

OPTIONAL

Friday
week
1 & 3

FULL BODY WORKOUT

Medicine ball squat & press

Knee ups

Ab bikes

Walking lunges

Burpees

Straight leg sit ups

Weighted step ups

Push ups

CIRCUIT ONE

15
reps

Medicine ball squat & press



30
reps

Knee ups (15 per leg)



40
reps

Ab bikes (20 per side)



24
steps

Walking lunges (12 per leg)



CIRCUIT TWO

10
reps

Burpees



15
reps

Straight leg sit ups



30
reps

Weighted step ups (15 per leg)



15
reps

Push ups



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.



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.



32. AB BIKES

1. Start by laying flat on your back with your head raised and hands behind your earlobes.
2. Bend your knees so that they are 90 degrees to your upper legs and your upper legs are 90 degrees to your hips.
3. Extend your RIGHT leg so that is approximately 45 degrees from the floor, whilst simultaneously bringing your LEFT knee into your chest.
4. Immediately after you have brought your knee into your chest, extend your LEFT leg completely so that is 45 degrees from the floor and bring your RIGHT knee into your chest. This creates a 'pedalling/bike-like' motion.
5. Once you have grasped the movement, incorporate a twist with the upper body, which can be achieved by meeting the knee with the opposite elbow. For example, as you bring the RIGHT knee into the chest, twist your upper body over to the right so that it can meet your LEFT elbow.
6. 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.



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.



36. STRAIGHT LEG SIT UPS

1. Start by lying straight on your back on the floor with legs out straight and arms extended above your head.
2. Engage your abdominal muscles by drawing your belly button in towards your spine.
3. Keeping your feet together and heels on the floor, bring your hands towards your feet slowly lifting your head, shoulder blades and torso off of the floor. This will cause your abdominals to contract.
4. Continue to reach forward until you touch your toes (or the action of).
5. Slowly release your arms and torso and return to starting position.
6. Repeat.



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.



3. PUSH UPS

1. Start with both hands on the floor slightly further than shoulder width apart and feet together behind you resting on the balls of your feet. This is called a push up position.
2. 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.
3. Push through your chest and extend your arms to lift your body back into push up position.



4. SIT UPS

1. Start by lying flat on your back with your knees bent and heels firmly planted on the floor.
2. Engage your abdominal muscles by drawing in your belly button to your spine. Slowly lift your head, followed by your shoulder blades and torso and roll up until your chest is close to your legs.
3. Slowly release the torso down and roll back into starting position.

