bikini BODY *guide*

workouts

exercise & training plan

kayla

ITSINES

earn your body

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about the authors

Kayla Itsines

Director

The Bikini Body Training Company Pty Ltd

I began my study in 2008 at the Australian Institute of Fitness. Upon completing the AIF Master Trainer course, I began working at a female-only personal training centre in Adelaide, South Australia. Soon after, I started my own business called The Bikini Body Training Company Pty Ltd. and from there it began! After such an amazing response to my business in the first 6 months, I began to build an online presence via Instagram and Facebook that essentially became my blog. This is where I started to upload client transformations, healthy eating ideas and some training tips for all the women I couldn't reach around the world.

In 2012, I also teamed up with my partner's company, Fresh Fitness Solutions (founded in 2011), so we could run boot camps in order to service *more* women who wanted our help. It is now 2013 and we pride ourselves on our bikini body training, helpful nutrition guidelines and most importantly, continuing to help our clients achieve incredible, life changing results. Together, we hope to continue bringing life changing experiences to more and more women around the world! Including YOU!

about the authors

Tobi Pearce

Owner

Fresh Fitness Solutions

After winning my first Natural Bodybuilding competition in 2011 (WNBF Light-Heavyweight Division), I decided to study personal training at the Australian Institute of Fitness. This was a secondary study to a double degree in Business and Commerce I had recently been studying.

Competing in bodybuilding at a competitive level made me realise my underlying passion for the health and fitness industry. My transformation from the 60kg classical musician in high school to a 102kg bodybuilder was hugely motivating for not only myself, but as I soon learned, my clients and many others too. I used to be under the impression that success with sport, music and education were most valuable to me. The amount of knowledge I gained and applied to achieve my goals in natural bodybuilding became hugely beneficial when coaching my first few clients.

However, I quickly realised that the success of my clients was much more fulfilling and motivating than my own. As my passion for client results grew, I realised that together with my beautiful partner, Kayla Itsines, we could have a positive impact on more women's lives.

preface

WHY I WROTE THIS GUIDE

Throughout my industry experience, the more I interviewed my female clients, it became apparent that many girls were aspiring for a specific yet common look. What these girls really wanted was the confidence and positive physical change that came as a result of a healthy lifestyle. The body type I am referring to is a far cry from the “very muscular” look that a lot of women obtain through other training styles and advice. I found that some trainers in this industry do not properly understand or listen to their client's goals, and are therefore not able to advise them in a fashion that will help attain their client’s desired appearance or outcome.

This is my mission; I want to help as many women as possible achieve their ideal body, their confidence and their happiness! Hence, with the help of Fresh Fitness, I created this “bikini body guide”.

I have heard many trainers and individuals say lots of different things about how to get ‘results’ – such as what IS required, what is NOT required, shortcuts you can take and things to avoid. In this ebook, I am hoping to clear the confusion for you and focus more on YOUR specific goals.

Everyone has probably heard the following:

"Life is all about 80% diet plus 20% training", OR "Eat whatever you want; just train at 120%".

With the experience of my clients' results over nearly 5 years, I firmly believe that neither of those are the answer. My answer is being 100% committed to your healthy lifestyle. Your lifestyle includes a huge range of things. From the food you eat, the beverages you drink, the cardio you do, your resistance training, how much sleep you get, how much work/ study you do and much more!

I want to help educate girls all around the world, and make them understand that exclusionary diets or training styles are not necessarily the best way to go – rather, a well-rounded healthy lifestyle can be far more flexible, beneficial and enjoyable.

I always say that with a more educated mind, you are able to more easily obtain the things you want in life, through wasting less time, energy and emotion.

I completely understand that there are many women around the world that have different goals or are already comfortable with their body. I do not promote my work in a derogatory or demeaning way to anyone, as we all have different tastes.

My work is entirely about making women feel comfortable about their bodies, and assisting the women that specifically seek the outcomes that my advice has proven to achieve.

B.B.G. *overview*

Hello and welcome to my B.B.G. (Bikini Body Guide) just for you!

Living healthily is essential for everyone. I am NOT in the business of promoting exclusionary diets (i.e. no 'carbs'), outrageous amounts of exercise or poor body image. But, I *am* in the business of advocating a balanced, healthy lifestyle based on clinically proven science and my own personal results with clients.

This eBook has been developed to suit my training market of women aged 16-40 years old, who want to obtain what Fresh Fitness and I call a "bikini body". However, to us, a "bikini body" is not a certain body weight, size or look, but rather a state of mind where you are confident and feel good about YOU. I do not believe that a single figure, idealistic individual or image should be the sole goal for a broad-spectrum audience. I think the end goal should still all be the same, but the definition for that goal is happiness through health.

Over the past year, Fresh Fitness and I have taken the time to research and write this eBook as the second of two resources for my target market. The information in this eBook is based upon a combination of various research articles (cited throughout) and personal experiences with both my clients, clients of Fresh Fitness and my own personal health journey. Through the healthy eating advice and recommendations in my first eBook, H.E.L.P (available at www.kaylaitsines.com.au) and the training advice provided herein, these resources are intended to further educate and assist women to work toward their health and fitness goals.

This eBook will cover all of your training requirements for cardiovascular exercise, plyometric and circuit training and stretching, as well as provide you with a firm foundation of knowledge pertaining to exercise.

We acknowledge that everyone is an individual. In this way, we wish to be seen as advocates for positive health with a focus on educating our audience and promoting healthy attitudes around the "bikini body" ideology.

Previous experience tells me that you need to focus on all aspects of your lifestyle such as eating, training, resting and rehabilitation in order to reach your goals. Using this training eBook in conjunction with my nutrition guidelines can help *you* to obtain the best results in the same way my clients and the clients of Fresh Fitness have, and continue to. As I stated above, no single aspect of your lifestyle is powerful enough to overcome a lack in any other area of your lifestyle. In saying that, if you have great training but a poor diet, your progress can be largely hindered. Please visit "Nutrition" on www.kaylaitsines.com.au to find out what you should be eating to maximize your results.

WHAT RESULTS CAN YOU EXPECT FROM THIS ADVICE?

No one is going to give you your body for simply reading this book. In the same way no one is going to give you a high-end career just for having a degree. If you want it, YOU have to earn it.

If you put in 10% effort, don't expect to get 100% of the outcome. This rule applies for anything in life. If you don't put in the effort with health, study, work or sport, you will not succeed. You only get out what you put in.

The amazing confidence we all seek is only reserved for those individuals who are willing to put in time and effort into their whole lifestyle.

I want to make it very clear that I do not drink alcohol, I have never smoked and I have never done drugs. I do not taint my health or my body by putting things like these in it. I take my health and the health of all of my clients very seriously, which now includes YOU. I expect you to do the same.

step one:
tracking your progress

Before getting started with a change in exercise and lifestyle, it is important you take measures of your starting point for future progress checks.

This is so you can refer back and compare on your stats to see if you have moved forward. This is a good check to determine if what you are doing is working. There are various ways that you can track your own progress, these include but are not limited to weight loss on scales, loss of body fat percentage (measurement via scan for accuracy), girth measurements and progress photos.

WHAT IS THE BEST WAY TO TRACK MY PROGRESS?

In my opinion, the best way to measure your progress is through a combination of several progress grading methods. Typically girth measurements, weight scales and photographs are the most popular. However in saying that, I usually only take photographs and weigh my clients and choose to exclude some of the other methods. This is because I feel that girth measurements can be somewhat inaccurate, especially for women around “that time” of the month. Also, I find body fat percentage is too hard to get measured accurately, frequently, and it can sometimes be misleading. At the end of the day, most girls reading this are doing so to change the look of their body. The best way to see change is to therefore look at your body, in photos.

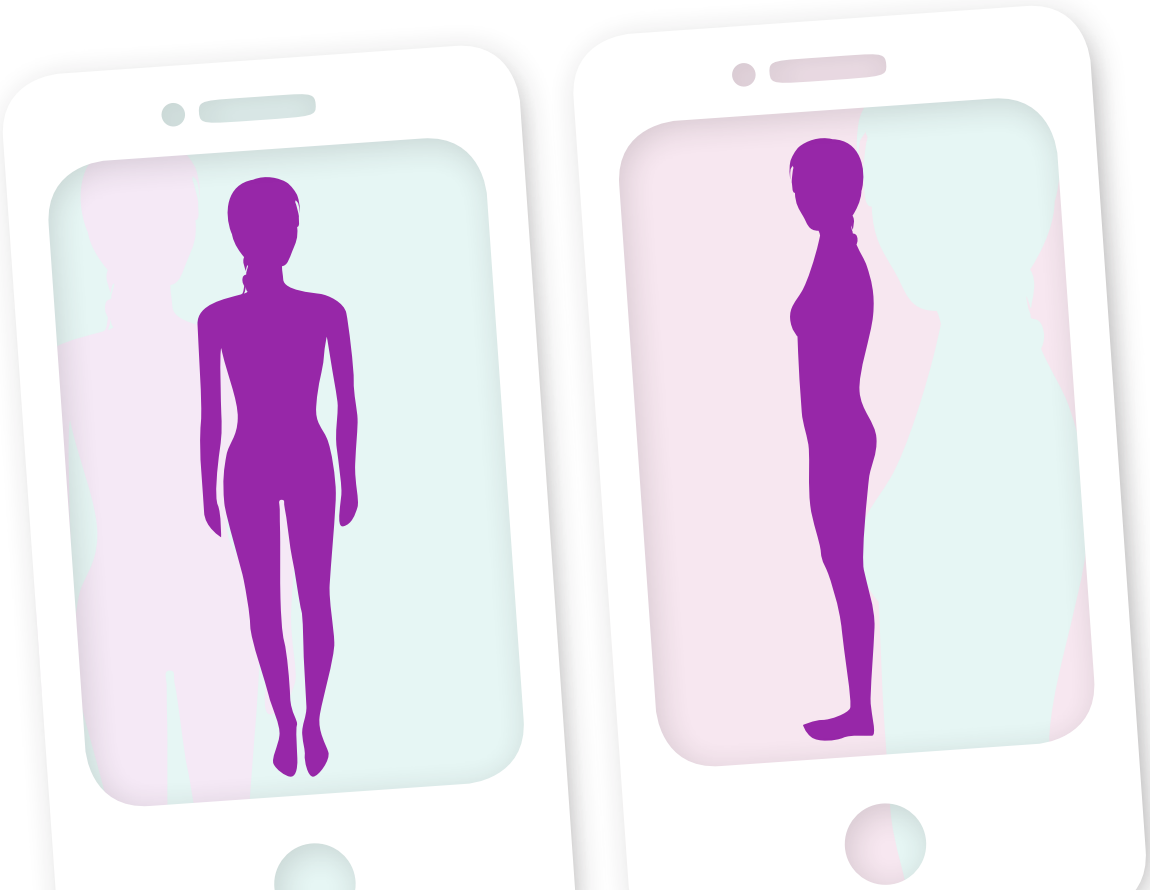
WHAT WILL I BE DOING?

Throughout this training regime you will be using TWO methods of progress checking as stated above. Using the guidelines that are provided, it is VERY important that you track your progress consistently. Progress photos will be the primary measurement and your body weight will be the secondary. Although you will be tracking your weight, your full attention will be on the change in your photos. The scales do not always necessarily tell "the truth". Consistently taken photos under the same guidelines however, will not lie.

Progress photos are so important for both self-motivation and keeping track of actual progress. Some changes may not be visible on the scales but may be VERY visible in the mirror, especially for those of you that have a moderate or light starting weight. Without visible progress, it is very easy to lose motivation. Here are some of the transformations both myself and Fresh Fitness have achieved through our training methods.

PHOTO CRITERIA

- Take your 'before' photos prior to starting my program
- DO NOT delete any of the photos you take
- Set a reminder in your phone/ calendar every four weeks to retake your photos
- Make sure you always take the photo in the same circumstances (i.e. your bedroom, wardrobe mirror, 6AM, Monday)
- Full body length shot
- Two compulsory photos: 1 front view, 1 side view (take as many others as you like)
- Feet together (touching)
- Hands slightly away from body
- Natural relaxed stance, NOT posing
- Camera away from face
- Crop top or bra & underwear or shorts
- Take the image on the same angle (vertical and horizontal position)



HOW DO I WEIGH IN?

When weighing in, it is important that like your photos, you are measuring your progress in the same situation each time.

This means that you should:

- Weigh on the same day each week
- Weigh at the same time
- Wear the same clothes
- Weigh on the same scales

I suggest that you weigh yourself fortnightly on Monday morning as soon as you get up. Of course, on the same scales, in the same or similar clothes every time. Make sure you only weigh once a fortnight, not everyday. This helps to avoid any fluctuation in results and disappointment with small change.

FINAL NOTE

Through your amazing transformation, please feel free to upload and tag me in any photos on Facebook or Instagram so I can personally view your progress. There is nothing I enjoy more than seeing my advice help other women change their lives.

@kayla_itsines (Instagram)
#kayla_itsines (my hash tag)
www.facebook.com/k.itsines

workouts

bikini BODY guide

step two:
your weekly training breakdown

Over the next 3 months (12 weeks), the amount of exercise you will do on a weekly basis will change. To keep track of your workouts and to make sure you don't miss anything, I have listed below the exact amount of training you should perform, week by week.

Throughout this 12 week period you will be performing three separate styles of training;

- resistance training
- cardio (cardiovascular) training
- rehabilitation (stretching).

When I refer to these I will use the term "session" to signify one workout for each type of training.

For resistance training this means one of my circuit training sessions (shown in my exercise section on page 16). These are also explained on page 98 in the education section.

For cardio this means one session of either LISS (low intensity steady state) or HIIT (high intensity interval training)

(LISS = 35-45 minutes power walking)
(HIIT = 10-15 minutes sprint training)
Shown in more detail on page 18.

For stretching this means one entire stretching routine. Shown on page 19.

NOTE: All session amounts specified below are to be performed *weekly*.

WEEKS 1–4

2–3 sessions of resistance training

2–3 sessions of LISS cardio training

1 rehabilitation (stretch) session

WEEKS 5–8

2–3 sessions of resistance training

4–5 sessions of LISS cardio training

1 rehabilitation (stretch) session

WEEKS 9–12

3–4 sessions of resistance training

2–3 units LISS cardio training

1–2 units HIIT cardio training

1–2 rehabilitation (stretch) session(s)

A good way to get continuous progress from exercise is to use a technique called **progressive overload**. In a nutshell, this is to always change or increase your training frequency or resistance.

However, like anything, the increase in exercise does have a limit – **what I have specified in weeks 9-12 is the maximum for this.** By this point you should be able to keep training and seeing regular results. I do not condone exercising at a frequency above this. While training at this level I do recommend placing a large focus on stretching and resting also. When exercising at such high intensity so regularly, it is important to give your muscles time to relax, recover and adapt.

As everyone's lifestyle is unique, I cannot provide an exact breakdown of when you should perform these workouts. The variance in training time for shift workers vs. office workers vs. students will change. Therefore, I have provided a list of recommendations or guidelines for you to follow. You should try and follow these guidelines when spreading your workouts throughout the week. I have also provided an example weekly workout planner you can use to organise your sessions.

My recommendations:

- Do not perform resistance training and HIIT training on the same day
- Doing LISS and resistance training on the same day is ok, but do not do them as one session. Split them up into morning / night.
- DO NOT do more than 2 sessions of resistance or cardio training (approx. 60–70 minutes of exercise) per day.
- Stretching is not the same intensity as other training and can be done after any other session of exercise (resistance, LISS or HIIT). It is a form of cool down and rehabilitation.

Example Table

NOTE: This table is available as a FREE download on my website for a "do it yourself" weekly workout planner.

Weeks 1–4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance	✔		✔		✔		
LISS		✔		✔		✔	
HIIT							
Stretch						✔	

WHAT IS RESISTANCE TRAINING?

All of my clients do **high intensity circuit training** for resistance workouts. Inside the circuits is a mix of plyometric (jump), body weight and hypertrophy (muscle & strength building) training. I choose to use the combination of these styles of training because in my experience:

- You should always include multiple styles of training to cover all aspects of your body
- It is a form of fun high intensity training
- It burns lots of calories
- It promotes large positive hormonal response
- It is fantastic for fitness
- It challenges both the mind and body

WHAT IS CIRCUIT TRAINING?

Circuit training is a style of training that usually involves two or more exercises that are performed in a set amount of repetitions (reps). Typically a timer is set and you repeat these exercises (in their rep amounts) one after the other for that set period of time. For example a beginner circuit could be 10 squats and 10 push-ups repeatedly for 3 minutes.

My program consists of **7-minute circuits with 4 exercises in each**. The rep ranges vary depending on the exercise, as well as how far through the training program you are. This means you will have 4 exercises to repeat within 7 minutes. When the timer goes off you have a break. Do your best to exercise for the whole 7 minutes, only resting after the timer has gone off.

Each workout will consist of two rounds of two different circuits. This in total means 4 x 7-minute rounds = 28 minutes. In-between each circuit you can have 30-90 seconds rest as you need. Drink water between rounds as you feel is necessary, but not too much, as this may make you feel sick.

WHAT WILL I NEED FOR THE CIRCUITS?

- You must be warmed up before starting
- Equipment (as used in the exercise photos)
- All exercises need to be read and understood
- A timer (I use my iphone)

IE. BENCH, MEDICINE BALL, DUMBBELLS, BOSU BALL, STEPS

NOTE: I recommend going for a 5-minute fast walk prior to training. Being warm helps to lubricate joints, keep muscles safe for exercise and decrease injury risk.

Due to the high intensity of this training, I do not recommend these workouts for absolute beginners. As stated on my website, these circuits are designed for people who have a very basic level of cardio fitness.

If you do not have this, it is not uncommon that your first few attempts may result in slight dizziness from this type training.

STOP: If you are a beginner and have purchased this book against my recommendation, please be sure to do 2-3 weeks of regular walking to build up a foundation of cardio fitness first.

LISS CARDIO TRAINING

1 session of LISS = 35–45 minutes of walking (approximately 6.0 – 6.4 kmph)

LISS stands for Low Intensity Steady State. This can be used to define exercise types such as walking. Walking is a low intensity exercise at which you stay the same pace for the whole time. LISS therefore is any moderate or long duration cardiovascular exercise that maintains the same intensity throughout.

HIIT CARDIO TRAINING

1 session of HIIT = 10–15 minutes of interval sprints (read below)

HIIT stands for High Intensity Interval Training. Interval training consists of two periods (or intervals) typically called the 'rest' and 'work' period. The intervals YOU will be using are a 30:30 setup. This means you will sprint at 90-100% capacity (approx. 12-17kmph) for 30 seconds and then be at stand still (or cruise) for 30 seconds, then repeat. Typically this is done on a treadmill or RPM bike in a gym. When using a treadmill, rather than changing the pace continuously, simply jump your feet to the side for your rest period and jump back on for your work period. Always be careful and use your arms on the handles to stabilize your body when returning back onto the treadmill, as it will be going very fast.

STRETCHING

1 session of rehabilitation = 30 seconds per position of all stretches shown in the photos below, twice.

As most of you would know stretching is a great way to relax. It also plays a large role in recovery, injury prevention and of course flexibility. In the education section on page 98, you will see a more in depth explanation of stretching and its benefits. For now, all you need to know is that each time you stretch you will be doing the movements in the photos below. Ease into each position as shown in the photos and hold for approximately 20-30 seconds. Make sure you repeat all the stretches on both sides of your body (i.e. both arms or both legs) where applicable, and maintain steady breathing throughout. Do NOT force yourself into a stretch. You should always feel a slight pull when stretching but not a burning tear.

exercise workouts

Monday week 1 & 3

LEGS & CARDIO

Jump squats
Squats
Walking lunges
Knee ups
X jumps
Burpees
Weighted step ups
Medicine ball squat & press

CIRCUIT ONE

15 reps Jump squats

15 reps Squats

24 steps Walking lunges (12 per leg)

24 reps Knee ups (12 per leg)

CIRCUIT TWO

16 reps X Jumps (8 per leg)

10 reps Burpees

24 reps Weighted step ups (12 per leg)

15 reps Medicine ball squat & press

Wednesday

week 1 & 3

ARMS & ABS

Push ups
Medicine ball squat & press
Lay down push ups
Tricep dips

Mountain climbers
Ab bikes
Sit ups with twist
Straight leg sit ups

CIRCUIT ONE

15 reps Push ups

15 reps Medicine ball squat & press

15 steps Lay down push ups

15 reps Tricep dips

CIRCUIT TWO

40 reps Mountain climbers (20 per leg)

40 reps Ab bikes (20 per side)

30 reps Sit ups with twist (15 each side)

15 reps Straight leg sit ups

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

Monday week 2 & 4

LEGS & CARDIO

Burpees
Jump lunges
Knee ups
Sumo squats

Skipping
Walking lunges
Raised reverse lunges
Jump squats

CIRCUIT ONE

10 reps Burpees

20 reps Jump lunges (10 per leg)

24 steps Knee ups (12 per leg)

15 reps Sumo squats

CIRCUIT TWO

2 mins Skipping

24 steps Walking lunges (12 per leg)

30 reps Raised reverse lunges (15 per leg)

15 reps Jump squats

Wednesday

week 2 & 4

ARMS & ABS

Weighted squat clean & press

Tricep dips

Commando

Straight leg jacknife

Sit ups

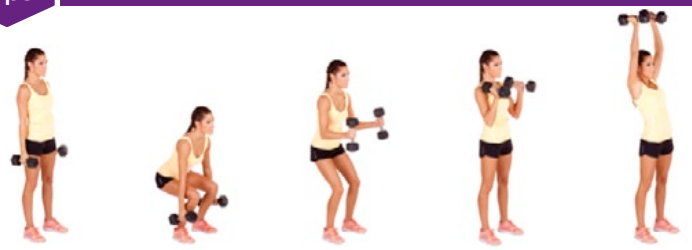
Mountain climber push ups

Leg raises

Lay down push ups

CIRCUIT ONE

15 reps Weighted squat clean & press



15 reps Tricep dips

24 reps Commandos (12 each side)

20 reps Straight leg jackknife

CIRCUIT TWO

20 reps Sit ups

15 rounds 4 mountain climbers + 1 push up

15 reps Leg raises

15 reps Lay down push ups

Friday week 2 & 4

FULL BODY WORKOUT

Burpees
Jump lunges
Lay down push ups
Sumo squats
Mountain climber push ups
Straight leg jackknifes
Skipping
Commandos

CIRCUIT ONE

10 reps Burpees

30 reps Jump lunges (15 per leg)

15 reps Lay down push ups

15 reps Sumo squats

CIRCUIT TWO

15 reps 4 mountain climbers + 1 push up

15 reps Straight leg jackknifes

2 mins Skipping

24 reps Commandos (12 each side)

Monday week 5 & 7

LEGS & CARDIO

- Sumo jump squats
- Weighted wide squats on bench
- Burpees
- Weighted step ups
- Jump lunges
- Medicine ball crab walk
- Weighted walking lunges
- Skipping

CIRCUIT ONE

15 reps Sumo jump squats

15 reps Weighted wide squats on bench

15 reps Burpees

30 reps Weighted step ups (15 per leg)

CIRCUIT TWO

30 reps Jump lunges (15 per leg)

15 steps Medicine ball crab walk

24 steps Weighted walking lunges (12 per leg)

2 mins Skipping

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 jackknifes

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)

Friday week 5 & 7

ABS & CARDIO

Mountain climbers
Weighted bent leg jackknifes
Skipping
Straight leg jackknifes
Burpees
Raised leg sit ups with twist
Ab bikes
Leg raises

CIRCUIT ONE

50 reps Mountain climbers (25 each side)

15 reps Weighted bent leg jackknifes

3 mins Skipping

15 reps Straight leg jackknifes

CIRCUIT TWO

15 reps Burpees

30 reps Raised leg sit ups with twist (15 each side)

40 reps Ab bikes (20 each side)

15 reps Leg raises

Monday week 6 & 8

ARMS & ABS

Drop push ups

Plank

Tricep dips (feet raised)

Bent leg raises with hip lift

Weighted squat clean & press

Leg raises with hip raise

Raised leg sit ups with twist

Leg raises

CIRCUIT ONE

15 reps Drop push ups

1 min Plank

20 reps Tricep dips (feet raised)

25 reps Bent leg raises with hip lift

CIRCUIT TWO

15 reps Weighted squat clean & press

15 steps Leg raises with hip raise

20 reps Raised leg sit ups with twist

20 reps Leg raises

Wednesday

week 6 & 8

ABS & CARDIO

Snap jumps
Straight leg jackknifes
Skipping
Ab bikes
Burpees
Mountain climbers
Scissor kicks
X jumps

CIRCUIT ONE

20 reps Snap jumps

20 reps Straight leg jackknifes

2 mins Skipping

40 reps Ab bikes (20 each side)

CIRCUIT TWO

15 reps Burpees

50 reps Mountain climbers (25 each side)

40 reps Scissor kicks (20 each side)

20 reps X jumps (10 each side)

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)

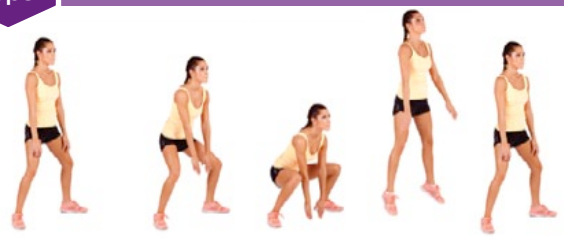
30 reps Weighted step ups (15 each side)

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)

Monday week 9 & 11

LEGS

Jump lunges
Split squats
180 degree jump squat
Medicine ball squat & press
X hop
Knee ups
Double bench jumps
Snap jump knee ups

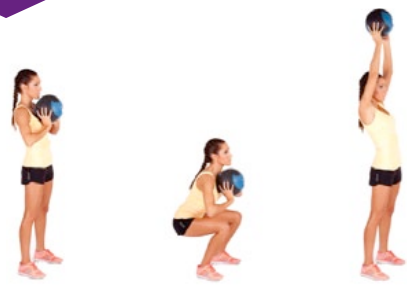
CIRCUIT ONE

50 reps Jump lunges (25 each leg)

20 reps Split squats

20 reps 180 degree jump squats

15 reps Medicine ball full squat & press



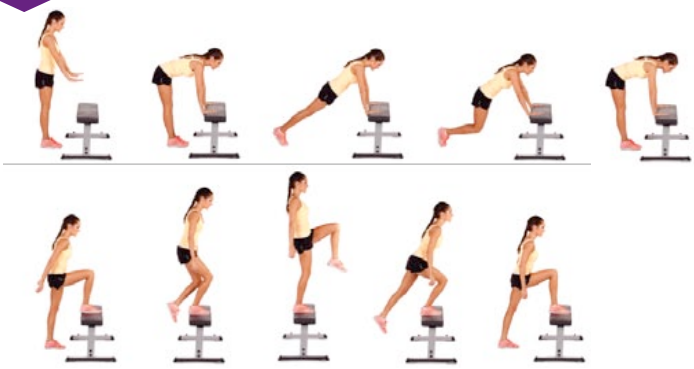
CIRCUIT TWO

20 reps X hops (each jump movement is 1 rep)

30 reps Knee ups (15 each leg)

15 reps Double bench jumps

24 reps Snap jump knee ups (12 each leg)



Wednesday

week 9 & 11

ARMS

Drop push ups

Medicine ball squat & press

Tricep dips (feet raised)

Mountain climbers + push ups

Broad jump burpees

Weighted squat clean & press

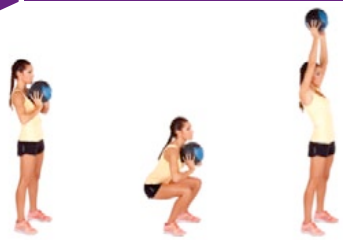
Decline push ups

Bosu burpee

CIRCUIT ONE

20 reps Drop push ups

15 reps Medicine ball squat & press



25 reps Tricep dips (feet raised)

8 reps 10 mountain climbers + 2 push ups

CIRCUIT TWO

15 reps Broad jump burpees (jump forward)

15 reps Weighted squat clean & press

15 reps Decline push ups

15 reps Bosu burpees

Friday week 9 & 11

ABS

Leg raises with hip raise
Straight leg jackknife
Mountain climbers
Ab bikes
Bench hops
Weighted bent leg jackknife
Leg raises on bench
Raised leg sit ups with twist

CIRCUIT ONE

20 reps — Leg raises with hip raise

20 reps — Straight leg jackknife

50 reps — Mountain climbers (25 each side)

20 reps — Ab bikes

CIRCUIT TWO

30 reps — Bench hops (15 each side)

20 reps — Weighted bent leg jackknife

20 reps — Leg raises on bench

30 reps — Raised leg sit ups with twist (15 each side)

Monday

week 10 & 12

LEGS

Weighted step ups
Double bench jumps
Medicine ball crab walks
Split jumps
Burpee bench jumps
Medicine ball squat & press
180 degree jump squats
X jumps (alternating sides)

CIRCUIT ONE

30 reps Weighted step ups (15 each leg)

15 reps Double bench jumps

20 steps Medicine ball crab walks

20 reps Split jumps

CIRCUIT TWO

15 reps Burpee bench jump

15 reps Medicine ball squat & press

24 reps 180 degree jump squats

30 reps X jumps (15 each leg)

Wednesday

week 10 & 12

ARMS

Weighted squat clean & press

Commandos

Lay down push-ups with tuck jumps

Decline push up

Spider push ups

Tricep dips (feet raised)

Bosu burpee

Split leg push ups

CIRCUIT ONE

15 reps Weighted squat clean & press

36 reps Commandos (18 each side)

20 reps Laydown push ups with tuck jumps

20 reps Decline push ups

CIRCUIT TWO

24 reps Spider push ups (12 each side)

30 reps Tricep dips (feet raised)

15 reps Bosu burpees

20 reps Split leg push ups

Friday week 10 & 12

ABS

Snap jumps
Spider push ups
Scissor kicks
Bench hops

Leg raises on bench
Straight leg jackknifes
Weighted bent leg jackknifes
Burpee bench jump

CIRCUIT ONE

50 reps Snap jumps

16 reps Spider push ups (8 each side)

40 reps Scissor kicks (20 each side)

30 reps Bench hops (15 each side)

CIRCUIT TWO

20 reps Leg raises on bench

20 reps Straight leg jackknifes

20 reps Weighted bent leg jackknifes

15 reps Burpee bench jump

exercise glossary

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.

2. SQUATS

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 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. You may choose to extend your arms for balance.

4. Push up through your heels and return to a neutral standing position.

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 you chest is close to your legs.

3. Slowly release the torso down and roll back into starting position.

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.

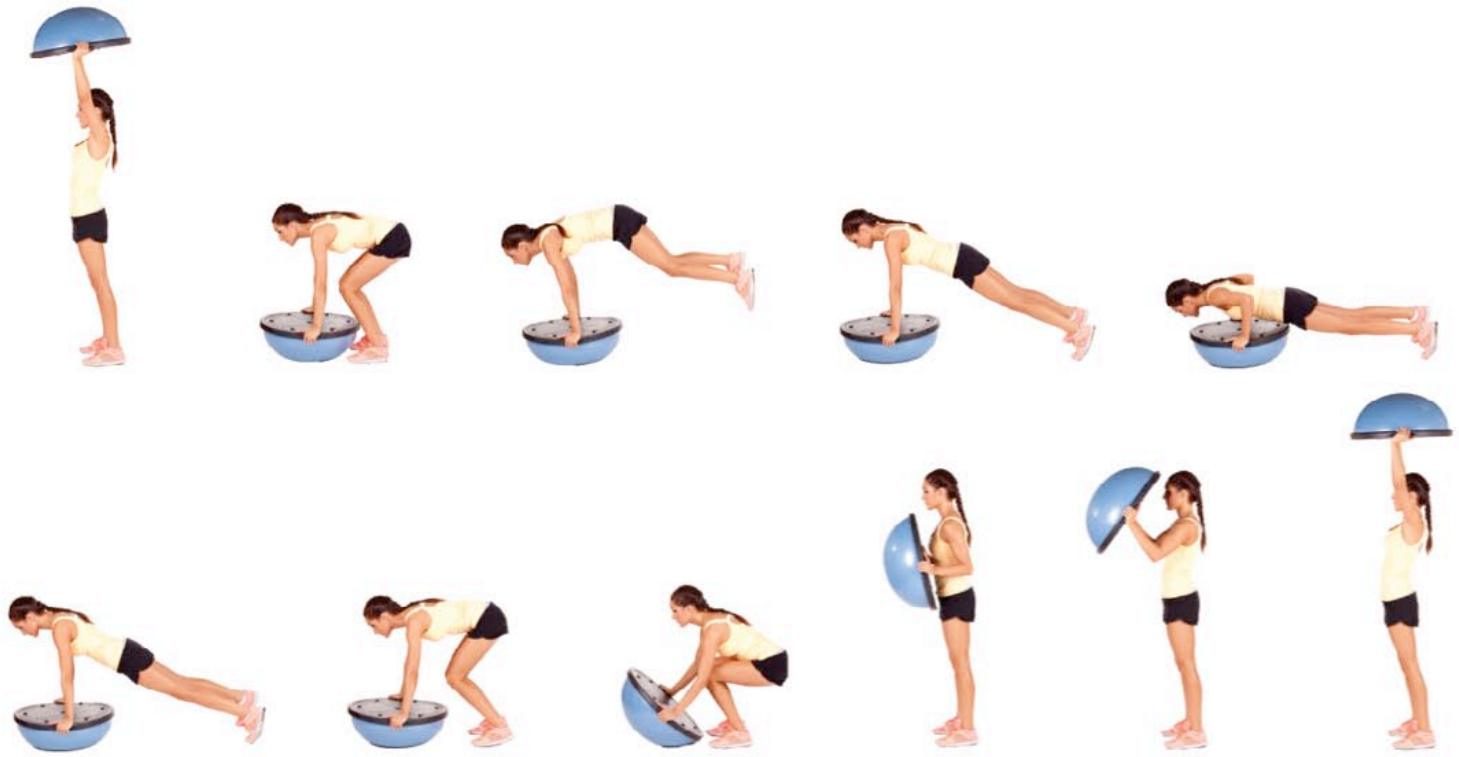
3. Keeping your feet together, contract your abdominal muscles and bend your knees in towards your chest.

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.

6. BOSU BURPEES

1. Squat down and position the bosu on the floor with the flat side facing upwards.
2. Once steady, kick your feet backwards into push up position.
3. Bend your arms and lower your torso towards the bosu until your arms form a 90 degree angle (see Exercise 3 – Push up). Ensure that your back remains straight and that you stabilise through your abdominal muscles.
4. Jump your feet in towards the bosu into squat position.
5. Stand and lift the bosu to your chest and then press it upwards over your head.
6. Place the bosu back down on the floor and repeat.



7. STRAIGHT LEG JACKKNIFES

1. Start by lying straight on your back with both arms above your head.
2. Engage your abdominal muscles by drawing in your belly button to your spine
3. Keeping your feet together, contract your abdominal muscles and lift your legs up so that they form a 90 degree angle with your hips.
4. At the same time, bring your hands up towards your feet slowly lifting your head, shoulder blades and torso off of the floor.
5. Squeeze in tightly and slowly release both your arms and legs outwards, lying back down with legs straight and arms above your head.

8. JUMP SQUATS

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 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. You can choose to extend your arms for balance.

4. Once in this position, propel your body upwards into the air, extending your legs before landing back into 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.

9. DROP PUSH UPS

1. Start by standing up straight before bending both your hips and knees into 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, ensuring that your hands are slightly wider than shoulder-width apart.

3. Kick your feet backwards, and as soon as your feet touch the floor behind you, lower your torso towards to floor until your arms form a 90 degree angle. Ensure that your back remains straight and that you stabilise through your abdominal muscles.

4. Push through your chest and extend your arms to lift your body back into push up positio

5. Transfer your body weight onto your hands and jump your feet inwards and into squat position and stand up. Do not jump.

10. BENT LEG RAISES (REGULAR & ON BENCH)

1. Start by lying flat on your back with your legs straight. placing both hands underneath your coccyx bone.
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. Slowly lower your legs, extending them until they are slightly off of the floor.
5. Tap the floor with the heels of your feet and repeat.
6. If you are doing these on a bench (shown below), place your hands behind your head and firmly grasp the bench.

11. STRAIGHT LEG RAISES (REGULAR & ON BENCH)

1. Start by lying flat on your back with your legs straight placing both hands underneath your coccyx bone.

2. ** If you are doing these on a bench (shown below), place your hands behind your head and firmly grasp the bench**

3. Keeping your feet together and legs straight, contract your abdominal muscles and lift your legs up until they form a 90 degree angle with your hips.

4. Slowly lower your legs towards the floor, ensuring that your legs remain straight and feet flexed.

5. Tap the floor with the heels of your feet and repeat. If on a bench, extend your legs so as to form one straight line with the rest of your body.

12. SPLIT 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 (push up position).

2. Quickly jump both feet outwards and inwards (for the amount of reps stated) whilst remaining stable through the upper body.

3. Bend your arms and lower your torso to the floor until your arms form a 90 degree angle, ensuring that your back remains straight and stabilising through your abdominal muscles

4. Push through your chest and extend your arms to lift your body back into push up position.

5. Repeat.

13. TOE TOUCHES

1. Begin by lying flat on your back with your arms extended above your head and legs straight at 90 degrees to your hips.

2. Engage your abdominal muscles by drawing your belly button in towards your spine.

3. Bring your hands up towards your feet - slowly lifting your head, shoulder blades and torso off of the floor, allowing your hands to meet your toes (or the action of).

4. Squeeze in tightly before extending your torso, lying back down with your arms above your head.

14. RAISED LEG SIT UPS WITH TWIST

These can also be preformed on a decline sit up bench at the gym.

1. Start by lying flat on the floor with your feet up on a flat bench.
2. Bend your elbows, keeping your hands behind your earlobes (as shown in photo)
3. Engage your abdominal muscles by drawing your belly button in towards your spine.
4. Slowly release your left hand and extend forward slowly allowing your head, shoulder blades and torso to lift off of the floor.
5. As you continue to sit up, twist over your right side in order to touch the bench immediately next to your right foot.
6. Slowly untwist your body and release your torso, bringing your right hand back in towards your ear.
7. Repeat on right hand.

15. BENCH HOPS

1. Position yourself on the left side of the bench, placing your hands flat on the top of a flat bench with your fingers facing outwards.

2. Transfer your weight from your legs to both your hands and abdominal muscles and quickly jump your feet up and over the bench, landing on the right side. You'll need to tuck your knees into your chest as you jump so as to prevent hitting your knees on the bench.

3. Immediately jump back over to the left of the bench and repeat for the number of repetitions stated.

16. X HOPS

1. Start in a squat position (see Exercise 2 - Squat) before propelling your body upwards and extending your legs (see Exercise 8 – Jump Squat)

2. Whilst in the air, split your legs and land into a lunge positions with your RIGHT leg forward and LEFT leg back. Ensure that your weight is distributed equally between both legs.

3. Immediately propel your body back into the air and adjust your legs to allow you to land in a 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

4. Once in the squat position, immediately propel yourself upwards again, landing in a lunge position with your LEFT leg forward and RIGHT leg back.

5. Breakdown – Thus, the sequence will be squat, lunge right leg forward, squat, lunge left leg forward and repeat.

17. SKIPPING

1. Standing on the balls of your feet, hold one skipping rope handle in your right hand and the other in your left. Step your feet in front of the skipping rope to begin.

2. Swing the rope upwards and over your head through small rotations in the wrist.

3. As the rope is about to touch the floor, jump upwards to allow the rope to swing under your feet and behind your body.

4. Repeat.

18. DOUBLE BENCH JUMPS

1. Start by placing one flat bench on either side of you. Stand up on the benches and squat down to see if this feels comfortable and stable – move the benches accordingly.

2. Stand on the floor in between the benches and assume a squat position (see Exercise 2 – Squat) before propelling your body upwards (see Exercise 8 – Jump Squat).

3. Whilst in the air, adjust your legs to allow you to land with one foot on one bench and one foot on the other at the same time into squat position. If this is too difficult, land safely first before squatting.

4. Once you have performed the squat, either step or jump back down onto the floor and repeat. 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.

19. BENCH JUMPS

1. Start by placing one bench horizontally directly in front of you and taking one large step backwards.

2. Facing the bench, stand with your feet slightly further than shoulder width apart bending both your hips and knees (see Exercise 2 – Squat).

3. From this position, propel your body upwards and forwards to allow you to land on the bench – where you reassume a 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.

4. Step or jump backwards off of the bench in a controlled manner, landing safely in squat position.

5. 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.

21. BURPEE BENCH 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 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 (push up position).

4. Lower your torso towards to floor until your arms form a 90 degree angle. Ensure that your back remains straight and that you stabilise through your abdominal muscles.

5. Transfer your body weight onto your hands and jump your feet inwards into squat position.

6. From this position, propel your body upwards and forwards to allow you to land on the bench in front of you, where you reassume the squat position (see Exercise 19 – Single Bench Jumps).

7. Step or jump backwards off of the bench in a controlled manner, landing safely 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.

8. Repeat.

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.

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.

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. Reserve the pattern above to return to plank position.

5. Repeat, starting with the left hand.

25. BROAD JUMP BURPEES

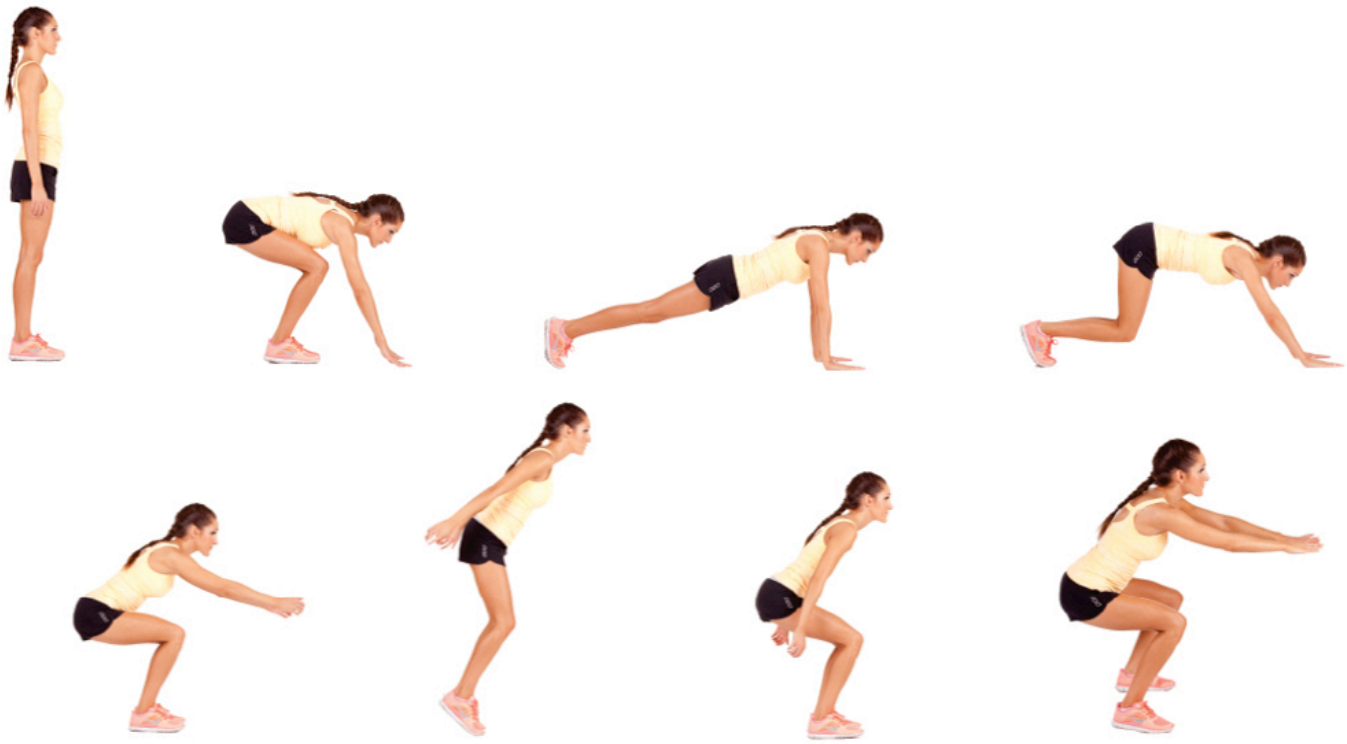
1. Standing with your feet slightly wider than shoulder width apart, assume a squat position (see Exercise 2 – Squat) leaning your body forward slightly to allow you to place your hands on the floor in front of you.

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.



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.

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.

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.

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.

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.

31. LAYDOWN PUSH UP & TUCK JUMPS

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. Transfer your weight onto your hands, and jump your feet inwards into squat position.
6. From this position, propel your body upwards into the air as high as you can, while simultaneously tucking in both your elbows and knees
7. 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.
8. Repeat.

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.

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.

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.

35. 180 DEGREE JUMP SQUAT

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 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. From this position, propel yourself upwards and rotate your body 180 degrees, landing with both feet at the same time 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. Once safely landed, repeat in the opposite direction, returning to your original starting position.

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.

37. SPIDER PUSH UPS

1. Assume a push up position (see Exercise 3 – Push Up) with your feet approximately HIP width apart. Ensure that you stabilise through your abdominals to prevent arching or sinking through your back.

2. As you bend your arms and lower your torso to the floor, release your LEFT leg and lift it towards your LEFT shoulder at a 90 degree angle.

3. At the same time, rotate your shoulders slightly to the LEFT, which will allow you to look at your knee.

4. Hold this position for two seconds before returning your shoulder and left knee to starting position.

5. Repeat on the right side.

38. SNAP 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 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. 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 into squat position.

5. Repeat.

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.

40. BENT LEG RAISES WITH HIP LIFT

1. Start by lying flat on your back with your arms extend alongside your body and legs completely extended. *If you are doing these on a bench, hold the bench behind your head firmly with both hands.*

2. Keeping your feet together, contract your abdominal muscles and bend your knees in towards your chest.

3. As your knees approach your chest, lift your hips off the bench slightly.

4. Squeeze in tightly before lowering your hips back onto the bench.

5. Slowly release your legs outwards, making sure that your legs are completely extended before the reach the floor. If on a bench, ensure that your legs are completely extended by the time your legs are in line with the rest of your body.

41. MOUNTAIN CLIMBER

1. Starting in push up position with arms slightly wider than shoulder width apart, position 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. *Never allow the leg that is moving to touch the floor.*

5. Repeat for as many reps as stated.

42. DOUBLE BENCH SQUATS (WEIGHTED)

1. Start by placing two flat benches vertically on either side of you. Stand up on the benches and squat down to see if this feels comfortable and stable – move the benches accordingly.

2. Collect a heavy weight and firmly grasp it with both hands and step up onto the benches, with one foot on either bench. This is your starting position.

3. Turn your feet out on a 45 degree angle (like a duck!).

4. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.

5. 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 (see Exercise 45 – Sumo Squat).

6. Once the bottom of the weight is slightly lower than the bench, push up through your heels and return to starting position.

7. Repeat.

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.

44. TRICEP DIPS (NORMAL / RAISED FEET)

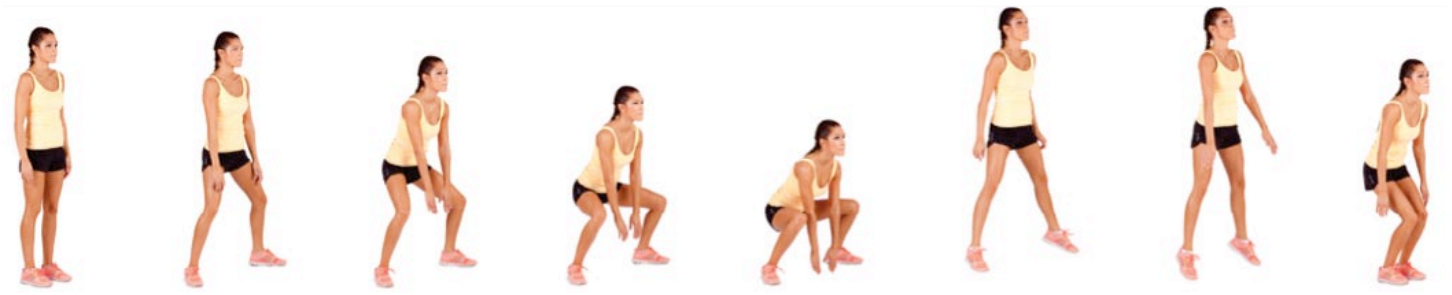
1. Start by placing a bench horizontally behind you and sitting on the edge with your knees bent (like a chair)
2. Position your hands underneath your glutes ('bum') approximately shoulder width apart on the edge of the bench, ensuring that your fingers are facing forwards.
3. Shift your glutes ('bum') 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.*

45. SUMO SQUATS

1. Plant both feet on the floor wider 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
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 up through your heels in order to return to starting position.
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.



47. SCISSOR KICKS

1. Start by lying flat on your back on a flat top bench, with legs completely extended, holding the bench behind your head firmly with both hands.

2. Engage your abdominal muscles by drawing in your belly button to your spine and raise your legs so that they are 45 degrees to your hips.

3. Once at 45 degrees, create a 'scissor-like' motion with your legs by simultaneously raising leg and lowering the other and alternating.

4. Repeat.

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.

49. MEDICINE BALL CRAB WALKS

1. Start by collecting a medicine ball and holding it directly in front of your chest with your feet together.
2. Once stable, release one leg and take one large step sideways. Ensure that both feet are planted on the floor wider than shoulder width with feet turned out at 45 degrees.
3. Looking straight ahead, bend at both the hips and knees, ensuring that your knees point toward your toes.
4. 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.
5. Once in this position, push up through your heels return to a neutral standing position by bringing your feet together.
6. Repeat.
7. Also repeat in the opposite direction.

50. SNAP JUMP KNEE UPS

1. Start by placing a bench horizontally in front for you. Stand up on the bench and squat down to see if this feels comfortable and stable – move the bench accordingly.
2. Once stable, place your hands on the bench approximately shoulder width apart with fingers facing forwards.
3. Kick your feet backwards into push up position resting on the balls of your feet.
4. Transfer your body weight onto your hands and jump your feet back in towards the bench.
5. Immediately plant your ENTIRE left foot on the bench making sure your knees are not over your toes (see Exercise 27 – Step Ups), keeping your hands by your sides.
6. Straighten your left leg, but ensure that your knee remain '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.
7. 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').
8. Release your left leg from your chest and place it back on the floor.
9. Repeat the above sequence stepping up on your right leg.
10. Repeat.

51. SIT UP & TWIST

1. Start by lying flat on the floor with your feet up extended out in front of you.
2. Bend your elbows, keeping your hands behind your earlobes (as shown in photo)
3. Engage your abdominal muscles by drawing your belly button in towards your spine. Slowly release your left hand and extend forward slowly allowing your head, shoulder blades and torso to lift off of the floor
4. As you continue to sit up, twist over your right side reaching past your right foot.
5. Slowly untwist your body and release your torso, bringing your right hand back in towards your ear.
6. Repeat on right hand.

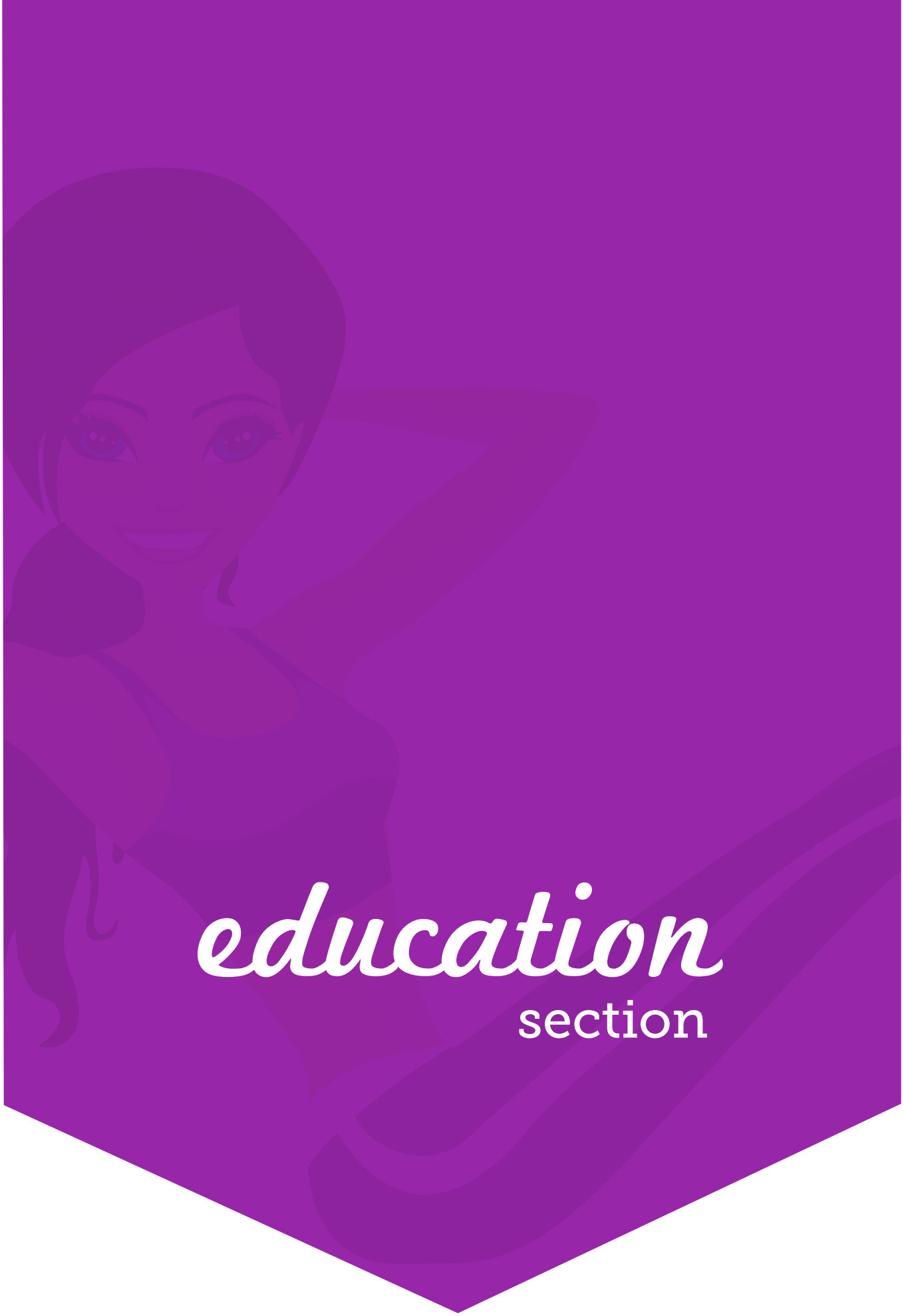
STRETCHING

PLANK POSTURE

CORRECT

INCORRECT

INCORRECT



education
section

step three:
education section

workouts bikini BODY guide

INTRODUCTION

"Education is paramount."

I personally think the most important thing to have when starting a new activity is a sound education. This most definitely applies to health and fitness.

Consider this: if you are a first year mechanical apprentice and you pop a tire on a car, it can easily be fixed. Unfortunately, this is not the case in the fitness industry or for your body. For example, if you have never lifted weights above your head before and lean too far back during an overhead press with a bar, you could dislocate your shoulder and tear a muscle. Similarly, if you don't eat enough calories or if you eat too much of the wrong food you can end up with hormonal, weight, malnutrition and digestive problems. The potential damage done to your own body can be long term and sometimes irreversible. I understand that many of us learn best from our own mistakes but I think with today's technology, people should be able to easily educate themselves before beginning a new journey.

Below you will find a user-friendly education section specifically pertaining to the cardiovascular exercise, resistance training and stretching I have made reference to throughout my guide. Although I will be the first to say some clinical research papers are very controversial, the information I have provided below (as well as the references), are from the same information sources Fresh Fitness, my clients and myself abide by.

EDUCATION: CARDIO

Some of the information in the following section and more can be found at:

http://www.mayoclinic.com/

http://www.livestrong.com/

"Physiology of sport and exercise". Wilmore, Costill & Kennedy, 2008. Fourth Edition.

What is cardio?

The word 'cardio' is short for cardiovascular exercise. Cardio is a broad term that essentially covers any low intensity aerobic exercise. 'Aerobic' simply means 'in the presence of oxygen' (try to remember AIR-robic). This implies that cardio is exercise that predominantly relies on oxygen for its metabolism (production) of energy, unlike anaerobic exercise (sprints), which does not.

What are the benefits of cardio?

The long list of physical cardio benefits are quite broad, they can include;

- Increases in stamina (fitness)
- Stronger auto-immune system (better resistance to colds and flus)
- Decreases blood pressure (better for your heart)
- Controls blood sugar levels
- Decreases potential for osteoporosis
- Strengthens your heart
- Boosts your mood
- And much, much more!

As you can see above, cardio can increase your health in varying ways not only externally, but internally too.

How does it affect weight-loss?

Like all forms of exercise, cardio burns calories. Calories are energy that can come from protein (muscle cells), carbohydrates (blood glucose or glycogen stores) or fat (adipose tissue) within your body. By burning calories (energy) you are increasing your daily energy output. When your energy output is above your energy (food) intake you can lose weight. In turn, performing cardio can help you to lose weight. Aside this general fact, doing the right styles of cardio can teach your body to utilize fat for energy more efficiently and support positive hormone balance.

What styles of cardio are there?

The basic and most common types of deliberate exercise cardio are LISS & HIIT.

LISS – Low Intensity Steady State – for example, walking.

HIIT – High Intensity Interval Training - for example, sprint training.

If we relate these to walking or jogging, LISS would equate to 35-45 minutes of walking for example and HIIT could consist of a 30 second sprint immediately followed by a 30 second walk (REST) period. These sprint and walk periods are your intervals. We repeat these for a designated amount of time, usually 10-15 minutes.

Which is better?

When it comes to choosing one form or cardio over another, most people generally fall into the very controversial conversation of walking versus running versus sprinting. Hopefully I am able to shed some light on this and help make you understand that one form of cardio is not better than any other form; it is merely the goals of the individual that change and therefore their unique need for a specific type of cardio varies.

If we look at the three types I listed above – walking, jogging and running – there are a few simple ways we can differentiate between them. The most important questions to look at are "how many calories do they burn per unit of time?" (ie 30 minutes), "where do these calories come from?" (which energy source is being predominantly used) and finally, "what hormonal/post exercise effect do they have on your body?".

In order of most to least: sprinting burns the most calories, then jogging and finally walking per unit of time (i.e. 10 minutes). This is of course because sprinting is higher intensity then jogging and your body is forced to metabolize more energy in that period of time.

Where does the energy (calories) come from?

In order of most to least; walking burns the most fat, then jogging then sprinting per calorie. Without getting too in depth, fat requires oxygen in order to be metabolized for energy. The lower the intensity of exercise, the more available oxygen your body has to be used to metabolize energy. In turn, you can see why sprinting burns the least fat per calorie. Because it is the highest intensity and near your anaerobic threshold (not using any or much oxygen), fat is not as easily used for energy, therefore you will be using your other energy sources such as carbohydrates (glucose or glycogen) for energy.

Hormonal/post exercise effect

When talking about hormonal and post exercise effects on the body, typically people will look at cortisol (stress hormone) and EPOC (Excessive Post Exercise Oxygen Consumption).

Since acute hormonal response to cardio is such a complex topic, I am going to talk more about EPOC and its importance, as I believe in relevance to your training, it is more important. EPOC occurs after any high intensity exercise and is the process of returning oxygen to the “starved” muscles. During this time, fat is the dominant source of energy while your body repairs muscle tissue and replenishes cell nutrients. Because of this, some research shows that performing sprints could result in burning more than 3 times the fat vs. steady state jogging. Obviously this is of huge importance.

Which type do I choose?

Your goals and the results of your training will change over time. I believe that a combination of different sorts of training is necessary to get the best results from your efforts. As you will have seen in my weekly training regime, it incorporates different training methods and frequencies. This means that, over time, how much you train and the style of that training will change. I believe in progressive overload and varying training protocols to maintain self-motivation and course to keep your body always changing. In regards to cardio therefore I recommend a combination of both walking and sprint training.

When should I be doing it?

Usually the last question anyone has about cardio is when should they do it. The most common response is first thing in the morning. Typically this works really well as it allows you to get it over and done with. However as everyone's lifestyle is different, it is necessary to understand that what time of the day you exercise doesn’t have a huge impact on your results.

Yes, there are minor differences in energy and hormone levels throughout the day but generally speaking for the majority, anytime of the day is fine so long as it gets done. I usually try to do it in the middle of the day, as this is when I have a long break (I work a split shift). Whether or not you have recently eaten, or are fasted for hours also does not have a huge impact on fat loss. Although this is commonly thought to be fact, whether or not you have eaten prior to cardio does not actually have much, if any effect on overall fat loss.

Overdoing it

Don't try and rush your progress. Being healthy and fit is a marathon, not a sprint. Be the tortoise not the hare. Take your time and finish first, don't rush, burn out and never get there. If you are over doing it your body will give you signs, sometimes these can come as lethargy, exhaustion, fatigue and water retention. Observe these signs and take some planned rest; this can actually improve your results.

EDUCATION: RESISTANCE TRAINING

What is it? Types & differences

Resistance training is based around the use of resistance to induce muscular contraction. This in turn can help to cause an increase in strength, power, hypertrophy and anaerobic endurance. Typically resistance consists of sets or rounds of exercises with a specified numbers of repetitions of each.

Resistance training is a broad topic that can include many varying training styles. Specifically, I choose to use plyometric and body weight exercises incorporated into high intensity circuits. This is because in my own experience and research, I have found that this has been able to give my clients the body they seek and nothing but.

Specifically, plyometric training refers to exercises where you are exerting your muscles in a maximal contraction, in as short amount of time possible. Typically plyometric training is referred to as jump training. Typically, this style of training is used by athletes however, I have found by incorporating it into my training repertoire I have been able to significantly increase intensity without having to use a large deal of external resistance. This is a great tool.

With this increase in intensity comes the same benefit you receive from HIIT training, EPOC (Excessive Post-exercise oxygen consumption). Again, during this phase you are burning high amounts of fat.

EDUCATION: STRETCHING

What is stretching?

In the context of health and fitness, to stretch simply means to deliberately lengthen a muscle. For example, a hamstring stretch would be to lengthen your hamstring by leaning forward, reaching down towards the ground and touching your toes (if possible). This lengthens the back of your leg that is your hamstrings.

Why do we stretch?

Stretching is a commonly overlooked, but very useful aspect of training. Whether you're a fulltime athlete, beginner or somewhere in between, the long list of benefits associated with stretching can have a positive impact on your training. In my experience the benefits of stretching include, but are not limited to, increased flexibility, better muscle condition, burning calories, releasing toxins and preventing injury. I have found, stretching can certainly take your health and fitness to the next level in a short amount of time. Through better muscle condition and greater flexibility, an individual can expect greater ranges of movement, more efficient muscle contraction and greater recovery as a result of a small amount of extra stretching.

Why does it matter to me?

If you are a sedentary individual (meaning you never or infrequently train), this can mean your muscles are deconditioned. The term "deconditioned" means a lot of things. One of them is that your muscle fibres do not stretch or contract as efficiently or effectively as someone who works out. It is only too common that a new fitness enthusiast – shortly after embarking on a new healthy lifestyle – has had to stop due to a crunchy knee or an aching shoulder or neck. This can be quite easily avoided with stretching the right muscles, providing the individual isn't predisposed to a chronic injury or unseen biomechanical dysfunction.

What muscles do you stretch and how?

You can stretch any and all muscles of your choice depending on what you are trying to achieve. Of course, for injury rehabilitation you will usually stretch the damaged or weak muscle tissue as well as the surrounding support group. For general flexibility you can stretch any and all muscles as you feel you need. Here is a basic set of rules I like to get my clients to follow when stretching:

- Start at the lowest muscle. For example, if stretching legs, start from your feet and calves.
- Ease into the stretched position, do not rush into it, and slowly apply more pressure to get a nice stretch. Remember, you are not trying to tear it.
- Don't push too hard. If you are stretching yourself to tears you may be doing more damage than good.
- Always stretch *both* sides of your body, not one, and hold for an even amount of time. (20-30 seconds each position)

thanks!

Thank you so much for purchasing and reading my book. I know the coming weeks and months for those of you reading this will be very exciting. I hope that I am able to bring the same life changing experience to you as to my clients in Adelaide.

Kayla Itsines

X

P.S. Stay tuned online for the coming FREE downloads section on my site. This will be much like the education section in all my books but with so many more topics.

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