

AMRAP 8

- 30 High Knees
- 10 Push-ups
- 20 Mountain Climbers
- 10 Sit-ups

SESSION 2

CORE WORKOUT

3 Rounds of:

- 20 x Flutter Kicks
- 30s Side Plank (Left Side)
- 20 x Knee to Elbow Sit-ups
- 30s Side Plank (Right Side)
- 20 x High Knees on the Spot
- 30s Regular Plank (on Elbows)

SESSION 3

WORKOUT

Complete the Following

- 16 x Chair Dips
- 16 x Walking Lunges
- 12 x Chair Dips
- 12 x Walking Lunges
- 8 x Chair Dips
- 8 x Walking Lunges

SESSION 4

AEROBIC INTERVALS

Complete 1 Full Round of:

- 40 Jumping Squats
- 30 Ice Skaters
- 20 Sit-ups
- 10 Burpees

Rest 1:30 and Repeat x 3

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!!!

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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

Cont.. until you get to one burpe

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.

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INFORMATION

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.

EXERCISES

SQUATS

https://youtu.be/C_VtOYc6j5c

HIGH KNEES

<https://youtu.be/oDdkytliOqE>

BURPEES

<https://youtu.be/TU8QYVW0gDU>

SIT-UPS

https://youtu.be/_HDZODOx7Zw

SPLIT SQUAT

<https://youtu.be/vvZHaPGOIWU>

EXERCISES

CHAIR DIP

<https://youtu.be/r7azSowCQF4>

GLUTE BRIDGE

<https://youtu.be/YRqoIM0u0PY>

STAR JUMP

<https://youtu.be/qwEzQWPLJfA>

PLANK JACK

<https://youtu.be/x8J5BNgYwn4>

MOUNTAIN CLIMBER

<https://youtu.be/zT-9L3CEcmk>

PUSH-UP

https://youtu.be/_l3ySVKYVJ8

FLUTTER KICKS

<https://youtu.be/FISyYb18ff8>

PLANK VARIATIONS

<https://youtu.be/MrEp33By1jY>

<https://youtu.be/v2-ltbaTGtE>

LUNGES

<https://youtu.be/L8fvypPrzsz>

ICE SKATER

<https://youtu.be/0-Kw0wbtmSM>

THANK YOU

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

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