

Peak Zone: Day 2 – Interval Training

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46 min · Abs, Arms, Back, Cardio, Legs, Shoulders

With workout number 2 of 3, we're going to have an interval. But not one of those intervals where you can rest, no way! This workout is purely interval training!

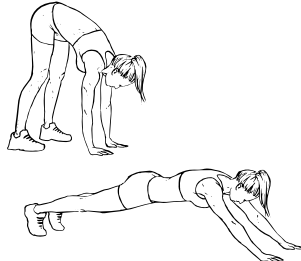
Cardio – Running



6 min

Spend 2 minutes building up your pace, and then sprint for 10 seconds at the end of every minute.

Inchworms

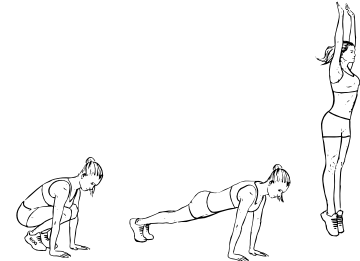


1:30
rest

3 sets 10 reps 30 sec rest

Work on these, they will get better every week. Patience is a virtue.

Burpees



0:45
rest

20 reps

Complete these as fast as you can with minimal rest!

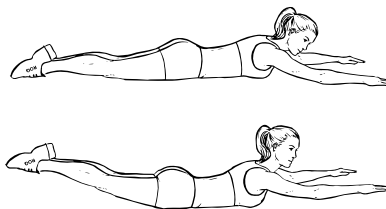
Cardio – Stationary Bike



6 min

Spend the first 2 minutes building up your pace. Then gradually increase that pace every 30 seconds until the end!

Supermans

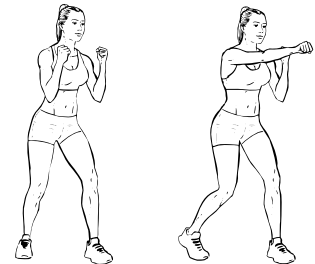


1:30
rest

3 sets 10 reps 30 sec rest

Flex that lower back and catch your breath. You're about to jump into the ring.

Shadow Boxing

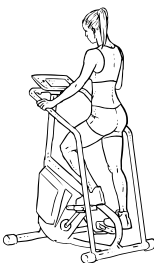


0:45
rest

2 sets 60 secs 15 sec rest

Hit 2 x 1-minute rounds! Throw some left-right combos!

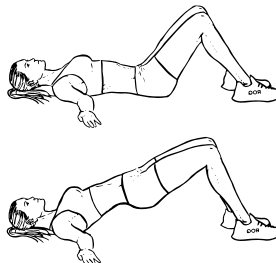
Cardio – Stairmaster



6 min

A small interval here, find your 'working' pace (slightly heavy breathing) and stick with it for 6 minutes.

Hip Raises

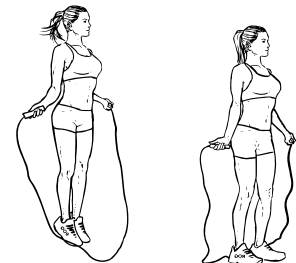


1:30
rest

3 sets 16 reps 30 sec rest

Our last 'low-intensity' exercise before the big final push!

Jump rope



0:45
rest

300 secs

This is 5-minutes of pure skipping! Get as many as you can, with minimal rest, in 5 minutes.



Cardio - Running / Jogging / Treadmill

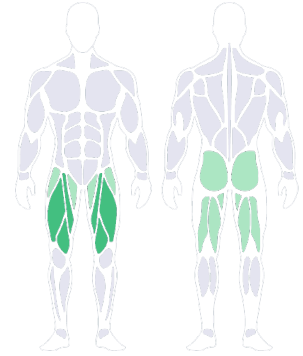
Primary muscle group(s):

Quadriceps

Secondary:

Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.



Inchworms / Walkouts

Primary muscle group(s):

Abs, Glutes & Hip Flexors, Lower Back

Secondary:

Biceps, Calves, Chest, Forearms, Shoulders

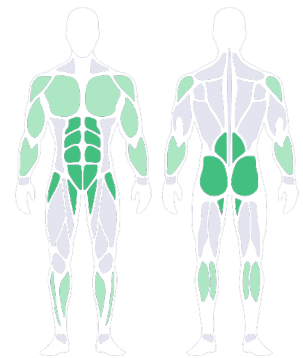
Stand tall with your legs extended straight.

Bend over from the hips and touch the floor with your palms flat on the floor.

Keep your legs straight as you walk your hands as far forward as you can. Don't let your hips sag.

Take small steps and walk your feet to your hands.

Continue for the desired amount of repetitions and then straighten up to the starting position.



Burpees / Squat Thrusts

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

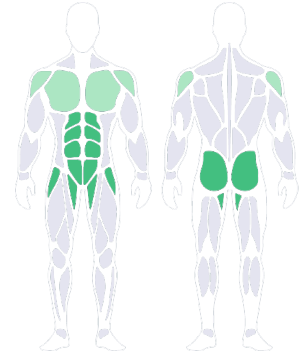
Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.



Cardio - Stationary Bike / Spinning

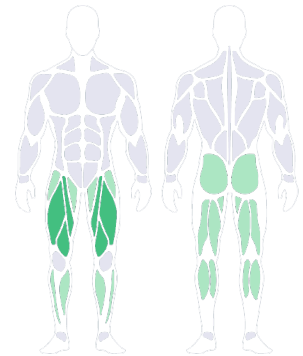
Primary muscle group(s):

Quadriceps

Secondary:

Calves, Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.



Supermans / Extended Arms & Legs Lifts

Primary muscle group(s):

Lower Back

Secondary:

Abs

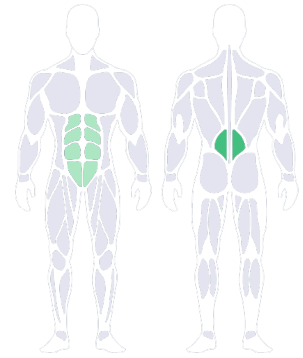
Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.

Lift your chest, arms and legs off the floor by arching your back. Only the tops of your quads and your lower abdomen should be in contact with the floor.

Hold for a count of 2 while squeezing your abdominals and obliques.

Return to the starting position for a count of one, then repeat.

⚠ This exercise can be done using one arm and it's opposite leg at a time. For example, right arm and left leg raised while your left arm and right leg remain on the floor. This method of execution allows you to use the free hand to push down on the floor to lift your chest higher from the ground.



Shadow Boxing

Primary muscle group(s):

Abs, Biceps, Shoulders, Triceps

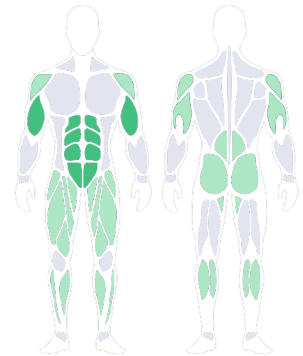
Secondary:

Calves, Glutes & Hip Flexors, Lower Back, Quadriceps, Shoulders, Triceps

Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb.

Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.

Follow up the left jab with a right cross. Twist your foot and drive your right hip forward as you throw a straight punch with your back right hand. Alternate these two punches. Switch sides when finished with the prescribed repetitions.



Cardio - Stairmaster / Stairmill

Primary muscle group(s):

Hamstrings, Quadriceps

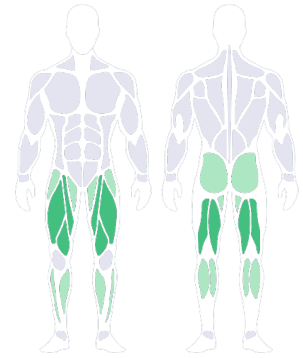
Secondary:

Calves, Glutes & Hip Flexors

Position yourself on a Stairmaster so that your core is braced and your back is flat. Keep your chest up along with your gaze. Set the Stairmaster to the appropriate program and begin.

Lift one leg up after another, focusing on the quadricep muscle (front of the thigh) pushing your body weight up.

Move at a slow pace while maintaining good form. Refrain from hunching over or placing all of your weight on the side bars.



Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

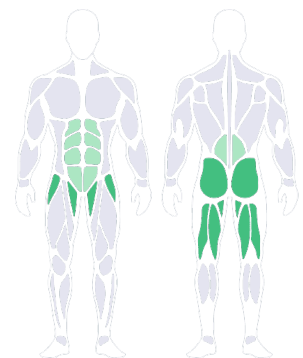
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through your heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



Rope Jumping / Jump rope / Skipping

Primary muscle group(s):

Calves, Glutes & Hip Flexors

Secondary:

Abs, Hamstrings, Quadriceps

Hold one rope end in each hand out to your sides with the middle of the rope behind you.

Keep the rope ends even with your hips.

Rotate your wrists to swing the rope up over your head.

As the rope swings down in front of and towards you, jump over the rope with both feet.

Continue rotating your wrists to swing the rope behind you, back up over your head to repeat.

📌 You can vary the speed, use one leg, alternating legs and even the direction you swing the rope in to increase your stamina and coordination.

