

WEEK 07 WORKOUT 3

CIRCUIT TRAINING

Perform each exercise for 45 sec in the order below
Have approximately 15 sec off inbetween each exercise
START WITH STRETCHES & 5-10 MINUTE WARM UP

WEEK 07 WORKOUT 3

01

FITBALL WALL SQUATS

45 SECS

Find a wall and place the fitball behind back at approximately shoulder blade level

Bend through the knees and engage through pelvic floor like going to sit down on a chair

Stop when a 90 degree angle is created by the legs and stand up with the weight going through the heels of the feet



02

CHEST PRESS WITH BAND

45 SECS

Lay on back with band behind the shoulder blades, holding an end of the band in each hand

Have the arms out to the side in line with the shoulders and elbows bent so forearms are straight up in the air

Extend the arms straight in the air, resisting against the band and repeat



03

PRONE BRIDGE

45 SECS

Lay on stomach with the elbows directly underneath the shoulders

Slowly lift the body so that only the forearms and toes are touching the ground, allow the knees to drop down as many times as needed

Hold the back in a straight position and engage through pelvic floor



04

4 POINT KNEEL OPPOSITE ARM & LEG

45 SECS

Hands on the mat directly under the shoulder joints and knees on the mat directly under the hip joints

While keeping the back and pelvis still, slowly extend one arm straight in front of the body and the opposite leg out behind the body

Slowly lower the arm and leg back to the starting position and perform on the other sides



05

LUNGES

45 SECS

From a standing position, step one foot out in front of the body slightly further than a normal step

Bend through the front and back knees so that the hips drop straight down and ensure the front knee does not go over the toes of the front leg, alternate front leg



06

HEEL TOE WALK

45 SECS

Stand within touching distance of a wall, a long corridor is best

Place the left foot in front and bring the right foot forwards so that the right heel is touching the left toes

Slowly bring the left foot forwards so that the left heel is touching the right toes and repeat



07

SEATED LAT PULLDOWN WITH BAND

45 SECS

Half the resistance band and place the looped end in a doorframe and close the door. Sit on fitball with good posture

Have an end of the band in each hand and arms extended out straight

Pull down against the band while bending through the elbows and bring them out to the sides, so that they are in line with the shoulders. Return to starting position



08

BICEP CURL WITH BAND

45 SECS

Stand in middle of band and hold an end of the band in each hand with the arms straight

Bend through the elbows and bring palms of the hands up towards the shoulders

Slowly lower back to starting position and repeat

