

CareFlight

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>



Program created by CrossFit Darwin
Visit www.crossfitdarwin.com to find out more.
www.careflightchallenge.org