

## The Innate Physical Fitness Plan - Level 3 Exercises

### Aerobic Endurance

#### Walk/Run

Complete as follows: Walk briskly or jog for 4 miles (6.4 km) or 30 minutes (whichever comes first). If 4 miles (6.4 km) complete before 30 minutes record time.

### Aerobic Power

#### Intervals

Complete a distance of 2800 meters in any set of intervals desired. Recommended plan: 2 x 800 m AFAP, followed by 3 minutes of active recovery; 2 x 400 m AFAP, followed by 2 minutes of active recovery; 2 x 200 m AFAP, followed by 90 seconds of active recovery TOTAL TIME = 25.5 minutes

### Resistance Training

#### Bicep Curl

(Use resistance band or light dumbbell) 1 set x 20 reps (or less if to failure), rest 30 seconds; 1 set x 20 reps (or less if to failure), rest 30 seconds; if first 2 sets completed - third set of 20 reps.

#### Back Muscles

(Use resistance band anchored to door and perform rowing motion (seated) or light dumbbell (standing)) 1 set x 20 reps (or less if to failure), rest 30 seconds; 1 set x 20 reps (or less if to failure), rest 30 seconds; if first 2 sets completed - third set of 20 reps.

#### Pushups

1 set x 20 reps (or less if to failure), rest 30 seconds; 1 set x 20 reps (or less if to failure), rest 30 seconds; if first 2 sets completed - third set of 20 reps.

#### Plank

1 set of holding for 45 seconds (or to failure if sooner). Rest 30 seconds. Second set of holding for 45 seconds (or to failure if sooner). Rest 30 seconds. If completed first two sets of 45 seconds, perform third set of 45 seconds (or failure if sooner).

#### Squats

1 set x 35 reps (or less if to failure), rest 30 seconds; 1 set x 35 reps (or less if to failure), rest 30 seconds; if first 2 sets completed - third set of 35 reps.

#### Shoulder Press

(Use resistance band or light dumbbell) 1 set x 20 reps (or less if to failure), rest 30 seconds; 1 set x 20 reps (or less if to failure), rest 30 seconds; if first 2 sets completed - third set of 20 reps.