

# THE SIX WEEK FITNESS CHALLENGE

## ♂ MALE ADVANCED

This programme is designed for individuals who have reasonable level of fitness and have been conducting regular physical training for at least 3 months.

### Before You Start

The programme will help increase your physical fitness so you are better prepared for the challenge of initial training.

Please ensure that you warm up and cool down thoroughly to help avoid potential injuries. You are also advised to check with your doctor that you are medically ready to undertake this programme.

### The Workouts

- » Each day of the week has a colour which indicates which workout to complete.
- » Where there are two workouts in one day, try and complete one in the morning and the other later in the day if time permits.
- » Running is best completed on a flat sports field. Treadmills can be used but limit this to once a week and not for timed 2.4km runs.
- » We recommend you seek professional advice as to the type of running shoe to wear, as some shoe types will cause you injuries. Advice can be sought from specific sport shoe retailers.
- » Each exercise has the number repetitions (reps) first, followed by the number of sets. You should have between 1-2 minutes rest between each set.
- » Press Ups: If you are struggling to do the prescribed number, place your hands on a higher object, like a desk, and complete the set.

|                    | WEEK 1                                    |   |   |   |   |   |   | WEEK 2                                    |   |   |   |   |   |   | WEEK 3                                    |   |   |   |   |   |   | WEEK 4                                    |   |   |   |   |   |   | WEEK 5                                    |   |   |   |   |   |   | WEEK 6                                    |   |   |   |   |   |   |
|--------------------|-------------------------------------------|---|---|---|---|---|---|-------------------------------------------|---|---|---|---|---|---|-------------------------------------------|---|---|---|---|---|---|-------------------------------------------|---|---|---|---|---|---|-------------------------------------------|---|---|---|---|---|---|-------------------------------------------|---|---|---|---|---|---|
| WORK OUT DAY       | M                                         | T | W | T | F | S | S | M                                         | T | W | T | F | S | S | M                                         | T | W | T | F | S | S | M                                         | T | W | T | F | S | S | M                                         | T | W | T | F | S | S | M                                         | T | W | T | F | S | S |
| <b>RUN</b>         | Run at a comfortable pace for 20 minutes. |   |   |   |   |   |   | Run at a comfortable pace for 25 minutes. |   |   |   |   |   |   | Run at a comfortable pace for 25 minutes. |   |   |   |   |   |   | Run at a comfortable pace for 30 minutes. |   |   |   |   |   |   | Run at a comfortable pace for 40 minutes. |   |   |   |   |   |   | Run at a comfortable pace for 30 minutes. |   |   |   |   |   |   |
|                    | Run at a comfortable pace for 30 minutes. |   |   |   |   |   |   | Run at a comfortable pace for 40 minutes. |   |   |   |   |   |   | Run 2.4kms in 11:30 minutes.              |   |   |   |   |   |   | Run 2.4kms in 11 minutes.                 |   |   |   |   |   |   | Run 2.4kms in 10:30 minutes.              |   |   |   |   |   |   | Run at a comfortable pace for 20 minutes. |   |   |   |   |   |   |
|                    |                                           |   |   |   |   |   |   |                                           |   |   |   |   |   |   |                                           |   |   |   |   |   |   |                                           |   |   |   |   |   |   |                                           |   |   |   |   |   |   | Run 2.4kms in 10 minutes.                 |   |   |   |   |   |   |
| <b>PRESS UPS</b>   | 10-15 x 3 sets                            |   |   |   |   |   |   | 15-20 x 3 sets                            |   |   |   |   |   |   | 20 x 3 sets                               |   |   |   |   |   |   | 25 x 3 sets                               |   |   |   |   |   |   | 25 x 3 sets                               |   |   |   |   |   |   | 30+ x 1 set                               |   |   |   |   |   |   |
| <b>CURL UPS</b>    | 10-15 x 3 sets                            |   |   |   |   |   |   | 15-20 x 3 sets                            |   |   |   |   |   |   | 20 x 3 sets                               |   |   |   |   |   |   | 25 x 3 sets                               |   |   |   |   |   |   | 25 x 3 sets                               |   |   |   |   |   |   | 30 x 2 sets                               |   |   |   |   |   |   |
| <b>HALF SQUATS</b> | 15-20 x 3 sets                            |   |   |   |   |   |   | 15-20 x 3 sets                            |   |   |   |   |   |   | 25 x 3 sets                               |   |   |   |   |   |   | 25 x 3 sets                               |   |   |   |   |   |   | 30 x 3 sets                               |   |   |   |   |   |   | 30 x 2 sets                               |   |   |   |   |   |   |
| <b>BACK ARCHES</b> | 10-15 x 3 sets                            |   |   |   |   |   |   | 15-20 x 3 sets                            |   |   |   |   |   |   | 20 x 3 sets                               |   |   |   |   |   |   | 20 x 3 sets                               |   |   |   |   |   |   | 20 x 3 sets                               |   |   |   |   |   |   | 20 x 3 sets                               |   |   |   |   |   |   |
| <b>PULL UPS</b>    | Attempt 2 x 2 sets                        |   |   |   |   |   |   | Attempt 2 x 3 sets                        |   |   |   |   |   |   | Attempt 4 x 2 sets                        |   |   |   |   |   |   | Attempt 4 x 2 sets                        |   |   |   |   |   |   | Attempt 5 x 3 sets                        |   |   |   |   |   |   | Attempt 6+ x 1 set                        |   |   |   |   |   |   |

Please visit [www.defencecareers.mil.nz](http://www.defencecareers.mil.nz) to view more information and videos of these exercises.