

EXERCISE LIBRARY UTILISED WITHIN DECKED! CHALLENGE (BODYWEIGHT)

Exercise Name:	Body Group Worked:	Main Muscles Worked:	Rep Definition:	Description:	Regressions:	Progressions:
MOUNTAIN CLIMBERS	FULL BODY	Abdominals, Chest, Shoulders	1 Mountain Climber (left and right side) = 1 Repetition	<p>1. Place your hands on the floor, slightly wider than shoulder width apart.</p> <p>2. Straighten your arms, placing your shoulders directly over your hands. While maintaining a neutral spine, lift your body so that only your hands and toes are on the ground (PUSH-UP POSITION). Your upper body must remain straight throughout the exercise.</p> <p>3. Drive your right knee towards your hands. Simultaneously switch feet position (the forward leg extends back and the back leg comes forward). It should feel as though you are running on the spot. Ensure your shoulders and hips remain horizontal to the ground throughout the movement.</p>	Ø Jogging on the spot, lifting your knees as high as possible	Ø Knees to Elbows Ø Bear Crawl Ø Crocodile Walk
KNEES-TO-ELBOWS	FULL BODY	Abdominals, Chest, Shoulders	1 Knee-To-Elbow (left and right side) = 1 Repetition	<p>1. Place your hands on the floor, slightly wider than shoulder width apart.</p> <p>2. Straighten your arms, placing your shoulders directly over your hands. While maintaining a neutral spine, lift your body so that only your hands and toes are on the ground (PUSH-UP POSITION). Your upper body must remain straight throughout the exercise.</p> <p>3. Maintaining your core control, slowly lift your right leg, attempting to touch your left elbow with your right knee. Ensure your shoulders and hips remain horizontal to the ground throughout the movement.</p> <p>4. Straighten your leg and return to the push-up position.</p> <p>5. Repeat for the opposite leg.</p>	Ø If particularly struggling, try reduced range of motion (i.e. knees not quite touching elbows). Ø Mountain Climbers	Ø Bear Crawl Ø Crocodile Walk

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5 METER BEAR CRAWL	FULL BODY	Abdominals, Back, Chest, Shoulders	5 meters = 1 Repetition	<p>1. Place your hands and feet on the floor, slightly wider than shoulder width apart.</p> <p>2. While maintaining a neutral spine, lift your hips so that only your hands and toes are on the ground (PUSH-UP POSITION).</p> <p>3. Simultaneously take your left hand and right foot forward in a horizontal walking motion. Ensure your shoulders and hips remain horizontal to the ground throughout the movement.</p> <p>4. Transferring your weight, repeat for the opposite side.</p>	Ø Mountain Climbers	Ø Crocodile Walk
5 METER CROCODILE WALK	FULL BODY	Abdominals, Back, Chest, Shoulders	5 meters = 1 Repetition	<p>1. Place your hands and feet on the floor, slightly wider than shoulder width apart.</p> <p>5. While maintaining a neutral spine, lift your hips so that only your hands and toes are on the ground (PUSH-UP POSITION).</p> <p>2. Lower your chest as close to the ground as possible, without touching.</p> <p>3. Maintaining this position, simultaneously take your left hand and right foot forward in a horizontal walking motion. Ensure your shoulders and hips remain horizontal to the ground throughout the movement.</p> <p>4. Transferring your weight, repeat for the opposite side.</p>	Ø Mountain Climbers Ø 5 Meter Bear Crawl	Nil
PLANK TO PUSH-UP	FULL BODY	Abdominals, Triceps, Shoulders	1 Plank To Push-up = 1 Repetition	<p>1. Place your elbows on the ground, directly below your shoulders.</p> <p>2. While maintaining a neutral spine, lift your body so that only your elbows and toes are on the ground (PLANK POSITION). Your upper body must remain straight throughout the exercise.</p> <p>3. Maintaining your core control, lift your right arm. Place your hand on the ground directly below your shoulder. Use this arm to lift yourself into a Push-Up position. Simultaneously lift your left arm to assist the movement.</p> <p>4. Maintaining control, lower yourself back into a plank position.</p> <p>5. Alternate starting hand each rep.</p>	Ø If particularly struggling, try holding a plank, lifting your elbow slightly off the ground one at a time.	Ø Knees to Elbows Ø Bear Crawl

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BURPIES	FULL BODY	All	1 Burpie = 1 Repetition	<ol style="list-style-type: none"> 1. Stand with your feet shoulder width apart, hands at your side. 2. While maintaining a neutral spine, bend at your hips and knees to lower your body until your hands touch the floor (in the same fashion as a Squat). 3. Activating your core, kick both your feet behind you. You should now find yourself in a Push-Up position. Try to avoid letting your hips drop as this will place added stress on your lower back. 5. Bending your elbows, lower your body towards the floor until your chest is nearly touching the ground (i.e. performing a Push-Up). 4. Straighten your arms and return to the Push-Up position. 5. Activating your core, kick both your feet back into the lowered Squat position. 6. Pushing through your heels, press back up to the starting position. 	Ø Burpies (with no Push-Up)	Ø Single Leg Walkouts
SINGLE LEG WALKOUTS	FULL BODY	All	1 Single Leg Walkout (left and right side) = 1 Repetition	<ol style="list-style-type: none"> 1. Stand with your feet shoulder width apart, hands at your side. 2. Lift your left leg off the ground. 3. While maintaining a neutral spine, bend at your hips and knees to lower your body until your hands touch the floor (in the same fashion as a Single Leg Toe Touch). Keep your left foot off the ground at all times. Try to maintain a strong core, keeping your hips square throughout the movement. 4. Activating your core, walk your hands out in front of you. You should now find yourself in a Push-Up position. Try to avoid letting your hips drop as this will place added stress on your lower back. 6. Bending your elbows, lower your body towards the floor until your chest is nearly touching the ground (i.e. performing a Push-Up). 5. Straighten your arms and return to the Push-Up position. 6. Activating your core, walk your hands back into the lowered Single Leg Toe Touch position. 7. Pushing through your right heel, press back up to the starting position. 8. Repeat for reps and then perform the exercise on your left foot. 	Ø Single Leg Walkouts (with no Push-Up)	Nil

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CRAB TURNOVERS	FULL BODY	All	1 Crab Turnover (left and right side) = 1 Repetition	<ol style="list-style-type: none"> 1. Sit on the ground, knees bent and feet on the floor. Place your hands on the ground behind you. 2. While maintaining a neutral spine, lift your hips off the ground. Throughout the exercise be mindful of your hand position to avoid wrist injury. 3. Concentrating on your core, lift your left arm and left foot over your body so that you are now in a Push-Up position. 4. Continue this motion, lifting your right arm and right foot over your body so that you return to the starting position. 5. Repeat for the opposite direction. 	Nil	Nil
MAHLER BODY BLASTER	FULL BODY	All	1 Mahler Body Blaster = 1 Repetition	<ol style="list-style-type: none"> 1. Stand with your feet shoulder width apart, hands at your side. 2. While maintaining a neutral spine, bend at your hips and knees to lower your body (in the same fashion as a Squat). 3. From this lowered Squat position, roll onto your back. Try to avoid rolling onto your neck during this movement. 4. Using your core/lower body explosively reverse the movement, returning to the lowered Squat position. 5. Activating your core, jump forward into a Push-Up position. Try to avoid letting your hips drop as this will place added stress on your lower back. 6. Bending your elbows, lower your body towards the floor until your chest is nearly touching the ground (i.e. performing a Push-Up). 7. Straighten your arms and return to the Push-Up position. 8. Activating your core, kick both your feet back into the lowered Squat position. 9. Repeat the movement for the desired number of reps by rolling onto your back once more. 	Ø Burpies	Nil

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SQUATS	LOWER BODY	Quadriceps, Gluts	1 Squat = 1 Repetition	<ol style="list-style-type: none"> Stand with your feet shoulder width apart. While maintaining a neutral spine, bend at your hips and knees to lower your body until your thighs are parallel to the floor. Ensure your heels remain on the ground at all times. Pushing through your heels, press back up to the starting position. 	Nil – If particularly struggling, try reduced range of motion (i.e. reduced depth squats).	<ul style="list-style-type: none"> Ø Squat Jumps Ø Single Leg Squat with Toe Touch Ø Single Leg Walkouts
10M SHUTTLE RUN	LOWER BODY	All	10 meters = 1 Repetition	<ol style="list-style-type: none"> Place two markers 10 meters apart. Run from one marker to the next. 	Nil	<ul style="list-style-type: none"> Ø 10m Shuttle Run (high knees) Ø 10m Walking Lunges Ø 10m Frog Jumps
10 METER SHUTTLE RUN (HIGH KNEES)	LOWER BODY	All	10 meters = 1 Repetition	<ol style="list-style-type: none"> Place two markers 10 meters apart. Run from one marker to the next, driving your knees as high as possible with each step. <p>ALTERNATIVE: If you experience knee pain, try 10m Walking Lunges</p>	Ø 10m Shuttle Run	Ø 10m Frog Jumps
10 METER WALKING LUNGES	LOWER BODY	Quadriceps, Gluts	10 meters = 1 Repetition	<ol style="list-style-type: none"> Place two markers 10 meters apart. Stand with your feet hip width apart. Step forward with your right leg. Bend your front leg until your thigh is parallel with the ground and your left knee is nearly touching the ground. Ensure that the heel of your front foot remains on the ground (weight through the heel) and that your right knee remains behind the line of your toes. Driving through your front leg, step forward into the starting position and then repeat for the left leg. 	Ø If struggling, complete with 1 Lunge (left and right legs) = 1 Repetition.	<ul style="list-style-type: none"> Ø 10m Frog Jumps Ø Jumping Alternate Lunges

Exercise Name:	Body Group Worked:	Main Muscles Worked:	Rep Definition:	Description:	Regressions:	Progressions:
10 METER FROG JUMPS	LOWER BODY	Quadriceps, Gluts	10 meters = 1 Repetition	<p>1. Stand with your feet shoulder width apart.</p> <p>2. While maintaining a neutral spine, bend at your hips and knees to lower your body until your thighs are parallel to the floor. Ensure your heels remain on the ground.</p> <p>3. Pushing explosively through your heels, jump as high (and forward) as possible. Swing your arms to assist the movement if desired. When landing, try to reduce impact by squatting into the landing.</p> <p>ALTERNATIVE: Jump Squats</p>	<p>Ø If you experience knee pain, try Squats as an alternative. Try to make the upward movement as explosive as possible to maintain intensity.</p> <p>Ø Squat Jumps</p>	<p>Ø Jumping</p> <p>Alternate Lunges</p>
JUMPING ALTERNATE LUNGES	LOWER BODY	Quadriceps, Gluts	1 Lunge (left and right side) = 1 Repetition	<p>1. Stand with your feet hip width apart.</p> <p>2. Step forward with your right leg. Bending your front leg until your thigh is parallel with the ground and your left knee is nearly touching the ground. Ensure that the heel of your front foot remains on the ground (weight through the heel) and that your right knee remains behind the line of your toes.</p> <p>3. Driving explosively through the front leg, jump off the ground and simultaneously switch the position of your feet. Land in a mirror image of the initial position.</p> <p>4. Repeat for the left leg.</p>	<p>Ø 10m Walking Lunges</p> <p>Ø If you experience knee pain, try Squats as an alternative. Try to make the upward movement as explosive as possible to maintain intensity.</p>	<p>Nil</p>
SINGLE LEG TOE TOUCHES	LOWER BODY	Quadriceps, Gluts	1 Single Leg Toe Touch (left and right side) = 1 Repetition	<p>1. Stand with your feet together, shoulder width apart.</p> <p>2. Lift your left leg off the ground.</p> <p>3. While maintaining a neutral spine, bend at your hips and knees to lower your body until your hands can touch your toes. Ensure your right heel remains on the ground at all times.</p> <p>4. Pushing through your right heel, return to a standing position.</p> <p>5. Repeat for reps and then perform the exercise on your left leg.</p> <p>ALTERNATIVE: Jump Squats</p>	<p>Ø Squats</p>	<p>Ø Single Leg Walkouts (with no Push-Up)</p>

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GLUTE HAM RAISE	LOWER BODY	Gluts, Hamstrings	1 Glute Ham Riase = 1 Repetition	<ol style="list-style-type: none"> 1. Lie with your back on the ground, knees bent and feet on the floor. 2. While maintaining a neutral spine, lift your hips off the floor until your knees, hips and shoulders form a straight line. 3. Lowering your hips, return to the starting position. 	Ø Glute Kick-Backs	Nil
GLUTE KICK-BACKS	LOWER BODY	Gluts	1 Glute Kick Back (left and right side) = 1 Repetition	<ol style="list-style-type: none"> 1. Begin with your hands and knees on the ground. Your body should resemble a table in this position. 2. Activating your glutes, lift your left knee off the ground. Keeping your knees bent at approximately a 90 degree angle, kick your left foot back (as though you are trying to hit something above you). 3. Lowering your leg, return to the starting position. 	Nil	Ø Glute Ham Raise
SIDE LUNGES	LOWER BODY	Gluts, Hamstrings	1 Side Lunge (left and right side) = 1 Repetition	<ol style="list-style-type: none"> 1. Stand with your feet together, shoulder width apart. 2. Step to the right. Ensure both feet remain pointing forward. 3. Transferring your weight onto the right foot, bend your knee and push your hips back. Ensure the right knee is aligned with the second toe of your right foot. Try to keep both heels on the ground and your left leg as straight as possible throughout the movement. 4. Pushing though your right foot (weight through the heel), return to the starting position. 	Ø Sumo Squats	Ø Lateral Ski Jumps
CALF RAISES	LOWER BODY	Calves	1 Calf Riase = 1 Repetition	<ol style="list-style-type: none"> 1. Stand with your feet together, shoulder width apart. 2. Pushing evenly through the entire width of your foot, lift your heels off the ground. Use a wall for support/balance as required. 3. Lowering your heels, return to the starting position. <p>NOTE: If available, perform the movement on the edge of a step (for increased range of motion).</p>	Nil	Ø Single Leg Calf Raise

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LATERAL SKI JUMPS	Lower Body	Quadriceps, Gluts	1 Lateral Ski Jump (left and right side) = 1 Repetition	<p>1. Begin with your feet shoulder width apart and hands at your side.</p> <p>2. Bend your knees and jump to the left. Landing on your left foot, bring your right foot behind you as though you are skiing/skating. All your weight should be on the left foot.</p> <p>3. Driving off your left foot, jump to the right. Landing on your right foot, bring your left foot behind you as though you are skiing/skating. All your weight should be on the right foot.</p>	<p>Ø Side Lunges</p> <p>Ø If particularly struggling, try removing the jumping element of the exercise (i.e. step rather than jump).</p>	Nil
SUMO SQUATS	LOWER BODY	Quadriceps, Gluts	1 Sumo Squat = 1 Repetition	<p>1. Stand with your feet wider than shoulder width apart, toes pointed slightly outward.</p> <p>2. While maintaining a neutral spine, bend at your hips and knees to lower your body until your thighs are parallel to the floor. Ensure your heels remain on the ground at all times.</p> <p>3. Pushing through your heels, press back up to the starting position.</p>	Ø Squats	Ø Sumo Squat Jumps
SUMO SQUAT JUMPS	LOWER BODY	Quadriceps, Gluts	1 Sumo Squa Jumpt = 1 Repetition	<p>1. Stand with your feet wider than shoulder width apart, toes pointed slightly outward.</p> <p>2. While maintaining a neutral spine, bend at your hips and knees to lower your body until your thighs are parallel to the floor. Ensure your heels remain on the ground at all times.</p> <p>3. Pushing explosively through your heels, jump as high as possible. Swing your arms to assist the movement if desired. When landing, try to reduce impact by squatting into the landing.</p>	<p>Ø Squats</p> <p>Ø Sumo Squats</p>	Nil

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SQUAT JUMPS	LOWER BODY	Quadriceps, Gluts	1 Squat Jump = 1 Repetition	<p>1. Stand with your feet shoulder width apart.</p> <p>2. While maintaining a neutral spine, bend at your hips and knees to lower your body until your thighs are parallel to the floor. Ensure your heels remain on the ground at all times.</p> <p>3. Pushing explosively through your heels, jump as high as possible. Swing your arms to assist the movement if desired. When landing, try to reduce impact by squatting into the landing.</p>	Ø Squats	Nil
PUSH-UPS	UPPER BODY	Chest, Triceps	1 Push-Up = 1 Repetition	<p>1. Place your hands on the floor, slightly wider than shoulder width apart.</p> <p>2. Straighten your arms, placing your shoulders directly over your hands. While maintaining a neutral spine, lift your body so that only your hands and toes are on the ground (PUSH-UP POSITION). Your body must remain straight throughout the exercise.</p> <p>3. Bending your elbows, lower your body towards the floor until your chest is nearly touching the ground.</p> <p>4. Straighten your arms and return to the starting position. If you are finding your hips dipping or your shoulders rounding, regress the exercise.</p>	Ø Push-Ups from your knees	Ø Diamond Push-Ups Ø Plyo Push-Ups
DIAMOND PUSH-UPS	UPPER BODY	Triceps, Chest	1 Diamond Push-Up = 1 Repetition	<p>1. Place your hands on the floor, with your hands close together so that your thumbs and index fingers form the shape of a diamond.</p> <p>2. Straighten your arms, placing your shoulders directly over your hands. While maintaining a neutral spine, lift your body so that only your hands and toes are on the ground. Your body must remain straight throughout the exercise.</p> <p>3. Bending your elbows, lower your body towards the floor until your chest is nearly touching the ground. Try to keep your elbows close to your body during this movement.</p> <p>4. Straighten your arms and return to the starting position. If you are finding your hips dipping or your shoulders rounding, regress the exercise.</p>	Ø Diamond Push-Ups from your knees Ø If you experience wrist pain, try moving your hands further apart. Concentrate on keeping your elbows close to your body throughout the movement.	Ø Plyo Push-Ups

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PLYO PUSH-UPS	UPPER BODY	Chest, Triceps	1 Plyo Push-Up = 1 Repetition	<ol style="list-style-type: none"> Place your hands on the floor, slightly wider than shoulder width apart. Straighten your arms, placing your shoulders directly over your hands. While maintaining a neutral spine, lift your body so that only your hands and toes are on the ground. Your body must remain straight throughout the exercise. Bending your elbows, lower your body towards the floor until your chest is nearly touching the ground. Explosively straighten your arms so that your hands leave the ground. Simultaneously perform a handclap while in the air. Landing on your hands return to the starting position. If you are finding your hips dipping or your shoulders rounding, regress the exercise. 	<p>Ø Plyo Push-Ups from your knees</p> <p>Ø If you experience wrist pain, try Push-Ups as an alternative. Try to make the upward movement as explosive as possible to maintain intensity.</p>	Nil
DIVE-BOMBER PUSH-UPS	UPPER BODY	Shoulders, Triceps	1 Dive-Bomber Push-Up = 1 Repetition	<ol style="list-style-type: none"> Place your hands on the floor, slightly wider than shoulder width apart. Straighten your arms, placing your shoulders over your hands. Lift your body so that only your hands and toes are on the ground. Raise your hips as you move your feet forward as far as possible. Maintain straight legs and a neutral spine throughout the movement. Keeping your shoulders in line with your hands, bend your elbows and lower your body towards the floor until nearly touching the ground. Straighten your arms and return to the starting position. 	<p>Ø Dive-bomber Push-Ups from your knees</p>	Ø Handstand Push-Ups
HANDSTAND PUSH-UPS	UPPER BODY	Shoulders, Triceps	1 Handstand Push-Up = 1 Repetition	<ol style="list-style-type: none"> Place your hands on the floor, slightly wider than shoulder width apart. Preferably using a wall for support, lift your body so that only your hands and are on the ground (HANDSTAND POSITION). Maintaining a neutral spine, slowly bend your elbows and lower your body towards the floor until nearly touching the ground. Straighten your arms and return to the starting position. 	<p>Ø Dive-bomber Push-Ups</p>	Nil

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STICKUPS	UPPER BODY	Back, Shoulders	2 Stickups = 1 Repetition	<ol style="list-style-type: none"> 1. Stand with your feet shoulder width apart, hands above your head at full extension. 2. Maintaining a neutral spine, bend and lower your elbows (out to your sides) until they are just below shoulder line. Concentrate on working the muscles in your upper back throughout the movement, pulling your shoulder blades back and down. Try to keep your arms and elbows in line with the rest of your body. 3. Concentrating on the same muscles, return your arms to the starting position. 	Ø If struggling, complete with 1 Stickup = 1 Repetition.	Nil
PULL-UPS	UPPER BODY	Back, Biceps	1 Pull-Up = 1 Repetition	<ol style="list-style-type: none"> 1. Position yourself under a horizontal bar, capable of supporting your weight. 2. Grab the pull-up bar with your palms facing forward, hands wider than shoulder width. 3. Maintaining a neutral spine and keeping your shoulders down/back, pull your torso up until your chin is above the bar. 4. Lower your torso until your arms are almost straight (try to avoid locking out your elbows). 5. Repeat for the desired number of reps. 	Ø If struggling, try altering your grip. Bring your hands closer together and/or have your palms facing towards you.	Nil
SUPERMANS	UPPER BODY	Back, Shoulders	1 Superman = 1 Repetition	<ol style="list-style-type: none"> 1. Lie face down on your stomach with your hands and legs extended. 2. Keeping your arms and legs straight (and your neck neutral), lift your arms and legs up towards the ceiling so that you form a slight "U" shape with your body. 3. Lowering your arms and legs, return to the starting position. 	Nil	Nil

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ATOMIC PUSH-UPS	UPPER BODY	Chest, Triceps	1 Push-Up = 1 Repetition	<ol style="list-style-type: none"> Place your hands on the floor, slightly wider than shoulder width apart. Straighten your arms, placing your shoulders directly over your hands. While maintaining a neutral spine, lift your body so that only your hands and toes are on the ground (PUSH-UP POSITION). Your body must remain straight throughout the exercise. Bending your elbows, lower your body towards the floor until your chest is touching the ground. With your weight on your chest, lift both hands slightly off the ground (increasing the range of motion). Return your hands to the ground. Transferring your weight to your hands, straighten your arms and return to the starting position. If you are finding your hips dipping or your shoulders rounding, regress the exercise. 	<p>Ø Atomic Push-Ups from your knees</p> <p>Ø Push-Ups</p>	<p>Ø Diamond Push-Ups</p> <p>Ø Plyo Push-Ups</p>
CRUNCHES	CORE	Abdominals	1 Crunch = 1 Repetition	<ol style="list-style-type: none"> Lie with your back on the ground, knees bent and feet on the floor. Place your hands on your thighs. Concentrating on using your core, lift your upper body off the floor, sliding your hands up your thighs until your palms reach your knees. Lowering your upper body, return to the starting position. 	<p>Nil – If particularly struggling, try reduced range of motion (i.e. hands not quite reaching knees).</p>	<p>Ø V-Crunch</p> <p>Ø Lemon Squeezers</p>
V-CRUNCHES	CORE	Abdominals	1 V-Crunch = 1 Repetition	<ol style="list-style-type: none"> Lie with your back on the ground. Maintaining a neutral spine, lift your upper body and feet off the ground so your body assumes a ‘V’ position. Concentrating on using your core, bend your knees, bringing them in toward your chest as far as possible. Return your legs to the starting ‘V’ position. 	<p>Ø Crunches</p> <p>Ø V-Crunch with hands on the ground for support</p>	<p>Ø Lemon Squeezers</p>

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LEMON SQUEEZERS	CORE	Abdominals	1 Lemon Squeezer = 1 Repetition	<ol style="list-style-type: none"> 1. Lie with your back on the ground, hands and feet fully extended. 2. Simultaneously lift your upper body and legs off the ground, crunching your stomach until your hands and feet meet straight above your body. Imagine that you're squeezing a giant lemon with your body. 3. Slowly lower your upper body and legs, returning to the starting position. 	<p>Ø Crunches</p> <p>Ø V-Crunch</p>	Nil
RUSSIAN TWISTS	CORE	Abdominals (obliques)	1 Russian Twist (left and right side) = 1 Repetition	<ol style="list-style-type: none"> 1. Lie with your back on the ground. 2. Maintaining a neutral spine, lift your upper body and feet off the ground so your body assumes a 'V' position. Your legs should remain straight (or very slightly bent) during the entire exercise. 3. Concentrating on using your core, twist from side to side. Your entire chest and head region should rotate while your legs stay stationary. 	<p>Ø Russian Twists with your feet on the ground</p>	<p>Ø Oblique Reach-Throughs</p> <p>Ø Oblique Crunches</p>
OBLIQUE REACH-THROUGHS	CORE	Abdominals (obliques), Shoulders	1 Oblique Reach-Through (left and right side) = 1 Repetition	<ol style="list-style-type: none"> 1. Lie on your right side with your legs straight out. 2. Place your right elbow on the ground. While maintaining a neutral spine, lift your hips so that only your right elbow and foot are on the ground. Point your left arm toward the sky, at full extension. 3. Concentrating on your obliques, slowly lower your left arm. Reach around and under your body (as though you are hugging yourself). Your upper body should remain straight throughout the exercise. 4. Return your left arm toward the sky. 5. Repeat for reps and then perform the exercise on your left side. 	<p>Ø Russian Twists</p>	<p>Ø Oblique Reach-Throughs using your hand for support</p> <p>Ø Oblique Crunches</p>

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OBLIQUE CRUNCHES	CORE	Abdominals (obliques)	1 Oblique Crunch (left and right side) = 1 Repetition	<ol style="list-style-type: none"> 1. Lie with your back on the ground. 2. Roll slightly onto your left side so that your body is on a 45 degree angle. Point your hands towards you feet. 3. Maintaining a neutral spine, lift your upper body and feet off the ground so your body assumes a low 'V' position. 4. Concentrating on using your core (particularly the obliques on your right side), bend your right knee, crunching it in toward your chest. 5. Return your leg to the starting 'V' position. 6. Repeat for reps and then perform the exercise on your left side. 	<p>Ø Russian Twists</p> <p>Ø Oblique Reach-Throughs</p>	Nil
PLANK JACKS	CORE	Abdominals, Chest	1 Plank Jack (in and out) = 1 Repetition	<ol style="list-style-type: none"> 1. Place your hands on the floor, slightly wider than shoulder width apart. 2. Straighten your arms, placing your shoulders directly over your hands. While maintaining a neutral spine, lift your body so that only your hands and toes are on the ground (PUSH-UP POSITION). Your upper body must remain straight throughout the exercise. 3. Keeping your torso tight, hop your feet out wider then shoulder width. Ensure your shoulders and hips remain horizontal to the ground throughout the movement. 4. Keeping your torso tight, hop your feet back together. 5. Repeat the movement for the allocated time. 	Ø Plank (without jacks)	Nil
BICYCLES	CORE	Abdominals	1 Bicycle (left and right side) = 1 Repetition	<ol style="list-style-type: none"> 1. Lie with your back on the ground, knees bent and feet on the floor. Place your hands behind your ears. 2. Simultaneously lift your right arm and left leg off the ground, crunching your stomach until your right elbow and left knee meet above your body. 3. Lowering your upper body, return to the starting position. 4. Repeat for the opposite arm/leg. 5. Repeat the movement for the allocated time. 	Ø Crunches	Nil