

Monday
week 1-3

LEGS & CARDIO

Jump squats
Squats
Walking lunges
Knee ups

X jumps
Burpees
Weighted step ups
Medicine ball squat & press

CIRCUIT ONE

15
reps

Jump squats



15
reps

Squats



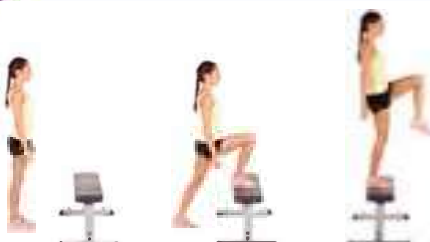
24
steps

Walking lunges (12 per leg)



24
reps

Knee ups (12 per leg)



CIRCUIT TWO

16
reps

X Jumps (8 per leg)



10
reps

Burpees



24
reps

Weighted step ups (12 per leg)



15
reps

Medicine ball squat & press



8. JUMP SQUATS

1. 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
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 can choose to extend your arms for balance.
4. Once in this position, propel your body upwards into the air, extending your legs before landing back into squat 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.
5. Repeat.



2. SQUATS

1. 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
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 up through your heels and return to a neutral standing position.



29. WALKING LUNGES (WITH OR WITHOUT WEIGHTS)

1. Standing tall with your feet shoulder width apart, place your hands on your hips and keep your shoulders back and chest out. If you are using dumbbells for weighted lunges, place them by your side as you do the exercise.
2. Take a big step forward with your left foot.
3. As you plant your left foot on the floor, bend both knees at approximately 90 degrees. If done correctly, your front knee should be aligned with your ankle and your back should be hovering just off of the floor. This is called a lunge position.
4. As you extend both knees, transfer your weight completely to your left foot and take a large step forward with your right foot.
5. As you plant your right foot, bend both knees at approximately 90 degrees.
6. Repeat for as many reps as stated.



28. KNEE UPS (STEP / NORMAL / BENCH)

1. Start by placing the bench horizontally in front of you.
2. Firmly plant your ENTIRE left foot on the bench making sure your knees are not over your toes.
3. Place your hands by your side or, if using weights, hold one weight in each hand.
4. Straighten your left leg, but ensure that your knee remains 'soft'. As you step up, make sure that you focus on pushing through the heel so that you work your glutes ('bum') and hamstrings, rather than pushing through your toes, which places additional pressure on your skins, knees and quadriceps.
5. As you straighten your left leg, bend your right knee and lift it up into your chest. Make sure that you push your hips forward at the end of the movement in order to maximise the work done by the glutes ('bum').
6. Slowly release your left leg from your chest and place it back on the floor, followed by your right leg.
7. Repeat for as many reps as stated and then swap legs.



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.



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.



27. STEP UPS (NORMAL OR WEIGHTED)

1. Start by placing the bench horizontally in front of you.
2. Firmly plant your ENTIRE left foot on the bench making sure your knees are not over your toes.
3. Place your hands by your side or, if using weights, hold one weight in each hand.
4. Straighten your left leg, but ensure that your knee remains 'soft'. As you step up, make sure that you focus on pushing through the heel so that you work your glutes ('bum') and hamstrings, rather than pushing through your toes, which places additional pressure on your shins, knees and quadriceps.
5. As you straighten your left leg, bring up your RIGHT leg so that you are standing with both feet on the bench.
6. Reverse this pattern back to the floor, starting with your LEFT leg.
7. Repeat for as many reps as stated and then swap legs.



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.

