

Friday
week **6 & 8**

LEGS & CARDIO

X jumps

Weighted step ups

Jump lunges

Tuck jumps

Sumo jump squats

Split squats

Weighted walking lunges

Broad jump burpees

CIRCUIT ONE

30
reps

X jumps (15 each side)



30
reps

Weighted step ups (15 each side)



40
reps

Jump lunges (20 each side)



15
reps

Tuck jumps (knees to elbows)



CIRCUIT TWO

15
reps

Sumo jump squats



15
reps

Split squats



24
reps

Weighted walking lunges (12 per leg)



15
reps

Broad jump burpees (jump forward)



43. X 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 touch your RIGHT foot with your LEFT hand.
3. Once in this position, propel your body upwards into the air, extending your legs before landing back into squat position (see Exercise 8 – Jump Squat). 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. As you land, lean your body forward slightly so that you are able to touch your LEFT foot with your RIGHT hand.
5. Propel your body upwards into the air again, extending your legs before landing back into squat 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.



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.



30. TUCK JUMPS

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 towards your toes (see Exercise 2 – Squat).
3. From this position, propel your body upwards into the air as high as you can, while simultaneously tucking in both your elbows and knees.
4. Release and extend both your elbows and knees, landing 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. Repeat.



46. SUMO JUMP SQUATS

1. Plant both feet on the floor wider than shoulder width— 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.
4. Lean your body forward slightly so that you are able to place your hands on the floor in front of you.
5. Push up through your heels, propel your body upwards into the air,
6. Extend your legs whilst in the air before landing back into sumo 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.
7. 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.



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.



25. BROAD JUMP BURPEES

1. Standing with your feet slightly wider than shoulder width apart, assume a squat position (see Exercise 2 – Squat) leaning your body forward slightly to allow you to place your hands on the floor in front of you.
2. Kick your feet backwards into push up position, resting on the balls of your feet.
3. Transfer your body weight onto your hands and jump your feet inwards and into squat position.
4. From this position, jump both forwards and upwards from both feet, landing on both feet (broad jump). 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.

