

Quadriceps

Gluteus
Maximus

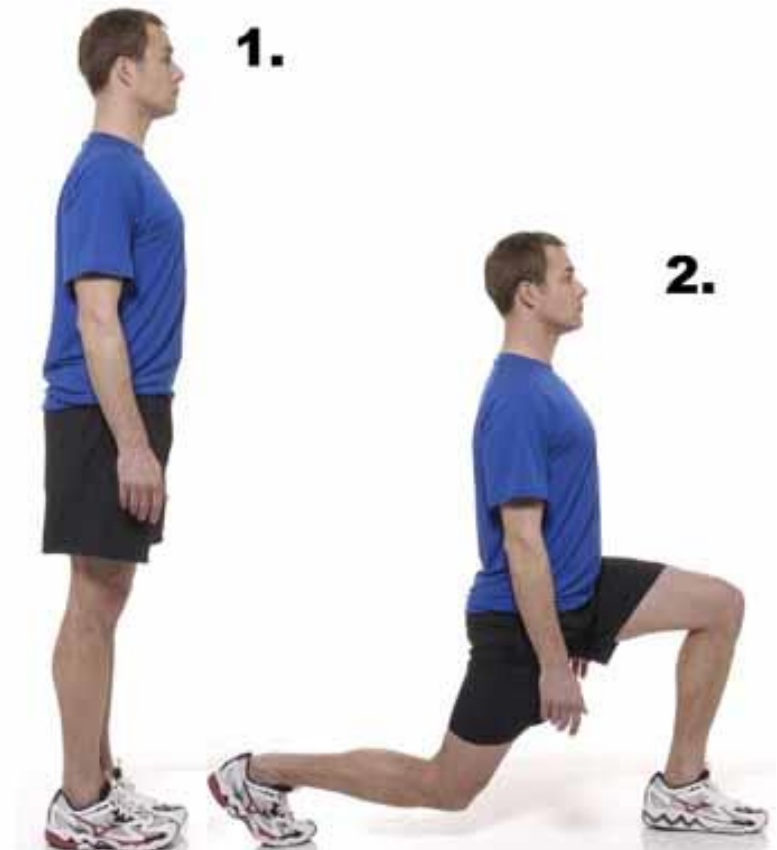
Lunges

Key Points

- Keep back straight.
- Shoulders back.
- Head facing forward.
- Step forward with one leg.
- Bend back leg to 90 degrees.

Progression!

Alternate Jump Lunges!



Quadriceps

Gluteus
Maximus

Squats

Key Points

- Neutral head position
- Straight back.
- Hips parallel or below!
- Knees behind toes.
- Weight on heels.

Progression!

Jump Squats!

Squat with your partner on your back!



Triceps

Pectorals

Press Ups

Key Points

- Head facing forward.
- Straight back.
- Bend elbows and lower chest to the floor.
- Push back up to starting position.

Easy: Start from knees.

Harder: Start from feet.

Insane: Press up with front clap!



Triceps

Pectorals

Tricep Dips

Key Points

- Place hands on bench with fingers facing forwards.
- Straighten legs so only heels are touching the floor.
- Bend elbows to lower buttocks to the floor.
- Push back up so elbows are straight.

No. 1 = Easy

No. 2 = Hard

No. 3 = Insane!

1



3



2



Abdominals

Lower Back

Plank

Key Points

-Lay on your front and place your forearms and palms flat on the floor.

-Lift your chest, stomach and legs off the floor and maintain balance on forearms and toes.

-Keep a straight, flat back.

No. 1 = Easy

No. 2 = Hard

No. 3 = Insane!

1



2



3



Full Body

Cardiovascular
Fitness

Burpees

Key Points

- Squat down.
- Kick feet back.
- Chest to floor.
- Return to squat position.
- Jump!

Progression!

Add a press up!

Do this on a crash mat!



Cardiovascular
Fitness

Muscular
Endurance

Mountain Climbers

Key Points

- Begin in the press up position.
- Straight back at all times.
- Drive knee to the chest (one leg at a time).
- This can be performed with hands on a bench.

Progressions!

- 1) Single leg out to the side.
- 2) Rotate single leg in a circular motion (then swop!)



Abdominals

Hip Flexors

Ab Crunches

Key Points

- Raise knees and fixate hips.
- Raise shoulders off the floor (only go half way!)
- Lower shoulders back to the floor and repeat!

Progressions

- 1) Raise legs to 90 degrees whilst performing the sit up.
- 2) Place one leg across the other and add a twist in the sit up.

FIGURE 17



FIGURE 18



1

FIGURE 19



2

FIGURE 20



Cardiovascular
Endurance

Muscular
Endurance

Skipping

Key Points

- Hold the skipping rope by the handles.
- Start with your hands in front of your body but the rope behind your feet.
- Throw the rope over your head and jump just as the rope hits the floor.
- Try maintain a rhythm for this one!



Abdominals

Oblique's

Side Plank

Key Points

- Lay on your side and place forearm 90 degrees on the floor.
- Lift your upper body supported either by feet or knees.
- Keep body straight and stable.

1 = Easy

2 = Hard

3 = Insane

Further Progression!
Twist free arm underneath the
body!



Cardiovascular
Endurance

Muscular
Endurance

Step Ups

Key Points

- Head up and a straight back at all times.
- Step onto the bench (make sure both feet go on the bench).
- Then step off the bench one foot at a time.
- Do this as fast as you can!

Progressions!

Have weights in each hand.
Toe taps on the bench.



Cardiovascular
Endurance

Muscular
Endurance

Key Points

- 90 angle at the knee.
- Feet shoulders width apart.
- Arms out in front of chest.
- Back straight against the wall.

Wall Sit

