

WEEKLY SCHEDULE WEEK 4

MONDAY

Lower Body Strength

Glutes, Quads + Hamstrings

TUESDAY

Cardio intervals

Short hard efforts + recovery

WEDNESDAY

Upper body strength

Upper + core focused

THURSDAY

Active rest day

Light movement + recovery

FRIDAY

Easy cardio

Incline walk + easy bike

SATURDAY

Optional full body strength

Strength or active rest

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 |
|---------------------------|------|---------------|-------------------|
| Bulgarian split squats | 3 | 8-10 each leg | 2-3 minutes |
| Single leg press | 3 | 10 each leg | 2-3 minutes |
| RDL | 3 | 10-12 | 2-3 minutes |
| Hip thrusts/ glute bridge | 3 | 10-12 | 2-3 minutes |

Optional finisher:

- 15 mins easy bike or 15 mins incline walk

Cardio intervals

The final push ride: You've built up to this — focus on staying strong and controlled through every round.

Goal: Improve cardiovascular fitness and running efficiency through short bursts of effort with built-in recovery.

Total time 28-38 mins

| Section | Time | Effort |
|-----------|-----------------------|-----------|
| Warm-Up | 10 mins | Easy |
| Main set | 6 round: 2 mins/1 min | Hard/Easy |
| Cool down | 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.

Upper strength

PROGRESSION GOAL

Try to use slightly more weight this week or complete the top end of the rep range with strong form.

| Exercises | muscles worked | Sets | Reps | Rest between sets |
|------------------|----------------|------|-------|-------------------|
| Chest press | Chest | 4 | 10-12 | 1 minute |
| Shoulder press | Shoulders | 4 | 10-12 | 1 minute |
| Lat pull downs | Back | 4 | 10-12 | 1-2 minutes |
| Tricep pulldowns | Triceps | 4 | 12 | 1-2 minutes |
| Bicep curls | Biceps | 4 | 12 | 1-2 minutes |

CORE

| Exercises | Sets | Time | Rest between sets |
|----------------------|------|---------|-------------------|
| Bicycle crunches | 3 | 50 secs | 1-2 minutes |
| Russian twists | 3 | 50 secs | 1-2 minutes |
| Seated flutter kicks | 3 | 50 secs | 1-2 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 | 45 mins | Easy |
| Incline walk | 45 mins | Easy |
| Combo | 20-25 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

Full body strength

PROGRESSION GOAL

Try to use slightly more weight this week or complete the top end of the rep range with strong form.

| Exercises | Muscle group | Sets | Reps | Rest between sets |
|---------------------------|--------------|------|---------------|-------------------|
| Single leg press | • Legs | 3 | 8-10 each leg | 1-2 minutes |
| RDLS'S | • Legs | 3 | 12 | 1-2 minutes |
| Glute Bridge / Hip Thrust | • legs | 3 | 12 | 1-2 minutes |
| Lat pulldowns | • Back | 4 | 12 | 1-2 minutes |
| Dumbbell shoulder press | • Shoulders | 4 | 10-12 | 1-2 minute |

Core

| Exercises | Sets | Time | Rest |
|-------------------------------|------|---------|----------------|
| Russian twists (Weighted) | 3 | 45 secs | 30 sec - 1 min |
| Weighted situps | 3 | 45 secs | 30 sec - 1 min |
| High plank with shoulder taps | 3 | 30 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. |