

Friday
week **2 & 4**

FULL BODY WORKOUT

Burpees

Jump lunges

Lay down push ups

Sumo squats

Mountain climber push ups

Straight leg jackknifes

Skipping

Commandos

CIRCUIT ONE

10
reps

Burpees



30
reps

Jump lunges (15 per leg)



15
reps

Lay down push ups



15
reps

Sumo squats



CIRCUIT TWO

15
reps

4 mountain climbers + 1 push up



15
reps

Straight leg jackknifes



2
mins

Skipping



24
reps

Commandos (12 each side)



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.



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.



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.



26. MOUNTAIN CLIMBER + PUSH UPS

1. Starting in push up position with arms slightly wider than shoulder width apart positioning 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.
5. Repeat for as many reps as stated (*never allow the leg that is moving to touch the floor*)
6. After completing the stated number of reps, place both feet together and assume a push-up position.
7. 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 (see Exercise 3 – Push Up)
8. Push through your chest and extend your arms to lift your body back into push up position.



7. STRAIGHT LEG JACKKNIFES

1. Start by lying straight on your back with both arms above your head.
2. Engage your abdominal muscles by drawing in your belly button to your spine
3. Keeping your feet together, contract your abdominal muscles and lift your legs up so that they form a 90 degree angle with your hips.
4. At the same time, bring your hands up towards your feet slowly lifting your head, shoulder blades and torso off of the floor.
5. Squeeze in tightly and slowly release both your arms and legs outwards, lying back down with legs straight and arms above your head.



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.



24. COMMANDOS

1. Start by placing your forearms (wrist to elbow) on the floor and linking your fingers together and resting on the balls of your feet. This is called a plank position. Ensure that your back remains straight and that you are stabilising through your abdominal muscles.
2. Release your right forearm and place your hand firmly on the floor slightly outside of your shoulder and adjusting your body weight accordingly.
3. Push up onto your right hand, followed immediately by your left in the same pattern, and readjust your body weight to the middle.
4. Reverse the pattern above to return to plank position.
5. Repeat, starting with the left hand.

