

Friday
week **5 & 7**

ABS & CARDIO

Mountain climbers

Weighted bent leg
jackknives

Skipping

Straight leg jackknives

Burpees

Raised leg sit ups with twist

Ab bikes

Leg raises

CIRCUIT ONE

50
reps

Mountain climbers (25 each side)



15
reps

Weighted bent leg jackknives



3
mins

Skipping



15
reps

Straight leg jackknives



CIRCUIT TWO

15
reps

Burpees



30
reps

Raised leg sit ups with twist (15 each side)



40
reps

Ab bikes (20 each side)



15
reps

Leg raises



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.



5. WEIGHTED BENT LEG JACKKNIFES

1. Start by lying straight on your back on the floor, holding a dumbbell above your head with both hands. Ensure that your elbows remain tucked in.
2. Engage your abdominal muscles by drawing in your belly button to your spine.
3. Keeping your feet together, contract your abdominal muscles and bend your knees in towards your chest.
4. At the same time, bring the dumbbell up towards your knees - slowly lifting your head, shoulder blades and torso off of the floor.
5. Squeeze in tightly and slowly release the weight and your legs outwards, lying back down with legs straight.



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.



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.



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.



14. RAISED LEG SIT UPS WITH TWIST

These can also be preformed on a decline sit up bench at the gym.

1. Start by lying flat on the floor with your feet up on a flat bench.
2. Bend your elbows, keeping your hands behind your earlobes (as shown in photo)
3. Engage your abdominal muscles by drawing your belly button in towards your spine.
4. Slowly release your left hand and extend forward slowly allowing your head, shoulder blades and torso to lift off of the floor.
5. As you continue to sit up, twist over your right side in order to touch the bench immediately next to your right foot.
6. Slowly untwist your body and release your torso, bringing your right hand back in towards your ear.
7. Repeat on right hand.



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.



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.

