

Body weight sessions

Session 1

Do this circuit 5 times through – time yourself. Then have 1min rest and do again, try and better your time

10 squats

10 push ups

10 burpees

10 squat jumps

10 crunches

Session 2

Do this circuit 3 times. Have 1min 30 rest between each circuit. Time yourself and try and improve.

400m run

40 walking lunge

30 crunches

20 push ups

10 burpees

Session 3

2min walking lunge

2min shuttles (put a marker about 20m out and run out and back continuously for 2min)

2 min side squats

2 min burpees

2 min rest

(do the following for 5 minutes, so do one set of the exercises & then start back at the push ups and repeat through - for 5 minutes straight)

20 Push ups

15 Crunches

10 squats

5 burpees

Session 4

Do the following every minute on the minute for 15 minutes. So you have 1 minute to complete it – if you finish at 35sec then you have 25sec rest before you start again. If you finish at 50sec you only have 10sec rest to go

10 push ups, 6 squat jumps, 4 burpees

Session 5

This is great to do at the end or before a run. So if you go for a 2-3km run and then come back and do this little strength component

10 burpees, 1 push up
9 burpees, 2 push ups
8 burpees, 3 push ups
7 burpees, 4 push ups
6 burpees, 5 push ups
5 burpees, 6 push ups
4 burpees, 7 push ups
3 burpees, 8 push ups
2 burpees, 9 push ups
1 burpee, 10 push ups

Session 6

Tabata Session – ‘Tabata’ is an intense style of interval training which is great for all over body fitness and toning. Studies show that working your body to its maximum effort for short periods of time and then resting increases your fitness quicker than doing exercises for a longer period of time. So the format for this session is 20seconds of effort, followed by 10 seconds of rest – for 4 minutes. So there will be 8 round of effort.

Push ups (8x20sec on, 10sec rest)

(1.30min rest)

Squats (8x20sec on, 10sec rest)

(1.30min rest)

Burpees (8x20sec on, 10sec rest)

(1.30min rest)

Sit ups (8x20sec on, 10sec rest)

(1.30min rest)

Sprints (8x20sec on, 10sec rest)

(1.30min rest)

Swiss Ball specific exercises

SEATED CIRCLES	CHEST PRESS	REVERSE TWIST
		
15 Deep Circles in each direction	2 Sets of 12 - 15 lifts each side - with 20 seconds rest	2 Sets of 10 - 15 turns each side with 20 seconds between sets
NORMAL SIT - UPS	NORMAL OBLIQUE	LIFT AND TWIST
		
3 Sets of 10 slow lifts. Hold for 3 - 5 seconds in upward phase	2 Sets of 15 slow lifts with 20 seconds rest between sets	Perform 10 - 15 slow lifts each side, holding in upward twist phase for 3 seconds
HIP ROLLS	BRIDGING	NORMAL PLANK

		
12 Slow rolls each side for 2 sets - 20 seconds rest between sets	2 Sets of 12 - 15 lifts with 20 seconds rest between sets	2 Sets of 45 seconds lift with 20 seconds rest between sets
REVERSE BACK EXTENSION	SUPERMANS	SCISSOR LEG REVERSE CURL
		
15 Slow lifts aim for 3 - 5 seconds per exercise	2 Sets of 12 - 15 lifts each hand, with 20 seconds rest between sets	Perform 12 slow lifts each leg, holding in upward phase for 3 seconds

Exercise videos

The perfect squat - <http://www.graspr.com/videos/You-Know-Squat>

burpees - <http://www.youtube.com/watch?v= 2cPYR0IRUE&feature=related>

Side squat - <http://www.youtube.com/watch?v=t55DNCH7S50>

Walking lunge - <http://www.youtube.com/watch?v=xYTNEh4r5PI>