

Monday
week **10&12**

LEGS

Weighted step ups

Double bench jumps

Medicine ball crab walks

Split jumps

Burpee bench jumps

Medicine ball squat & press

180 degree jump squats

X jumps (alternating sides)

CIRCUIT ONE

30
reps

Weighted step ups (15 each leg)



15
reps

Double bench jumps



20
steps

Medicine ball crab walks



20
reps

Split jumps



15
reps

Burpee bench jump



15
reps

Medicine ball squat & press



24
reps

180 degree jump squats



30
reps

X jumps (15 each leg)



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.



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.



49. MEDICINE BALL CRAB WALKS

1. Start by collecting a medicine ball and holding it directly in front of your chest with your feet together.
2. Once stable, release one leg and take one large step sideways. Ensure that both feet are planted on the floor wider than shoulder width with feet turned out at 45 degrees.
3. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
4. 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.
5. Once in this position, push up through your heels return to a neutral standing position by bringing your feet together.
6. Repeat.
7. Also repeat in the opposite direction.



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.



21. BURPEE BENCH 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 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 (push up position).
4. Lower your torso towards to floor until your arms form a 90 degree angle. Ensure that your back remains straight and that you stabilise through your abdominal muscles.
5. Transfer your body weight onto your hands and jump your feet inwards into squat position.
6. From this position, propel your body upwards and forwards to allow you to land on the bench in front of you, where you reassume the squat position (see Exercise 19 – Single Bench Jumps).
7. Step or jump backwards off of the bench in a controlled manner, landing safely 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.
8. 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.



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.



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.

