

Wednesday
week 5 & 7

ARMS & ABS

Mountain climbers + push ups
Leg raise with hip raise
Laydown push up
Weighted bent leg jackknife

Weighted squat clean & press
Decline push ups
Tricep dips (feet raised)
Commandos

CIRCUIT ONE

8
rounds

10 mountain climbers + 2 push ups



15
reps

Leg raise with hip raise



15
reps

Laydown push ups



15
reps

Weighted bent leg jackknives



CIRCUIT TWO

15
reps

Weighted squat clean & press



15
reps

Decline push ups



15
reps

Tricep dips (feet raised)



24
reps

Commandos (12 each side)



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.



39. LEG RAISES WITH HIP LIFT

1. Start by lying flat on your back with your arms extend alongside your body and legs raised to 45 degrees from the floor. *If you are doing these on a bench, hold the bench behind your head firmly with both hands.*
2. With your feet together, continue raising the legs until they create a 90 degree angle with your hips.
3. Once at 90 degrees, lift your hips off of the bench and push your feet towards the ceiling.
4. Slowly lower your hips back onto the bench and release your legs back down to 45 degrees.
5. 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.



5. WEIGHTED BENT LEG JACKKNIFES

1. Start by lying straight on your back on the floor, holding a dumbbell above your head with both hands. Ensure that your elbows remain tucked in.
2. Engage your abdominal muscles by drawing in your belly button to your spine.
3. Keeping your feet together, contract your abdominal muscles and bend your knees in towards your chest.
4. At the same time, bring the dumbbell up towards your knees - slowly lifting your head, shoulder blades and torso off of the floor.
5. Squeeze in tightly and slowly release the weight and your legs outwards, lying back down with legs straight.



48. WEIGHTED SQUAT CLEAN & PRESS

1. Holding a dumbbell in each hand (I suggest 5 to 8 kgs, depending on your strength), plant both feet on the floor slightly further than shoulder width apart and point your feet slightly outward.
2. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes, allowing the weights to gently run down the sides of your legs.
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.
4. Push up through your heels and, using the power generated by your legs, press the dumbbells up above your head as you return to standing position. Make sure the head of the dumbbells face forwards at all times so as to prevent hitting yourself as you press them upwards.
5. Gently lower the dumbbells by firstly bringing them into your chest before extending your arms and bringing them down by your sides.
6. Repeat.



33. DECLINE PUSH UPS

1. Start on your hands and knees with a flat bench behind you. Place both hands on the floor slightly further than shoulder width apart and feet extended directly behind you on a flat bench (still resting on the balls of your feet).
2. Whilst keeping your back straight and stabilising through your abdominal muscles, bend your arms and lower your torso to the floor. As you reach the floor, look up slightly so as to avoid hitting your head/nose.
3. Once you are as far down as possible (without compromising your form), push through your chest and extend your arms to lift your body back into starting position. Ensure that your elbows remain 'soft' and that you do not lock them out completely.
4. Repeat.



44. TRICEP DIPS (NORMAL / RAISED FEET)

1. Start by placing a bench horizontally behind you and sitting on the edge with your knees bent (like a chair)
2. Position your hands underneath your glutes ('bum') approximately shoulder width apart on the edge of the bench, ensuring that your fingers are facing forwards.
3. Shift your glutes ('bum') forwards off of the bench, and position your feet so that they create a 90 degree angle with your hips. This is your starting position.
4. Lower your body by bending at the elbow until you create a 90 degree angle with your arms. Ensure that your shoulders, elbows, and wrists remain in line with one another at all times.
5. Push up through your heel of your hand and extend your arms to return to starting position. Avoid using your legs to assist you in doing so. Always try and maintain an upright position.
6. Repeat.
7. *Make this more difficult by extending your legs completely or placing them on another flat top bench as shown below.*



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.

