

4 x 4 Interval Workout 2019 & 2020 Version Second Page

**Check with your physician before beginning an exercise program*

This interval class, popular in the fitness centre was requested by some of our members to try at home. Designed Pre-COVID-19 there is a fair amount of high impact. For a new version with different exercises check the second page where the workout is designed for a small space and no impact. We like this order of exercises as it helps to keep your heart rate up throughout. After you are warmed up, try 40-45 seconds work/15-20 seconds rest to transition to the next exercise. Perform blocks 1 through 4, then repeat.

BLOCK #1

Cardio	Side shuffle touch
Upper Body	shoulder. Option superman position and small weights shoulder raise
Lower Body	Walking lunges with weights
Core	Pike Glider both feet on glider/towel

BLOCK #2

Cardio	Travel long jump /option plyometric jump on spot
Upper Body	Bicep Hammer Curls standing on 1 leg
Lower Body	Wide goblet squat or squat over head reach with 1 weight held at chest
Core	Bear hold, knees almost on ground, alt move add alt foot tap

BLOCK #3

Cardio	Star Burpee
Upper Body	Bent over Row, double arms with weights
Lower Body	Alt rear lunges, touch floor with both hands by feet/option hold weights without touching to the ground
Core	Lying on a mat, alternating straight leg raises with alternating arms with weights, dead bug style

BLOCK #4

Cardio	High knees or skipping rope
Upper Body	Overhead triceps extension with weights
Lower Body	Single leg dead lift holding weights, 6 reps on each side, repeat 6 more each side
Core	Sit up with twist or pullover with weight, alternating bicycle legs

Stretch all muscles, both upper body and lower body, after this workout!

4 x 4 Home Interval Workout

**Check with your physician before beginning an exercise program*

This interval workout consists of a circuit of 1 cardio exercise, 1 upper body exercise, 1 lower body exercise, and 1 core exercise. After you are warmed up, do 45 seconds work followed by 15 seconds of rest while you transition to the next exercise. Perform block #1, then repeat that block again before moving to the next block #2. Each block of 4 exercises will be repeated twice. Increase or decrease weight to adjust intensity.

BLOCK #1

Cardio	Jogging or marching on the spot
Upper Body	Alternating overhead shoulder presses with hand weights
Lower Body	Squat holding a weight in each hand. Touch weights to the floor
Core	Laying on back with both legs straight up in air, reach up and touch your toes for a single crunch, followed by lowering both legs towards the floor, when both legs are raised back up, repeat (single leg option if too difficult or bothers back)

BLOCK #2

Cardio	Skaters or step touches (side to side on the spot)
Upper Body	Double bicep curls with weights. Make a "W" shape with your arms by touching your elbows to your waist and bringing hands up towards shoulders
Lower Body	Deadlift holding weights in each hand
Core	One reverse curl, pause putting head down, one sit up, repeat

BLOCK #3

Cardio	Alternate high knees up either high or low impact
Upper Body	Laying on back on floor with feet on floor and knees bent. Holding a weight in each hand, do one pec flye followed by one pullover holding both weights together. Continue alternating flye and pullover.
Lower Body	Alternating reverse lunges holding a weight in each hand
Core	Laying on the floor on your side (glute not hip) with one elbow on the floor bring both legs in towards the chest, extend legs back out straight and lift both legs up as high as possible.

