



# CareFlight TERRITORY CHALLENGE

## COUCH TO CROSSFIT

No matter where you are at right now in your fitness journey, this program will help you improve your health, happiness and performance. How far can you go to save lives in the Territory? Our aim is to start right where you are now and increase, slowly and steadily your fitness and how far you can go each week, one step at a time!

**CFA**  
CROSSFIT ABODE







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## OVERVIEW

This program has Three Levels, you choose which one to follow!

**Beginner:** This level is for those that do little to no purposeful exercise at the moment, our aim here is to simply get up and move!

**Intermediate:** This level is for anyone who trains 3-5 days a week, doing moderate intensity exercise like, swimming, running or going to the gym and doing some moderate weight training.

**Advanced:** For those that are currently training high intensity, playing sport and doing a mixture of weight training and cardio.

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## OVERVIEW

Each week will have some tips and demonstrations on all of the movements as well as different scaling options, so ANYONE can do it.

The program is designed to be completed without any equipment to make it accessible for anyone.

Measure and record all of your results, so you can see how far you have gone to save lives in the Territory and see your fitness grow!

If you have any questions throughout the program, please don't hesitate to contact [cobi@crossfitabode.com](mailto:cobi@crossfitabode.com)

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May 2-8



# CareFlight TERRITORY CHALLENGE

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## WEEK 1 - BEGINNER

Monday- 'Test' How far can you go in 20 minutes? You can walk, run, ride, swim. Measure and record your result as we will re-test this at the end of the program.

Wednesday- Complete as many rounds as you can in 12 minutes of:  
5 Push-Ups - 7 Sit-Ups - 9 Squats

Friday- 3 Rounds of: 10 Burpees - 200m Run/Jog/Walk - 30 Second Plank Hold

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## WEEK 1 - INTERMEDIATE

Monday- 'Test' How far can you go in 20 minutes? You can walk, run, ride, swim. Measure and record your result as we will re-test this at the end of the program.

Tuesday- Complete as many rounds as possible in 15 minutes of: 5 Push-Ups - 10 Sit-Ups - 15 Squats

Thursday- 5 Rounds: Lunge Walk 20m - 20 V-Ups - 20 Second Handstand Hold - Rest 1 Minute

Friday- 4 rounds of: 10 Burpees - Run 300m - 60 Second Plank Hold

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May 2-8



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## WEEK 1 - ADVANCED

Monday- 'Test' How far can you go in 20 minutes? You can walk, run, ride, swim. Measure and record your result as we will re-test this at the end of the program.

Tuesday- Complete as many rounds as possible in 20 minutes of: 5 Push-Ups - 10 Sit-Ups - 15 Squats

Wednesday- As fast as you can, rest 2 minutes between, Run; 800m - 400m - 400m - 200m - 200m - 200m. Record each time.

Thursday- 5 Rounds: Lunge Walk 20m - 20 V-Ups - 10 Second Handstand Push-Ups - Rest 1 Minute

Friday- 4 rounds of: 15 Burpees - Run 400m - 60 Second Hollow Rocks

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## CONTINUE THE JOURNEY!

You have now started going further and helping save lives of Territorians in the process. Now continue your journey and maybe save your own life or that of your friends and family by getting them involved in your fitness journey too! We can help you at CrossFit Abode - Darwin and CrossFit Abode South - Yarrawonga, come in for a free week and we can show you how, like this program, we can start you slow and build your health, happiness and performance.  
[www.crossfitabode.com](http://www.crossfitabode.com)

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