

Wednesday
week 1 & 3

ARMS & ABS

Push ups

Medicine ball squat & press

Lay down push ups

Tricep dips

Mountain climbers

Ab bikes

Sit ups with twist

Straight leg sit ups

CIRCUIT ONE

15
reps

Push ups



15
reps

Medicine ball squat & press



15
steps

Lay down push ups



15
reps

Tricep dips



CIRCUIT TWO

40
reps

Mountain climbers (20 per leg)



40
reps

Ab bikes (20 per side)



30
reps

Sit ups with twist (15 each side)



15
reps

Straight leg sit ups



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.



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.



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.



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.



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.



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.



51. SIT UP & TWIST

1. Start by lying flat on the floor with your feet up extended out in front of you.
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. Slowly release your left hand and extend forward slowly allowing your head, shoulder blades and torso to lift off of the floor
4. As you continue to sit up, twist over your right side reaching past your right foot.
5. Slowly untwist your body and release your torso, bringing your right hand back in towards your ear.
6. Repeat on right hand.



36. STRAIGHT LEG SIT UPS

1. Start by lying straight on your back on the floor with legs out straight and arms extended above your head.
2. Engage your abdominal muscles by drawing your belly button in towards your spine.
3. Keeping your feet together and heels on the floor, bring your hands towards your feet slowly lifting your head, shoulder blades and torso off of the floor. This will cause your abdominals to contract.
4. Continue to reach forward until you touch your toes (or the action of).
5. Slowly release your arms and torso and return to starting position.
6. Repeat.

