

# CareFlight

## TERRITORY CHALLENGE

### ADVANCED FITNESS PROGRAM

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



Program created by CrossFit Darwin  
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[www.careflightchallenge.org](http://www.careflightchallenge.org)