

Wednesday
week 9 & 11

ARMS

Drop push ups

Medicine ball squat & press

Tricep dips (feet raised)

Mountain climbers + push ups

Broad jump burpees

Weighted squat clean & press

Decline push ups

Bosu burpee

CIRCUIT ONE

20
reps

Drop push ups



15
reps

Medicine ball squat & press



25
reps

Tricep dips (feet raised)



8
reps

10 mountain climbers + 2 push ups



CIRCUIT TWO

15
reps

Broad jump burpees (jump forward)



15
reps

Weighted squat clean & press



15
reps

Decline push ups



15
reps

Bosu burpees



9. DROP PUSH UPS

1. Start by standing up straight before bending both your hips and knees into 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, ensuring that your hands are slightly wider than shoulder-width apart.
3. Kick your feet backwards, and as soon as your feet touch the floor behind you, lower your torso towards to floor until your arms form a 90 degree angle. Ensure that your back remains straight and that you stabilise through your abdominal muscles.
4. Push through your chest and extend your arms to lift your body back into push up positio
5. Transfer your body weight onto your hands and jump your feet inwards and into squat position and stand up. Do not jump.



22. MEDICINE BALL SQUAT CLEAN & PRESS

1. Holding a medicine ball against your chest (I suggest 6 to 12 kgs depending on your strength), plant both feet on the floor slightly further than shoulder width apart – point feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes (see Exercise 2 - Squat)
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips. You may choose to extend your arms for balance.
4. Push through your heels, extend your arms and press the med ball above your head as you stand back up.
5. Lower the ball back into your chest and repeat.



44. TRICEP DIPS (NORMAL / RAISED FEET)

1. Start by placing a bench horizontally behind you and sitting on the edge with your knees bent (like a chair)
2. Position your hands underneath your glutes ('bum') approximately shoulder width apart on the edge of the bench, ensuring that your fingers are facing forwards.
3. Shift your glutes ('bum') forwards off of the bench, and position your feet so that they create a 90 degree angle with your hips. This is your starting position.
4. Lower your body by bending at the elbow until you create a 90 degree angle with your arms. Ensure that your shoulders, elbows, and wrists remain in line with one another at all times.
5. Push up through your heel of your hand and extend your arms to return to starting position. Avoid using your legs to assist you in doing so. Always try and maintain an upright position.
6. Repeat.
7. *Make this more difficult by extending your legs completely or placing them on another flat top bench as shown below.*



26. MOUNTAIN CLIMBER + PUSH UPS

1. Starting in push up position with arms slightly wider than shoulder width apart positioning 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.
5. Repeat for as many reps as stated (*never allow the leg that is moving to touch the floor*)
6. After completing the stated number of reps, place both feet together and assume a push-up position.
7. Whilst keeping your back straight and stabilising through your abdominal muscles, bend your arms and lower your torso to the floor until your arms form a 90 degree angle (see Exercise 3 – Push Up)
8. Push through your chest and extend your arms to lift your body back into push up position.



25. BROAD JUMP BURPEES

1. Standing with your feet slightly wider than shoulder width apart, assume a squat position (see Exercise 2 – Squat) leaning your body forward slightly to allow you to place your hands on the floor in front of you.
2. Kick your feet backwards into push up position, resting on the balls of your feet.
3. Transfer your body weight onto your hands and jump your feet inwards and into squat position.
4. From this position, jump both forwards and upwards from both feet, landing on both feet (broad jump). 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.
5. Repeat.



48. WEIGHTED SQUAT CLEAN & PRESS

1. Holding a dumbbell in each hand (I suggest 5 to 8 kgs, depending on your strength), plant both feet on the floor slightly further than shoulder width apart and point your feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes, allowing the weights to gently run down the sides of your legs.
3. Continue bending your knees until your upper legs are parallel with the floor, ensuring that your back remains between 45 and 90 degrees of your hips.
4. Push up through your heels and, using the power generated by your legs, press the dumbbells up above your head as you return to standing position. Make sure the head of the dumbbells face forwards at all times so as to prevent hitting yourself as you press them upwards.
5. Gently lower the dumbbells by firstly bringing them into your chest before extending your arms and bringing them down by your sides.
6. Repeat.



33. DECLINE PUSH UPS

1. Start on your hands and knees with a flat bench behind you. Place both hands on the floor slightly further than shoulder width apart and feet extended directly behind you on a flat bench (still resting on the balls of your feet).
2. Whilst keeping your back straight and stabilising through your abdominal muscles, bend your arms and lower your torso to the floor. As you reach the floor, look up slightly so as to avoid hitting your head/nose.
3. Once you are as far down as possible (without compromising your form), push through your chest and extend your arms to lift your body back into starting position. Ensure that your elbows remain 'soft' and that you do not lock them out completely.
4. Repeat.



6. BOSU BURPEES

1. Squat down and position the bosu on the floor with the flat side facing upwards.
2. Once steady, kick your feet backwards into push up position.
3. Bend your arms and lower your torso towards the bosu until your arms form a 90 degree angle (see Exercise 3 – Push up). Ensure that your back remains straight and that you stabilise through your abdominal muscles.
4. Jump your feet in towards the bosu into squat position.
5. Stand and lift the bosu to your chest and then press it upwards over your head.
6. Place the bosu back down on the floor and repeat.

