

CareFlight

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>

