

Monday
week **2_4**

LEGS & CARDIO

Burpees
Jump lunges
Knee ups
Sumo squats

Skipping
Walking lunges
Raised reverse lunges
Jump squats

CIRCUIT ONE

10
reps

Burpees



20
reps

Jump lunges (10 per leg)



24
steps

Knee ups (12 per leg)



15
reps

Sumo squats



CIRCUIT TWO

2
mins

Skipping



24
steps

Walking lunges (12 per leg)



30
reps

Raised reverse lunges (15 per leg)



15
reps

Jump squats



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.



34. JUMP LUNGES

1. Start in lunge position (see Exercise 29 – Walking Lunge) with your RIGHT leg forward and LEFT leg back.
2. In one explosive movement, propel your body upwards.
3. Whilst in the air, adjust your legs in order to land in lunge position with your LEFT leg forward and RIGHT leg back.
4. Repeat.



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.



45. SUMO SQUATS

1. Plant both feet on the floor wider 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 in order to return to starting position.
5. Repeat.



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.



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.



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.

