

Wednesday
week 2 & 4

ARMS & ABS

Weighted squat clean & press

Tricep dips

Commando

Straight leg jackknife

Sit ups

Mountain climber push ups

Leg raises

Lay down push ups

CIRCUIT ONE

15
reps

Weighted squat clean & press



15
reps

Tricep dips



24
reps

Commandos (12 each side)



20
reps

Straight leg jackknife



20
reps

Sit ups



15
rounds

4 mountain climbers + 1 push up



15
reps

Leg raises



15
reps

Lay down push ups



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.



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.*



24. COMMANDOS

1. Start by placing your forearms (wrist to elbow) on the floor and linking your fingers together and resting on the balls of your feet. This is called a plank position. Ensure that your back remains straight and that you are stabilising through your abdominal muscles.
2. Release your right forearm and place your hand firmly on the floor slightly outside of your shoulder and adjusting your body weight accordingly.
3. Push up onto your right hand, followed immediately by your left in the same pattern, and readjust your body weight to the middle.
4. Reverse the pattern above to return to plank position.
5. Repeat, starting with the left hand.



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.



3. PUSH UPS

1. Start with both hands on the floor slightly further than shoulder width apart and feet together behind you resting on the balls of your feet. This is called a push up position.
2. 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.
3. Push through your chest and extend your arms to lift your body back into push up position.



4. SIT UPS

1. Start by lying flat on your back with your knees bent and heels firmly planted on the floor.
2. Engage your abdominal muscles by drawing in your belly button to your spine. Slowly lift your head, followed by your shoulder blades and torso and roll up until your chest is close to your legs.
3. Slowly release the torso down and roll back into starting position.



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.



11. STRAIGHT LEG RAISES (REGULAR & ON BENCH)

1. Start by lying flat on your back with your legs straight placing both hands underneath your coccyx bone.
2. ** If you are doing these on a bench (shown below), place your hands behind your head and firmly grasp the bench**
3. Keeping your feet together and legs straight, contract your abdominal muscles and lift your legs up until they form a 90 degree angle with your hips.
4. Slowly lower your legs towards the floor, ensuring that your legs remain straight and feet flexed.
5. Tap the floor with the heels of your feet and repeat. If on a bench, extend your legs so as to form one straight line with the rest of your body.



23. LAYDOWN PUSH UPS

1. Start by lying flat on your stomach, with arms extended out in front of you and legs straight behind you with your feet slightly apart.
2. Bring your arms in and place your hands on the floor beside your chest.
3. Position your toes in towards the floor and lift your torso onto the balls of your feet.
4. Push through your chest and extend your arms to lift your body back into push up position.
5. Slowly lower yourself back down so you are lying back on the floor (not a push up).
6. Extend your arms back out in front of your body and relax your feet.
7. Repeat.

