









## Remote Working Workouts

**Training Guidelines:** Below are a number of conditioning workouts that vary in length and difficulty provided by the NZ Navy Fleet Gymnasium for personnel working remotely over the lockdown PD or unable to get to the gym.

Ensure that a good warmup is conducted prior to your workout, keep your fluids up and listen to your body. Adjust any workout to your own ability and enjoy the workout.

For more information or guidance, contact your local Physical Training Instructor.

Workout	Description								
 <p><b>'CORE DESCENT'</b></p> <p><b>50 - 40 - 30 - 20 - 10 Reps of:</b></p> <p>Kick Sits Plank Jacks Ankle Taps Prone Bridge (seconds)</p>	<p>***Kick Sits: **Starting in the 'front support' or 'push up' position, shift your weight onto your left hand (right hand comes off the ground as your left leg shoots under the body and extends out to the right (hip brushes the ground). Then transfer the weight onto the opposite side and repeat with the right leg shooting out to the left... Recommend searching on You Tube if you haven't seen this exercise before. *</p> <p>*<b>Plank Jacks:</b> Starting in a 'plank' or 'prone bridge' position with heels close together, drive the feet apart (approx. 1m) and return to the start position (try to keep your hips low throughout the movement). *</p>								
 <p><b>'TABATA TUESDAY'</b></p> <p><b>Work 20sec, Rest 10sec</b></p> <p>Lunges Plank Ups Elbow to Knee Crunches Glute Raises Dips Sit Ups</p> <p><b>Rep Options: 100 / 80 / 60</b></p>	<p>Hit the exercises hard knowing that you'll have plenty of rest as you chip away at the reps. Keep count as you go and once you hit your target reps (100, 80 or 60), move onto the next exercise...</p> <p>***Plank Ups: *Maintaining a 'plank' or 'prone bridge', move from the elbows to the hands (one at a time) and return back to the elbows.</p> <p>***Elbow to Knee Crunches: **Change sides after each Tabata set, you can either count one on each side as a rep, or every rep counts. *</p>								
 <p><b>'NOVEMBER RAIN'</b></p> <p><b>Every 2mins for 14mins (each):</b></p> <table border="0"> <tr> <td><b>A.</b></td> <td><b>B.</b></td> </tr> <tr> <td>20 x Mt Climbs</td> <td>20 x Alt V-Ups</td> </tr> <tr> <td>15 x Squats</td> <td>15 x Push Ups</td> </tr> <tr> <td>10 x Burpees</td> <td>10 x Half Burpees</td> </tr> </table> <p><b>2min rest between A and B</b></p>	<b>A.</b>	<b>B.</b>	20 x Mt Climbs	20 x Alt V-Ups	15 x Squats	15 x Push Ups	10 x Burpees	10 x Half Burpees	<p>The quicker you can get the work done, the more rest you'll get between sets... 🔥</p> <p>Set your EMOM timer for 15 sets of 2mins (seven sets on each group of exercises with a 2min rest between).</p> <p>On 'go!', complete 'A' exercises as quickly as possible, then rest... When the 2mins rolls over, repeat... Continue for seven sets, then move onto 'B' (after the rest).</p> <p><b>Option:</b> *Decrease the rep ranges on the exercises if required, you should be getting around 30 - 45secs rest between sets. *</p> <p>***Alt V-Ups: **Lying out flat on your back, bring one foot (keeping the leg straight) and the opposite hand up to meet each other before returning to the start position and repeating on the other sides. *</p>
<b>A.</b>	<b>B.</b>								
20 x Mt Climbs	20 x Alt V-Ups								
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 <p><b>'10!'</b></p> <p><b>10 down to 1 reps of:</b></p> <p>Squat Jumps Pike Push Ups Lying Leg Raises Burpees</p> <p><b>Option: Work back up to 10</b></p>	<p>Working in low reps today, but they'll add up... 10 down to 1 = 55 reps of each exercise.</p> <p>If you feel like you've still got more to give, go for the extra option of working back up to 10 from 1 (optional 2min rest before working back up). 🔥</p> <p>***Pike Push Up: *Like a regular push up except your hips are hinged high (putting more tension on the shoulders).</p>								

Workout	Description								
<p style="text-align: center;">   <b>'AMRAP 30'</b>            80 x High Knee Steps            60sec Iron Chair *            40 x Ankle Taps            20 x Dips  <i>* 5 x Burpees every time you rest during the Iron Chair</i>  <b>Complete as many rounds as possible in 30mins</b> </p>	<p>Today's session is a bit of a grind and requires a bit of honesty... 🙄</p> <p><b>**Iron Chair:</b> ***Find a wall or suitable spot to support your weight and try to sit in the position with the upper legs parallel with the deck. If you find yourself creeping up to take the tension off, this is where the honesty comes in as you'll need to pause the time and get the 5 burpees done before finishing the minute... *</p> <p><b>***High Knee Steps:</b> **Jogging on the spot with exaggerated height in the stride - try to get your knees past your hip creases. Each step is one repetition. *</p>								
<div style="background-color: #003366; color: white; padding: 10px;"> <p style="text-align: center;">   <b>'BY NUMBERS'</b>  <b>'Death By' combos:</b> </p> <table style="width: 100%; border: none;"> <tr> <td style="text-align: center; width: 50%;"><b>A.</b></td> <td style="text-align: center; width: 50%;"><b>B.</b></td> </tr> <tr> <td style="text-align: center;">Squat Jump</td> <td style="text-align: center;">Burpee</td> </tr> <tr> <td style="text-align: center;">Push Up</td> <td style="text-align: center;">Squat</td> </tr> <tr> <td style="text-align: center;">Sit Up</td> <td></td> </tr> </table> <p style="text-align: center; margin-top: 10px;"> <b>Min 1 - 1 rep of each,            Min 2 - 2 reps of each... etc            Continue as high as you can go</b> </p> </div>	<b>A.</b>	<b>B.</b>	Squat Jump	Burpee	Push Up	Squat	Sit Up		<p>These workouts start REAL easy, but soon get REAL hard... Pace yourself in the early rounds, cause you'll need all the energy you can get once you get to the higher numbers!</p> <p><b>**CONDUCT: **</b></p> <p>Min 1 - 1 rep Squat Jump, Push Up and Sit Up.</p> <p>Min 2 - 2 reps of each</p> <p>Min 3 - 3 reps of each</p> <p>...Continue until you can no longer achieve the required amount of reps of each exercise within the minute.</p> <p>Rest 3mins, then start 'B' using the same format with Burpees and Squats (without the jump).</p>
<b>A.</b>	<b>B.</b>								
Squat Jump	Burpee								
Push Up	Squat								
Sit Up									
<p style="text-align: center;">   <b>'TOTAL RECALL'</b>  <b>5 x 3min AMRAPs</b>  <b>(1min rest between)</b> </p> <p style="text-align: center;">           6 x Push Ups            9 x Sit Ups            12 x Box Jumps / Step Ups  <b>Then, 3 - 5km Run / Walk</b> </p>	<p>Short and sharp AMRAP times today, so use the minute rest and try to maintain the same amount of rounds within the three minutes each time.</p>								
<p style="text-align: center;">   <b>'PAIRS RUN AND CHIP'</b> </p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <b>Run 400m</b>            100 x Squat Jumps            100 x Push Ups            100 x Z - Sits  <b>Run 400m</b>            80 x Squat Jumps            80 x Push Ups            80 x Z - Sits         </td> <td style="width: 50%; vertical-align: top;"> <b>Run 400m</b>            60 x Squat Jumps            60 x Push Ups            60 x Z - Sits  <b>Run 400m</b>            40 x Squat Jumps            40 x Push Ups            40 x Z - Sits         </td> </tr> </table> <p style="text-align: center; margin-top: 10px;"><b>Pairs - Work / Rest Chipper</b></p>	<b>Run 400m</b> 100 x Squat Jumps 100 x Push Ups 100 x Z - Sits <b>Run 400m</b> 80 x Squat Jumps 80 x Push Ups 80 x Z - Sits	<b>Run 400m</b> 60 x Squat Jumps 60 x Push Ups 60 x Z - Sits <b>Run 400m</b> 40 x Squat Jumps 40 x Push Ups 40 x Z - Sits	<p>Hit the run together, then split the reps on each exercise as you need between yourself and your partner.</p> <p><b>***Z - Sits:</b> **Start lying on your back with legs extended (heels off the ground) and arms by your sides. Tuck your legs into the body as your upper body leans forward meeting the knees (hands stay off the ground beside the body), then return to the starting position. *</p>						
<b>Run 400m</b> 100 x Squat Jumps 100 x Push Ups 100 x Z - Sits <b>Run 400m</b> 80 x Squat Jumps 80 x Push Ups 80 x Z - Sits	<b>Run 400m</b> 60 x Squat Jumps 60 x Push Ups 60 x Z - Sits <b>Run 400m</b> 40 x Squat Jumps 40 x Push Ups 40 x Z - Sits								



### 'REP PYRAMID'

**21 - 15 - 9 - 15 - 21 Reps of:**

Step Ups / Box Jumps

Push Ups

Sit Ups

*Run 400m after each round*

**For Time**



### 'TABATA TUESDAY'

Plank Ups

Squats

Reverse Crunches

Donkey Kicks

Extended V - Sits

Single Leg Walk Outs

**20sec On, 10sec Off (8min each couplet)**



### 'FIVE-YAY'

40 x Ankle Taps

30 x Squats

20 x Push Ups

10 x Tuck Jumps

200m Run / 1min Iron Chair

**5 Rounds**



### 'THREE LITTLE PIGS'

**Four Rounds of:**

10 x Plyo Lunges

10 x Leg Raises

10 x Burpees

**Then,**

20 x Dips

**Three Rounds of:**

20 x Squats

20 x Russian Twists

**Then,**

**Two Rounds of:**

40 x Mt Climbs

40 x Ankle Taps

40 sec Iron Chair



### 'DIE HARD'

**40min EMOM**

**Min 1:** 20-30 Plank Hip Dips

**Min 2:** 20-30 Lunges

**Min 3:** 20-30 Sit Ups

**Min 4:** 10-15 Burpees

**Min 5:** Rest

**(8 Rounds)**



### 'WOD HAVE I STARTED?'

100 x Burpees

90 x Squats

80 x Sit Ups

70 x Step Ups

60 x Dips

50 x Burpees

40 x Lunges

30 x Push Ups

20 x Ext V - Sits

10 x Burpees

**One Round for Morale**



### 'FRIDAY NIGHT FRIGHTS'

50 x Burpees

50 x Sit Ups

50 x Lunges

50 x Back Extensions

500m Run

**3 Rounds for a Good Workout**



### 'DIE HARD'

**40min EMOM**

**Min 1:** 20-30 Plank Hip Dips




**Min 2:** 20-30 Lunges

**Min 3:** 20-30 Sit Ups

**Min 4:** 10-15 Burpees

**Min 5:** Rest

**(8 Rounds)**

Workout	Description
<p style="text-align: center;">   <b>'21 - 15 - 9 SPRINTS'</b>            Squats  <b>A.</b> Push Ups            Bicycle Crunches            Lunges  <b>B.</b> Dips            Ankle Taps            Step Ups  <b>C.</b> Half Burpees            Sit Ups  <b>Starting every 7minuntes</b> </p>	<p>Three short and sharp workouts today that will keep the heart rate elevated long after you finish... 🌟</p> <p>Set the timer for 3 x 7min AMRAPs with no rest between each. Start the first 21-15-9 triplet on 'go', then race through it cause the quicker you get it done, the more rest you get before you start the second triplet at the 7:00min (if you don't think you'll get enough rest within the 7mins, extend the work time to 8-9mins).</p> <p><b>21-15-9:</b> Complete 21 reps of each exercise in the triplet, then 15 reps and a final round of 9s - this should be a sprint, so try to minimise any rest and time transitioning between exercises...</p>
<p style="text-align: center;">   <b>'TABATA TUESDAY'</b>  <b>Chipper: 40sec On, 20sec Off</b>            100 x Mt Climbs            100 x Plank Ups            100 x Glute Raises            100 x Russian Twists            100 x Split Jumps  <b>*Optional second round of 50 reps</b> </p>	<p>Stay on each exercise (working 40sec on, 20sec off) until you've completed 100 repetitions, then move to the next. Go for a second round of 50 reps if you've still got more left in the tank... 🌟</p> <p>Either do 'every rep counts' or 'one rep on each side equals a rep' on each of the unilateral exercises... Up to you</p>
<p style="text-align: center;">   <b>'YOU GO, I GO'</b>            10 x Push Ups            10 x Russian Twists            10 x Glute Raises            10 x Sit Ups            10 x Tuck Jumps  <b>24min AMRAP</b> </p>	<p><b>PAIRS</b> - Work / Rest format, i.e. one person does 10 x Push Ups, then the other does 10 x Russian Twists, the person who did the Push Ups then does 10 x Glute Raises, etc. continue to alternate exercises ('you go, I go') for the duration of the workout.</p> <p>Try to set yourself up for your next exercise while your partner's working to decrease transition time 😊</p> <p><b>INDIVIDUAL</b> - Add a 30sec rest after the Tuck Jumps, try to maintain the same work time (intensity) for each round.</p> <p><b>Russian Twists</b> - Seated on the ground, knees bent with heels either resting on the floor or slightly elevated. Touch both hands on the ground on one side of the body and then the other for one repetition (keep the core tight and lean back slightly to give yourself more room for the rotation).</p> <p><b>***Glute Raises</b> - ***Lying flat on your back with knees bent so the heels are close to the hips and feet flat on the ground. Drive the hips up to create a flat bridge between the chest and the knees, squeeze the glutes for one to two seconds at the top before returning to the starting position.</p>



## 'RED LIGHT, GREEN LIGHT'

1. Burpees
2. Sit Ups
3. Lunges
4. Get Ups

**30sec On, 30sec Off**  
6 Rounds

Complete six rounds of 30sec on, 30sec off on each exercise before moving to the next. Set your target in the first round on each exercise and try to maintain through the next five rounds, the 30sec rest provides good recovery but it should be a challenge 🔥

**Get Ups:** Start in a lying position on your back and move to your feet in any technique you prefer, before returning to the ground. \*A common method (for those with relatively good knees) is to rock onto the upper back and then back forward transferring the momentum to tuck the feet under the body and stand through a deep squat position... \*



## 'EMOM 30'

- 1 - Step Ups / Box Jumps
- 2 - Bicycle Crunchies
- 3 - Lunges
- 4 - Leg Raises
- 5 - Rest / Side Planks

'EMOM' is an acronym for Every Minute On the Minute... Today we've got a 30min EMOM of five exercises (meaning there's six rounds), with the final minute of each round being an option of resting or 'side planking'.

Usually there's repetition ranges given to each exercise as a target, but today you can set your own target 🎯

In the first round of each exercise maintain a steady and constant pace (around 70-80%) and work for 40-45 seconds. Count the amount of repetitions you do as this will be your target for the next five rounds (try to record the number in your 15-20 second rest before the next exercise).

With a bit of fatigue in the later rounds you might find your target quite hard but you do have the full minute to use, plus the fifth minute rest if you want it...

**Step Up / Box Jumps:** If you don't have anything to use for this, feel free to change the exercise to something like a half-burpee 😊

**Bicycle Crunchie:** \*\*\*Lying on your back with legs extended and fingers bracing the back of the head. Start by tucking one knee into the chest (the other leg remains extended) while the opposite elbow comes across the body to meet the knee. The legs extend in and out in a cyclic motion with the opposite elbow coming across to meet the knee each time. Aim to get full extension of each leg during this exercise as it's very easy to shorten the range of motion (making the exercise easier).

**Leg Raises:** \*\*\*Lying flat on your back with legs extended and arms either beside the body, or under the body supporting the lower back / glutes. Raise both legs until they reach approx. 90 degrees to the floor and lower back under control, try to keep heels off the ground at the bottom of the movement.



## 'TABATA TUESDAY'

Plank Ups  
Squats

Reverse Crunches  
Donkey Kicks

Extended V - Sits  
Single Leg Walk Outs

**20sec On, 10sec Off (8min each couplet)**






Alternate between the two exercises in each couplet for 8mins (8 sets on each) before moving onto the next couplet.

24mins total workout time 🌟

**Plank Ups:** AKA 'Plank Elbows to Hands'

**Single Leg Walkouts:** \*\*\*Option to include a push up at the bottom of the movement or walk the hands straight back to the feet...



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<p> <b>'PARTNER LADDERS'</b></p> <p><b>3 x 10min AMRAPs (2min rest between)</b></p> <ol style="list-style-type: none"> <li>Box Jumps Dips</li> <li>Push Ups Sit Ups</li> <li>Step Ups Half Burpees</li> </ol> <p><b>Work / Rest 2 - 4 - 6 - 8 - 10 - 12... etc Reps</b></p>	<p>With a work, rest ratio of 1:1 and starting with low reps, you can afford to push yourself hard and take on the rest while your partner does their reps... As the reps get higher, your rest will get longer 🤪</p> <p><b>***Example (AMRAP 1): ***</b></p> <p>*You do 2 x Box Jumps and 2 x Dips, then rest while your partner does their 2 of each. You then do 4 reps of the two exercises and rest while your partner does theirs, carry this format on for ten minutes (increasing the reps by 2 every round). *</p>
<p> <b>'HAPPY FEET'</b></p> <p>10 x 1m Bear Walks 15 x Squat Jumps 20 x Dips 25 x Bicycle Crunches</p> <p><b>25min AMRAP</b></p>	<p> <b>'REP PYRAMID'</b></p> <p><b>21 - 15 - 9 - 15 - 21 Reps of:</b></p> <p>Step Ups / Box Jumps Push Ups Sit Ups</p> <p><i>Run 400m after each round</i></p> <p><b>For Time</b></p>