

Wednesday
week 6-8

ABS & CARDIO

Snap jumps

Straight leg jackknives

Skipping

Ab bikes

Burpees

Mountain climbers

Scissor kicks

X jumps

CIRCUIT ONE

20
reps

Snap jumps



20
reps

Straight leg jackknives



2
mins

Skipping

CIRCUIT TWO

15
reps

Burpees



50
reps

Mountain climbers (25 each side)



40
reps

Scissor kicks (20 each side)



40
reps

Ab bikes (20 each side)



20
reps

X jumps (10 each side)



38. SNAP JUMPS

1. Start by standing up with your feet slightly wider than shoulder width apart before bending both your hips and knees (see Exercise 2 – Squat).
2. Lean your body forward slightly so that you are able to place your hands on the floor in front of you.
3. Kick your feet backwards into push up position resting on the balls of your feet. Ensure that your back remains straight and that you stabilise through your abdominal muscles
4. Transfer your body weight onto your hands and jump your feet inwards into squat position.
5. Repeat.



7. STRAIGHT LEG JACKKNIFES

1. Start by lying straight on your back with both arms above your head.
2. Engage your abdominal muscles by drawing in your belly button to your spine
3. Keeping your feet together, contract your abdominal muscles and lift your legs up so that they form a 90 degree angle with your hips.
4. At the same time, bring your hands up towards your feet slowly lifting your head, shoulder blades and torso off of the floor.
5. Squeeze in tightly and slowly release both your arms and legs outwards, lying back down with legs straight and arms above your head.



17. SKIPPING

1. Standing on the balls of your feet, hold one skipping rope handle in your right hand and the other in your left. Step your feet in front of the skipping rope to begin.
2. Swing the rope upwards and over your head through small rotations in the wrist.
3. As the rope is about to touch the floor, jump upwards to allow the rope to swing under your feet and behind your body.
4. Repeat.



32. AB BIKES

1. Start by laying flat on your back with your head raised and hands behind your earlobes.
2. Bend your knees so that they are 90 degrees to your upper legs and your upper legs are 90 degrees to your hips.
3. Extend your RIGHT leg so that is approximately 45 degrees from the floor, whilst simultaneously bringing your LEFT knee into your chest.
4. Immediately after you have brought your knee into your chest, extend your LEFT leg completely so that is 45 degrees from the floor and bring your RIGHT knee into your chest. This creates a 'pedalling/bike-like' motion.
5. Once you have grasped the movement, incorporate a twist with the upper body, which can be achieved by meeting the knee with the opposite elbow. For example, as you bring the RIGHT knee into the chest, twist your upper body over to the right so that it can meet your LEFT elbow.
6. Repeat.



1. BURPEES

1. Start by standing up with your feet slightly wider than shoulder width apart before bending both your hips and knees. This is called a squat position (see Exercise 2 – Squat).
2. Lean your body forward slightly so that you are able to place your hands on the floor in front of you.
3. Kick your feet backwards into push up position resting on the balls of your feet (see Exercise 3 – Push Up). Ensure that your back remains straight and that you stabilise through your abdominal muscles.
4. Transfer your body weight onto your hands and jump your feet inwards and into squat position.
5. From this position, propel your body upwards before landing in a neutral standing position. When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain 'soft' knees to prevent injury.
6. Repeat.



41. MOUNTAIN CLIMBER

1. Starting in push up position with arms slightly wider than shoulder width apart, position your body weight over your hands.
2. Keeping your left foot on the floor, bend your RIGHT knee and lift it in towards your chest before extending it.
3. Then place your right foot back on the floor and bend your LEFT leg and lift it in towards your chest.
4. Increase speed so it's as if you are running on your hands. *Never allow the leg that is moving to touch the floor.*
5. Repeat for as many reps as stated.



47. SCISSOR KICKS

1. Start by lying flat on your back on a flat top bench, with legs completely extended, holding the bench behind your head firmly with both hands.
2. Engage your abdominal muscles by drawing in your belly button to your spine and raise your legs so that they are 45 degrees to your hips.
3. Once at 45 degrees, create a 'scissor-like' motion with your legs by simultaneously raising leg and lowering the other and alternating.
4. Repeat.



43. X JUMPS

1. Start by standing up with your feet slightly wider than shoulder width apart before bending both your hips and knees (see Exercise 2 – Squat).
2. Lean your body forward slightly so that you are able to touch your RIGHT foot with your LEFT hand.
3. Once in this position, propel your body upwards into the air, extending your legs before landing back into squat position (see Exercise 8 – Jump Squat). When landing, ensure that you land through the balls of your feet first before rolling through the flat and heel and maintain ‘soft’ knees to prevent injury.
4. As you land, lean your body forward slightly so that you are able to touch your LEFT foot with your RIGHT hand.
5. Propel your body upwards into the air again, extending your legs before landing back into squat position.
6. Repeat.

