

## The Innate Physical Fitness Plan - Level 4 Exercises

### Aerobic Endurance

#### Walk/Run

Complete as follows: Walk briskly or jog for 5 miles (8.0 km) or 40 minutes (whichever comes first). If 5 miles (8.0 km) complete before 40 minutes record time.

### Aerobic Power

#### Intervals

Complete a distance of 3200 meters in any set of intervals desired. Recommended plan (goal times in brackets): 2 x 800 m AFAP (3:00), followed by active recovery of same amount of time taken to complete distance (1:1); 2 x 400 m AFAP (1:20), followed by active recovery of twice as much time taken to complete distance (1:2); 2 x 200 m AFAP (0:30), followed by active recovery of four times as much time taken to complete distance (1:4); 2 x 100 m AFAP (0:15), followed by active recovery of ten times as much time taken to complete distance (1:10); 4 x 50 m AFAP (0:08), followed by active recovery of ten times as much time taken to complete distance (1:10)  
TOTAL TIME = 37 minutes (approximately)

### Resistance Training

#### Bicep Curl

1 set x 25 reps (or less if to failure), rest 30 seconds; 1 set x 25 reps (or less if to failure), rest 30 seconds, if first two sets completed - third set of 25 reps

#### Back Muscles

1 set x 25 reps (or less if to failure), rest 30 seconds; 1 set x 25 reps (or less if to failure), rest 30 seconds, if first two sets completed - third set of 25 reps.

#### Pushups

1 set x 25 reps (or less if to failure), rest 30 seconds; 1 set x 25 reps (or less if to failure), rest 30 seconds, if first two sets completed - third set of 25 reps.

#### Plank

1 set of holding for 60 seconds (or to failure if sooner), rest 30 seconds; Second set of holding for 60 seconds (or to failure if sooner). Rest 30 seconds. If first two sets of 60 seconds completed, perform third set of 60 seconds (or to failure if sooner).

#### Squats

1 set x 40 reps (or less if to failure), rest 30 seconds; 1 set x 40 reps (or less if to failure), rest 30 seconds, if first two sets completed - third set of 40 reps.

#### Shoulder Press

1 set x 25 reps (or less if to failure), rest 30 seconds; 1 set x 25 reps (or less if to failure), rest 30 seconds, if first two sets completed - third set of 25 reps.