

THE WEEK OF EXERCISE

WORKOUTS

FUN & GAMES

SPRINT & BURPEES

10 rounds of
20 sec sprint (on the spot - if no room)
5 burpees

TIC TAC TOE

MONDAY

BUNS & GUNS

10 rounds of
12 air squats
6 push ups

THE CHAIR DANCE

TUESDAY

INTERVALS

30 sec sit ups
30 sec jumping jacks
30 sec break
Repeat 5 times in total

THE DICES WILL DECIDE

WEDNESDAY

GOT BACK?!

5 rounds of
5 back extensions
15 glute bridges
15 good mornings

A DATE WITH YOUR COLLEAQUE

THURSDAY

CARDIO ATTACK

In 5 minutes do as many burpees as possible
with a partner
*Alternate every 5 burpees

ROCK, PAPER, SCICCORS!

FRIDAY

STEP IT UP

In 5 minutes completes as many rounds as possible of:
10 step ups (or 20 high knees)
20 mountain climbers

STEP IT UP

SATURDAY

BUNS & GUNS VOL. 2

10 rounds of
12 lunges (in total)
6 dips

HOW IS YOUR BALANCE?

SUNDAY

EXPLAINER

TIC TAC TOE

Set a timer for 10-15 minutes. In two teams, race each other to get the first 3 markers on a row, diagonally, vertical or horizontally. Stand on one side of the room, behind a line. Run towards either a whiteboard or a 3x3 squared field formed with tape, for instance. Keep moving all the markers until one team has one row of 3. The teams will start simultaneously. So run fast to get the first, second and last where you want it.

THE CHAIR DANCE

One will be the "DJ" playing music and deciding when to stop it from playing. All others will be circulating around chairs lined up in a circle. You need 1 fewer chairs than participants, so if you are 10, you will need 9 chairs. The DJ will start the music and stop the music whenever he feels like it. When the music stops, each participant will need to sit on a chair. The person without a chair has lost, and 1 chair will be removed for another round. This repeats until 1 chair is left, and 2 participants will compete.

Take 3-4 rounds.

THE DICES WILL DECIDE

Set a timer for 8 minutes. One person will roll the dice, and everybody will do one of the following, according to the dices:

1 = 10 Jumping jacks

2 = 3 Burpees

3 = 10 Lunges

4 = 5 Push-ups

5 = 10 Air squats

6 = 3 Burpees (yes, you read that right, burpees again!)

Alternate so everyone will roll the dice at some point during the 8 minutes.

A DATE WITH YOUR COLLEAGUE

Take your colleague out for a walk on the deck or through the halls of the ship. Take a walk for approximately 10 minutes or 1000 steps or make a deal to meet up at every break during your day, and walk a specific route. Make an appointment with one or more colleagues. In that way, it becomes harder to skip your deal.

ROCK, PAPER, SCISSORS!

A classic! Every time you lose, you do 3 burpees. Set a timer for 8 minutes and challenge different colleagues during the 8 minutes time cap.

STEP IT UP

Today is a little friendly competition. During one of your breaks, grab a colleague and set a timer of 2 minutes. How many steps or stairs can you get in the 2-minute time cap? Run, walk or climb some stairs. Anything counts as long as you make it an all-out effort and make sure to challenge each other.

HOW IS YOUR BALANCE?

Team up in pair of two. Stand on one leg and take one of your hands, palm facing your opponent and put it against your opponent's palm. Flat hand - no gripping. From here, you count "3-2-1-GO", and you try to push your opponent to lose balance. If you lose balance... well, it's burpee time: 3 burpees for every time you lose your balance.