

WEEKLY SCHEDULE WEEK 4

MONDAY

Lower Body + easy cardio
(can be done seperately or in
the same session)

TUESDAY

Upper body strength
Upper + core focused

WEDNESDAY

Pyramid Intervals
Short hard efforts + recovery

THURSDAY

Active rest day
Light movement + recovery

FRIDAY

Optional full body strength
Strength or active rest

SATURDAY

Easy cardio
Incline walk + easy bike

DAILY NON NEGOTIABLES

- 7-10k steps
- 2L+ water
- Protein with meals
- Journal / check in
- Improve 1 thing in training

SUNDAY

Recovery Day
Rest + reset

WEEK 4 FOCUS

This week is all about finishing strong and owning your progress.

- Push yourself with confidence, whether that's holding your pace on the bike or controlling heavier weights
- Focus on combining strength and endurance...notice how far your body has come in just 4 weeks
- Celebrate your consistency and the small wins that got you here

You've built the foundation... now enjoy the results of your hard work!

RPE SCALE

What is RPE?

RPE stands for Rate of Perceived Exertion.

It's a scale from 1 to 10 that helps you understand how hard your body feels it's working – during a walk, a workout, or a run.

It's about how challenging the exercise feels: your breathing, muscle effort, and energy level all factor in.

RPE SCALE	RATE OF PERCEIVED EXERTION
10 /	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
9 /	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
7-8 /	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence
4-6 /	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
2-3 /	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation
1 /	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc

Lower body

Progression Goal

This is your final lower body session of the challenge — focus on moving with confidence and using the best form you can.

Warm up (bodyweight)

Exercises	Sets	Reps
Reverse lunge	1	15 each leg
Glute bridge	1	15
Body weight squat	1	15

Main workout

Exercises	Sets	Reps	Rest between sets
Single leg press Glute focus: feet higher on platform	3	10	2 minutes
Superset: reverse lunges Bodyweight→ weighted	3	10 each leg → 10 each leg	2 minutes
Single leg hip thrusts	3	8-10 each leg	2 minutes
RDL's	4	10	2 minutes

Easy cardio

QUICK REMINDER

This session should feel easy and sustainable. You should still be able to hold a conversation throughout.

Pick one option:

Option	Time	Effort
Bike	40 mins	Easy
Incline walk	40 mins	Easy
Combo	20 mins each	Easy

COACH TIP

- Romanticise it a little — put on a good series, your favourite playlist, or a podcast and enjoy the session.

YOUR GOAL FOR TODAY

- Build your fitness
- Get your body moving
- Support recovery
- Add to your daily steps

Upper strength

Progression Goal

This is your final lower body session of the challenge — focus on moving with confidence and using the best form you can.

Exercises	muscles worked	Sets	Reps	Rest between sets
Incline chest press	Chest	3	10	1 minute
Shoulder press	Shoulders	3	10	1 minutes
Lat pull downs	Back	3	10	1 minutes
Superset: Tricep pulldowns Cable pullovers	Triceps Back	3	8 of each	1 minutes
Hammer curls	Biceps	3	10	1 minutes

CORE

Exercises	Sets	Time	Rest between sets
Bicycle crunches	4	50 secs	30 secs-1 min
Russian twists	4	50 secs	30 secs-1 min
Seated flutter kicks	4	50 secs	30 secs-1 min

Pyramid intervals

Goal: Build strength and stamina by gradually increasing then decreasing effort. Push hard on longer intervals, recover fully on the shorter ones

Total time 28-38 mins

Section	Time	Effort
Warm-Up	5-10 mins	Easy
Round 1	1 mins/1 min	Hard/Easy
Round 2	2 mins/2 mins	Hard/Easy
Round 3	3 mins/3 mins	Hard/Easy
Round 4	2 mins/2 mins	Hard/Easy
Round 5	1 min/1 min	Hard/Easy
Cool down	5-10 mins	Easy

Hard = 9/10 effort

Easy = 2-3/10 effort

Tips:

- Keep your posture strong and avoid tensing up.
- Your hard intervals should feel tough, but still doable.
- Don't rush the recovery, use it properly so you can push again.
- Adjust your machine settings to match the effort, not the other way around.
- If you need a little extra recovery, take it — quality over chaos.

Cardio Intervals

Goal: Focus on explosive effort and letting your body fully reset between efforts to improve anaerobic capacity and fast-twitch strength.

Total time 44 mins

Section	Time	Effort
Warm-Up	10 mins	Easy
Main set	8 rounds: 2 mins/1 min	Hard/moderate
Cool down	10 mins	Easy

Hard = 7-8/10 effort

Moderate = 4-6/10

Easy = 2-3/10 effort

Full body strength

COACHES NOTES

These supersets are paired to make your workout flow smoothly, so aim to complete them back to back using the same equipment where possible.

Exercises	Muscle group	Sets	Reps	Rest between sets
Superset: <ul style="list-style-type: none"> • Barbell front squat • Barbell shoulder press 	<ul style="list-style-type: none"> • Legs • Shoulders 	4	10 of each	1-2 minutes
Superset: <ul style="list-style-type: none"> • Cable pullover • Tricep pulldowns 	<ul style="list-style-type: none"> • Back • Triceps 	4	10 of each	1-2 minutes
Superset: <ul style="list-style-type: none"> • RDL • Bent over row 	<ul style="list-style-type: none"> • Back • Legs 	4	10 of each	1-2 minute

Core

Exercises	Sets	Time	Rest
Russian twists (Weighted)	3	40 secs	30 sec - 1 min
Weighted situps	3	40 secs	30 sec - 1 min
High plank with shoulder taps	3	20 secs	30 sec - 1 min

Mobility

Excercise	Reps/time	How to do it
Neck rolls	5 each direction	Slowly roll your head in a circle, keeping shoulders relaxed.
Shoulder Circles	10 forward / 10 back	Circle your shoulders gently, focusing on smooth movement.
Arm swings	10 forward / 10 back	Swing arms gently across your body and then behind you.
Cat-Cow Stretch	8-10 reps	On hands & knees, arch your back (cat) then drop your torso & lift chest (cow).
Thread the needle	5 each side	On hands & knees, slide one arm under the opposite arm and reach as far as comfortable.
Hip Circles	5 each direction	Stand tall, make big circles with your hips slowly.
Ankle circles	5 each direction	Lift one foot off the ground, rotate ankle slowly, then switch sides.
Standing Hamstring Stretch	20-30 sec each leg	Step one foot forward, hinge at the hips, keep back straight, reach toward toes.
Quad stretch	20-30 sec each leg	Standing, bend one knee, grab your ankle, pull heel toward glutes gently.