

Monday
week **9_11**

LEGS

Jump lunges

Split squats

180 degree jump squat

Medicine ball squat & press

X hop

Knee ups

Double bench jumps

Snap jump knee ups

CIRCUIT ONE

50
reps

Jump lunges (25 each leg)



20
reps

Split squats



20
reps

180 degree jump squats



15
reps

Medicine ball full squat & press



CIRCUIT TWO

20
reps

X hops (each jump movement is 1 rep)



30
reps

Knee ups (15 each leg)



15
reps

Double bench jumps



24
reps

Snap jump knee ups (12 each leg)



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.



20. SPLIT SQUATS

1. Place a small bench/step vertically between your feet. Stand up on the bench/step and squat down to see if this feels comfortable and stable – move it accordingly.
2. Once the step is in position, assume a neutral standing position on top of it.
3. Propel your body upwards (see Exercise 8 – Jump Squats) and separate your legs so as to land in sumo squat position (see Exercise 45 – Sumo Squat) – with one leg on either side of the bench/step with toes turned out to 45 degrees. 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. Squat down until your glutes (‘bum’) touches the step.
5. From this position, propel your body upwards, bringing your feet together to land on the step. See above for safety cues regarding landing.
6. Repeat.



35. 180 DEGREE JUMP SQUAT

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 (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. From this position, propel yourself upwards and rotate your body 180 degrees, landing with both feet at the same time in 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. Once safely landed, repeat in the opposite direction, returning to your original starting position.
6. Repeat.



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.



16. X HOPS

1. Start in a squat position (see Exercise 2 - Squat) before propelling your body upwards and extending your legs (see Exercise 8 – Jump Squat)
2. Whilst in the air, split your legs and land into a lunge positions with your RIGHT leg forward and LEFT leg back. Ensure that your weight is distributed equally between both legs.
3. Immediately propel your body back into the air and adjust your legs to allow you to land in a 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
4. Once in the squat position, immediately propel yourself upwards again, landing in a lunge position with your LEFT leg forward and RIGHT leg back.
5. Breakdown – Thus, the sequence will be squat, lunge right leg forward, squat, lunge left leg forward and 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.



18. DOUBLE BENCH JUMPS

1. Start by placing one flat bench on either side of you. Stand up on the benches and squat down to see if this feels comfortable and stable – move the benches accordingly.
2. Stand on the floor in between the benches and assume a squat position (see Exercise 2 – Squat) before propelling your body upwards (see Exercise 8 – Jump Squat).
3. Whilst in the air, adjust your legs to allow you to land with one foot on one bench and one foot on the other at the same time into squat position. If this is too difficult, land safely first before squatting.
4. Once you have performed the squat, either step or jump back down onto the floor and repeat. 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.



50. SNAP JUMP KNEE UPS

1. Start by placing a bench horizontally in front for you. Stand up on the bench and squat down to see if this feels comfortable and stable – move the bench accordingly.
2. Once stable, place your hands on the bench approximately shoulder width apart with fingers facing forwards.
3. Kick your feet backwards into push up position resting on the balls of your feet.
4. Transfer your body weight onto your hands and jump your feet back in towards the bench.
5. Immediately plant your ENTIRE left foot on the bench making sure your knees are not over your toes (see Exercise 27 – Step Ups), keeping your hands by your sides.
6. Straighten your left leg, but ensure that your knee remain '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.
7. 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').
8. Release your left leg from your chest and place it back on the floor.
9. Repeat the above sequence stepping up on your right leg.
10. Repeat.

