

CareFlight

TERRITORY CHALLENGE

KIDS FITNESS PROGRAM

1 MON <p>2 ROUNDS</p> <p>2 Push Ups Off Knees/5 Squats/10 Side Twist/15 sec plank hold</p>	2 TUES <p>HAVE YOU JOINED THE CAREFLIGHT TERRITORY CHALLENGE FACEBOOK GROUP?</p> <p>Bike ride with parent</p>	3 WED <p>3 MIN AMRAP as many rounds as possible</p> <p>6 reach ground to over head/5 glute bridge/2 push ups (knees)</p>	4 THUR <p></p> <p>6x Ankle Taps/ Flutter Kicks/ Bicycle crunch</p>	5 FRI <p>REST DAY</p> <p>10 mins stretching</p>
6 SAT <p></p> <p>10m swim or 1 minute high knees</p>	7 SUN <p>2x 10 push ups off knees (2min rest)</p>	8 MON <p>Carry object next to parent</p> <p>SHARE YOUR OBJECT CARRY IN THE FACEBOOK GROUP!</p>	9 TUES <p>1 ROUND EMOM (every minute on the minute)</p> <p>Min 1: MAX Step Up Mountain Climber/Min 2: MAX Tricep Dips/Min 3: MAX Superman/Min 4: Plank Hold</p>	10 WED <p>Active Helper Day - Do 3 Chores</p>
11 THUR <p>10x step down/ step up burpees</p>	12 FRI <p>5 MINS 30 sec walk/30 sec Jog</p>	13 SAT <p>2x 10 Heel Taps/10 Push Ups off knees/10 Air Thrusters</p>	14 SUN <p></p> <p>25m swim or 90 sec high knees</p>	15 MON <p>HALF WAY THERE!</p> <p>3 ROUNDS X TABATA TABATA (20sec work, 10sec rest): Bear Crawl/ Crab Walk/Toe Taps</p>
16 TUES <p>YOU'RE HELPING CAREFLIGHT NT CARE FOR 20 PEOPLE A DAY</p> <p>10 Minutes of Stretching</p>	17 WED <p>2-3-4-3-2 Candle Stick/ Atomic Sit Up/ Hollow Rock</p>	18 THUR <p>School Backpack Carry - Next to Parent</p>	19 FRI <p>3min Up ladder Push up off knees/ squat/step up, step down burpee</p>	20 SAT <p>33m swim or 2 minute run</p>
21 SUN <p>Rest time = avoid screen time</p>	22 MON <p></p> <p>MAX Straight Arm Plank Hold</p>	23 TUES <p>DON'T FORGET TO SHARE YOUR PROGRESS!</p> <p>3 min run + 10 sit ups</p>	24 WED <p>3 MIN AMRAP as many rounds as possible</p> <p>6 reach ground to over head/5 jumping squats/ 4 shoulder taps</p>	25 THUR <p>School Backpack Carry - Next to Parent</p>
26 FRI <p>Rest Day - 10mins Stretching</p>	27 SAT <p>Carry object next to parent</p>	28 SUN <p>2X ROUNDS EMOM (every minute on the minute)</p> <p>Min 1: MAX Step Up Mountain Climber/Min 2: MAX Tricep Dips/Min 3: MAX Superman/Min 4: MAX Inch Worm</p>	29 MON <p>50m swim or 3 minute run</p>	30 TUES <p>LAST DAY!</p> <p>2 ROUNDS</p> <p>2 Push Ups Off Knees/5 Squats/10 Side Twist/15 sec plank hold</p>



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TERRITORY CHALLENGE

BEGINNER FITNESS PROGRAM

1 MON <p>3 ROUNDS</p> <p>2 Push Ups Off Knees/5 Squats/10 Side Twist/15 sec plank hold</p>	2 TUES <p>HAVE YOU JOINED THE CAREFLIGHT TERRITORY CHALLENGE FACEBOOK GROUP?</p> <p>9 minute walk</p>	3 WED <p>5 MIN AMRAP as many rounds as possible</p> <p>6 reach ground to over head/5 glute bridge/4 push ups</p>	4 THUR <p>10 x Ankle Taps/ Flutter Kicks/Sit ups</p>	5 FRI <p>REST DAY</p> <p>10 mins stretching</p>
6 SAT <p>50m swim or 2 minute jog</p>	7 SUN <p>2x 10 push ups (2min rest)</p>	8 MON <p>Carry 8kg weighted object- 5mins</p> <p>SHARE YOUR OBJECT CARRY IN THE FACEBOOK GROUP!</p>	9 TUES <p>1X ROUND EMOM (every minute on the minute)</p> <p>Min 1: MAX Step Up Mountain Climber/Min 2: MAX Tricep Dips/Min 3: MAX Superman/Min 4: Plank Hold</p>	10 WED <p>Active Rest Day - Clean the House</p>
11 THUR <p>20 x step down, step up burpees</p>	12 FRI <p>5 MINS 30 sec walk/ 30 sec jog</p>	13 SAT <p>2x 10 sit ups/15 push ups/20 air thrusters</p>	14 SUN <p>100m swim or 5min jog</p>	15 MON <p>HALF WAY THERE!</p> <p>3 ROUNDS X TABATA TABATA (20sec work, 10sec rest): Bear Crawl/ Crab Walk/Toe Taps</p>
16 TUES <p>YOU'RE HELPING CAREFLIGHT NT CARE FOR 20 PEOPLE A DAY</p> <p>10 Minutes of Stretching</p>	17 WED <p>2-4-6-4-2 Candle Stick/ Atomic Sit Up/ Hollow Rock</p>	18 THUR <p>10kg Weighted Backpack Carry- 10mins</p>	19 FRI <p>3 min Up ladder Push up/squat/step up, step down burpee</p>	20 SAT <p>150m swim or 7 min jog</p>
21 SUN <p>Rest time = You time</p>	22 MON <p>MAX Plank Hold</p>	23 TUES <p>DON'T FORGET TO SHARE YOUR PROGRESS!</p> <p>5min run + 30 sit ups</p>	24 WED <p>5 MIN AMRAP as many rounds as possible</p> <p>6 reach ground to over head/5 jumping squats/ 4 shoulder taps</p>	25 THUR <p>10kg weighted backpack carry- 10mins</p>
26 FRI <p>Rest Day - 10mins Stretching</p>	27 SAT <p>Carry 8kg weighted object- 500m in 6mins</p>	28 SUN <p>2X ROUNDS EMOM (every minute on the minute)</p> <p>Min 1: MAX Step Up Mountain Climber/Min 2: MAX Tricep Dips/Min 3: MAX Superman/Min 4: MAX Inch Worm</p>	29 MON <p>100m swim or 10 minute jog</p>	30 TUES <p>LAST DAY!</p> <p>3 ROUNDS</p> <p>2 Push Ups Off Knees/5 Squats/10 Side Twist/15 sec plank hold</p>



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TERRITORY CHALLENGE

INTERMEDIATE FITNESS PROGRAM

1 MON <p>5 ROUNDS 5 Push Ups/10 Squats/20 side twist/30 sec Plank hold</p>	2 TUES <p>HAVE YOU JOINED THE CAREFLIGHT TERRITORY CHALLENGE FACEBOOK GROUP? 12 min jog</p>	3 WED <p>8 MIN AMRAP as many rounds as possible 6 reach ground to over head/5 glute bridge/ 6 push ups</p>	4 THUR <p> 30 x Ankle taps/ Flutter kick/ Sit ups</p>	5 FRI <p>REST DAY 10mins stretching</p>
6 SAT <p> 100m swim or 5 minute run</p>	7 SUN <p>2x 20 push ups (2min rest)</p>	8 MON <p>Carry 12kg weighted object - 10mins SHARE YOUR OBJECT CARRY IN THE FACEBOOK GROUP!</p>	9 TUES <p>2X ROUND EMOM (every minute on the minute) Min 1: MAX Step Up Mountain Climber/Min 2: MAX Tricep Dips/Min 3: MAX Superman/Min 4: Plank Hold</p>	10 WED <p>Active Rest Day - Clean the House</p>
11 THUR <p>40x burpees</p>	12 FRI <p>10 MINS 1 min walk/1 min run</p>	13 SAT <p> 4x 15 sit ups/20 push ups/30 air thruster</p>	14 SUN <p> 200m swim or 10 min run</p>	15 MON <p>HALF WAY THERE! 5 ROUNDS X TABATA TABATA (20sec work, 10sec rest): Bear Crawl/ Crab Walk/Toe Taps</p>
16 TUES <p>YOU'RE HELPING CAREFLIGHT NT CARE FOR 20 PEOPLE A DAY 10 Minutes of Stretching</p>	17 WED <p>10-20-30-20-10 Single Leg V-Sit/ Atomic Sit up/ Hollow Rock</p>	18 THUR <p>15kg Weighted Backpack Carry - 15 mins</p>	19 FRI <p>5 min Up ladder Push up/squat/step up, step down burpee</p>	20 SAT <p>300m swim or 15 min run</p>
21 SUN <p>Rest time = You time</p>	22 MON <p> MAX Plank Hold</p>	23 TUES <p>DON'T FORGET TO SHARE YOUR PROGRESS! 10 min run + 40 sit ups</p>	24 WED <p>8 MIN AMRAP as many rounds as possible 6 reach ground to over head/5 jumping squats/ 6 shoulder taps</p>	25 THUR <p>15kg weighted backpack carry - 15mins</p>
26 FRI <p>Rest Day - 10mins Stretching</p>	27 SAT <p>Carry 12kg weighted object - 500m in 6mins</p>	28 SUN <p>3X ROUNDS EMOM (every minute on the minute) MAX Mountain Climber/Min 2: MAX Tricep Dips/Min 3: MAX Superman/Min 4: MAX Inch Worm</p>	29 MON <p>200m swim or 15 minute run</p>	30 TUES <p>LAST DAY! 5 ROUNDS 5 Push Ups/10 Squats/20 side twist/30 sec Plank hold</p>



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TERRITORY CHALLENGE

ADVANCED FITNESS PROGRAM

1 MON <p>5 ROUNDS</p> <p>10 Push Ups/20 squats/30 side twist/45 sec plank hold</p>	2 TUES <p>HAVE YOU JOINED THE CAREFLIGHT TERRITORY CHALLENGE FACEBOOK GROUP?</p> <p>12 min run</p>	3 WED <p>10 MIN AMRAP as many rounds as possible</p> <p>6 reach ground to over head/5 glute bridge/10 push ups</p>	4 THUR <p></p> <p>50 x Ankle taps/ Flutter kick/Sit ups</p>	5 FRI <p>REST DAY</p> <p>10 mins stretching</p>
6 SAT <p></p> <p>200m swim or 10 minute run</p>	7 SUN <p>2x 30 push ups (2min rest)</p>	8 MON <p>Carry 16kg weighted object- 15mins</p> <p>SHARE YOUR OBJECT CARRY IN THE FACEBOOK GROUP!</p>	9 TUES <p>3 ROUNDS EMOM (every minute on the minute)</p> <p>Min 1: MAX Step Up Mountain Climber/Min 2: MAX Tricep Dips/Min 3: MAX Superman/Min 4: Plank Hold</p>	10 WED <p>Active Rest Day - Clean the House</p>
11 THUR <p>60x burpees</p>	12 FRI <p>10 MINS 30 sec walk/1 min run</p>	13 SAT <p></p> <p>6x 15 sit ups/ 20 Push ups/30 air thruster</p>	14 SUN <p></p> <p>300m swim or 15 min run</p>	15 MON <p>HALF WAY THERE!</p> <p>8 ROUNDS X TABATA TABATA (20sec work, 10sec rest): Bear Crawl/ Crab Walk/Toe Taps</p>
16 TUES <p>YOU'RE HELPING CAREFLIGHT NT CARE FOR 20 PEOPLE A DAY</p> <p>10 Minutes of Stretching</p>	17 WED <p>20-30-40-30-20 Single Leg Vsit/ Atomic Sit up/ Hollow Rock</p>	18 THUR <p>20kg Weighted Backpack Carry- 20mins</p>	19 FRI <p>7 min Up ladder Push up/squat/reverse burpee</p>	20 SAT <p>400m swim or 20min run</p>
21 SUN <p>Rest time = You time</p>	22 MON <p></p> <p>MAX Plank Hold</p>	23 TUES <p>DON'T FORGET TO SHARE YOUR PROGRESS!</p> <p>15 min run + 50 sit ups</p>	24 WED <p>10 MIN AMRAP as many rounds as possible</p> <p>6 reach ground to over head/5 jumping squats/10 shoulder taps</p>	25 THUR <p>20kg weighted backpack carry - 20mins</p>
26 FRI <p>Rest Day - 10mins Stretching</p>	27 SAT <p>Carry 16kg weighted object - 500m in 6mins</p>	28 SUN <p>4X ROUNDS EMOM (every minute on the minute)</p> <p>MAX Mountain Climber/Min 2: MAX Tricep Dips/Min 3: MAX Superman/Min 4: MAX Inch Worm</p>	29 MON <p>300m swim or 20 minute run</p>	30 TUES <p>LAST DAY!</p> <p>5 ROUNDS</p> <p>10 Push Ups/20 squats/30 side twist/45 sec plank hold</p>



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