



# BODYWEIGHT TRAINING

## *BURPEE*

- Perform as the squat thrust then drive off the floor into a star jump
- Clap above your head to ensure you are completing the full range of motion.



## *MOUNTAIN CLIMBER*

- Bring your knees to your chest alternately in smooth movements
- Do not rest between repetitions – as soon as your foot hits the floor fire it back to your chest



## *PLANK*

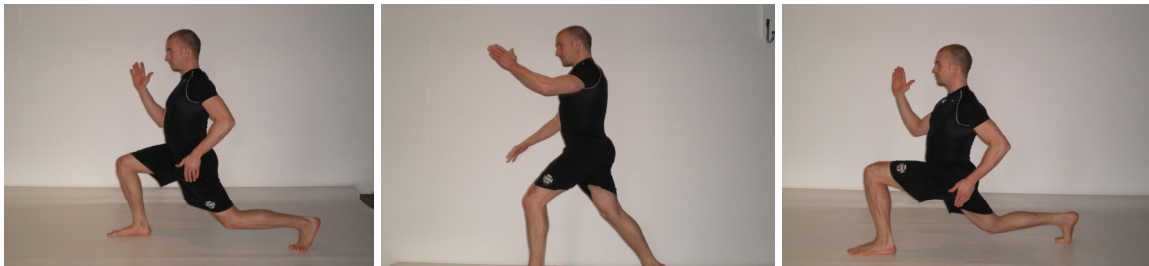
- Maintain strong abdominal and glute (buttock) contraction throughout
- Maintain a straight line from head to feet throughout





### ***PLYOMETRIC SPLIT SQUAT***

- Perform as the split squat but this time drive off the floor
- Switch legs in mid-air and land with bent knees
- Take small rest breaks to reset your position between repetitions until you are strong and confident enough to go from one jump to the next



### ***PULL UP***

- Ideally perform with no assistance but this is very difficult at first so use the assisted pull up machine, a jump off the floor or a helping hand from a partner until you are strong enough!
- Your chin must get over the bar for a complete rep
- Control yourself on the way down rather than just dropping





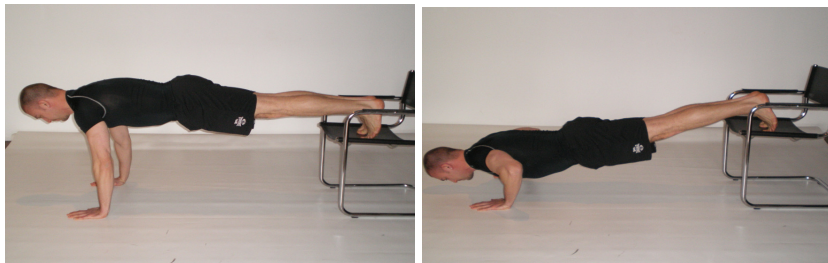
### ***PUSH UP***

- Set your position by lying on your front with your elbows at shoulder level and elbows at right angles
- Move your hands to where your elbows are then rotate your arms until your elbows are above your hands.
- Keep you whole body straight as you perform the push up with tight abs and glutes



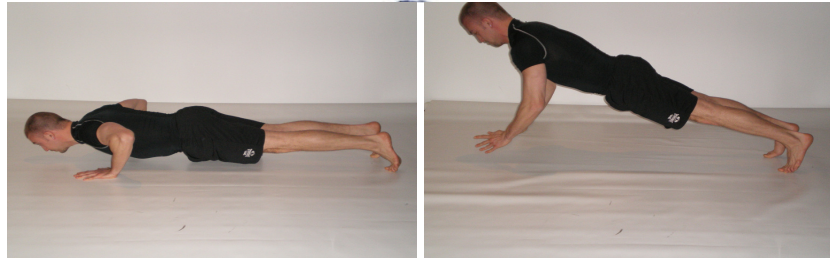
### ***PUSH UP (ELEVATED)***

- Perform as the push up but with feet elevated



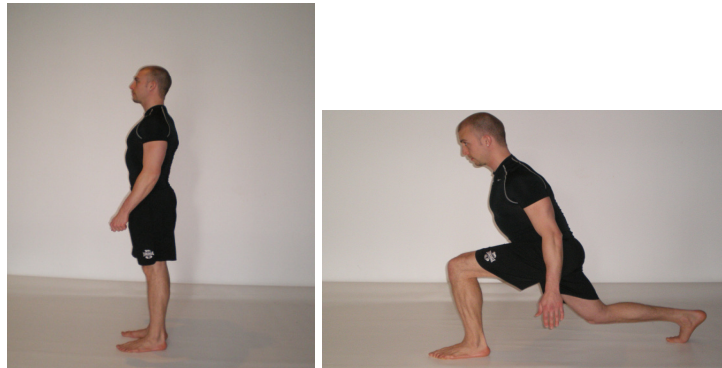
### ***PUSH UP (EXPLOSIVE)***

- Perform as the push up but drive off the floor
- Bend your elbows on landing
- Try to clap in between
- Take small rest breaks to reset your position between repetitions until you are strong and confident enough to go from one push up to the next



### ***REVERSE LUNGE***

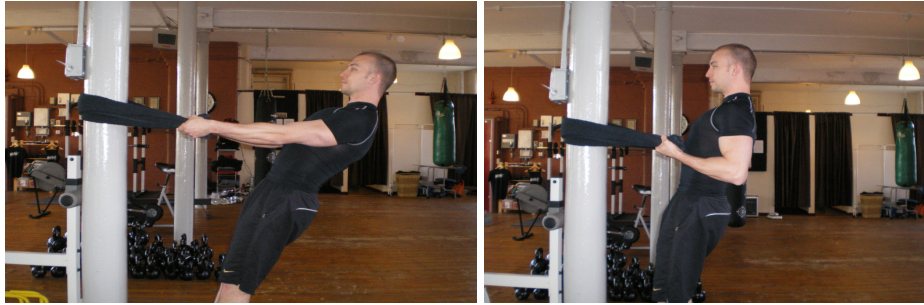
- Take a big stride backwards then drop your knee almost to the floor in one smooth movement
- Push off your front foot to return to the upright position



### ***ROW / TOWEL ROW***

- This can be altered depending what you have available to you wherever you are training – the more horizontal you are the better. Ideally it will look like an upside-down push up
- Having your palms turned away from your face will force you to use your upper back muscles more which is preferable
- Initiate the movement by squeezing the shoulders *then* allow the arms to pull as well
- Keep your abdominals and glutes squeezed tight so that your body remains in a straight line





### *SPLIT SQUAT*

- Ensuring your feet run forwards like train tracks, drop your back knee almost to the floor
- Push through the heel of your front leg rather than your back leg
- Lock out both legs at the top of the movement



### *SQUAT*

- Set your feet slightly wider than shoulder width apart with your toes pointing out at about 30 degrees
- Your buttocks should end up below knee level. (Those with poor hip mobility or overall flexibility may struggle for depth - ensure you take steps to improve your flexibility!)
- Keep your knees running down the line of your feet – do not allow them to buckle inwards or outwards
- Keep your torso upright



### ***SQUAT JUMP***

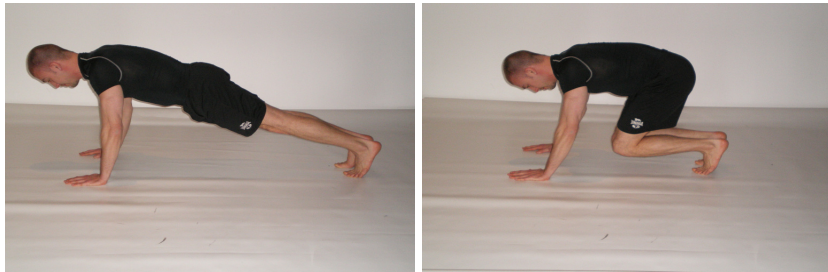
- Perform as the squat but drive off the floor and push your hips forward by squeezing your glutes to jump as high as possible
- Land with bent knees and ensure they don't buckle inwards
- Take small rest breaks to reset your position between repetitions until you are strong and confident enough to go from one jump to the next





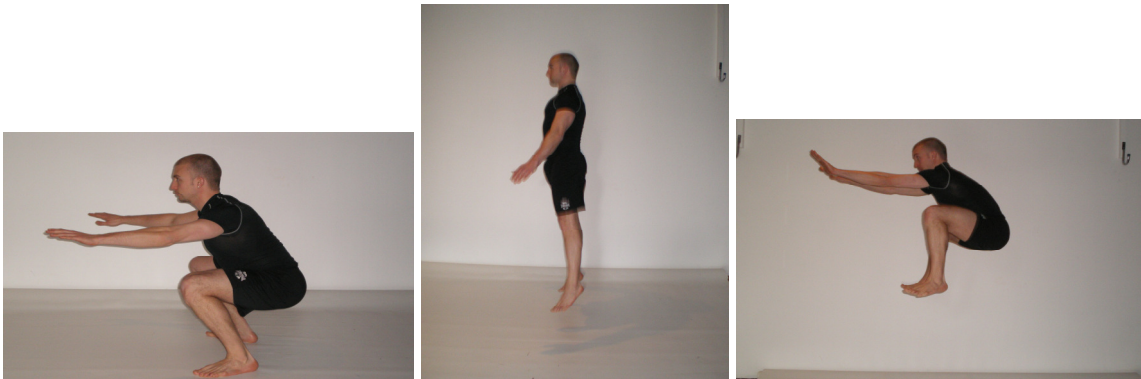
### ***SQUAT THRUST***

- Thrust both legs out simultaneously then return to chest
- Try not to rest between repetitions



### ***TUCK JUMP***

- Perform as the jump squat but bring your knees into your chest as you jump

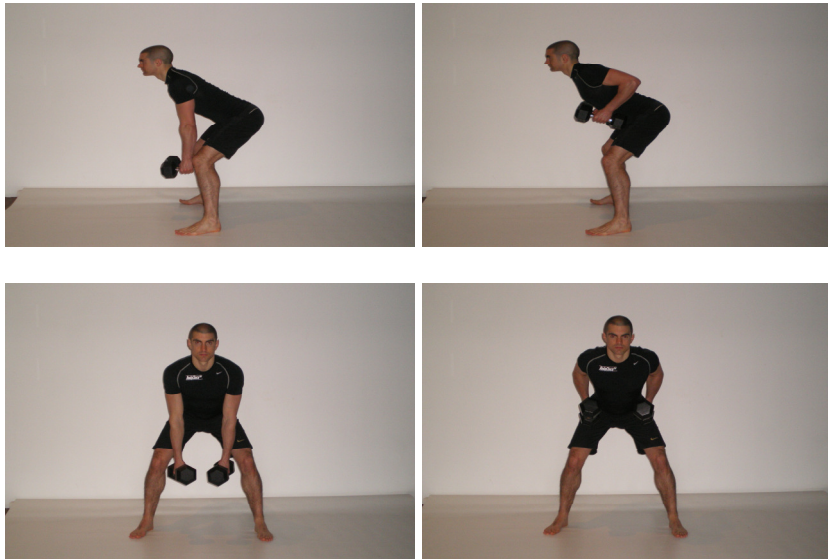




## DUMBBELL TRAINING

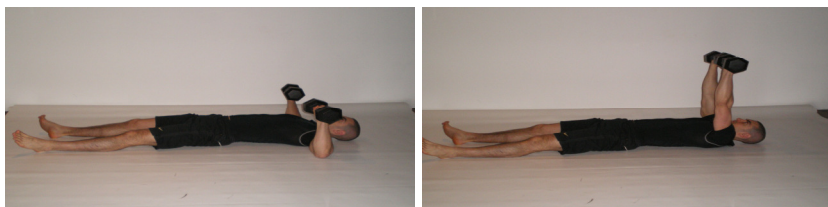
### *BENT OVER ROW*

- Fold from the hips with a slight bend in your knees whilst keeping your back flat
- Initiate the movement by squeezing your shoulder blades together then allow your arms to follow
- Keep your head up to help maintain a flat back
- Ensure your elbows stay close to your side

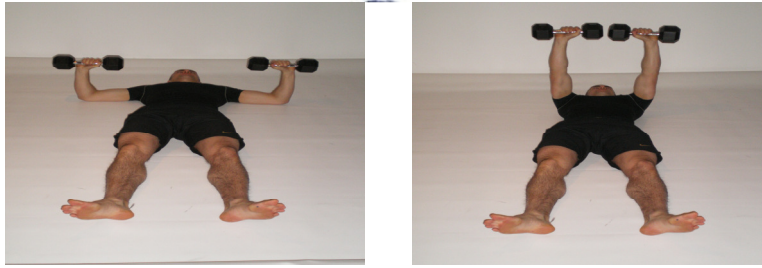


### *CHEST PRESS*

- Perform either on the floor or on a bench if you have access to one
- Your elbows should finish slightly below the level of the bench but don't go as low as possible as you may risk shoulder injury
- Lock out your elbows at the top bringing the dumbbells together

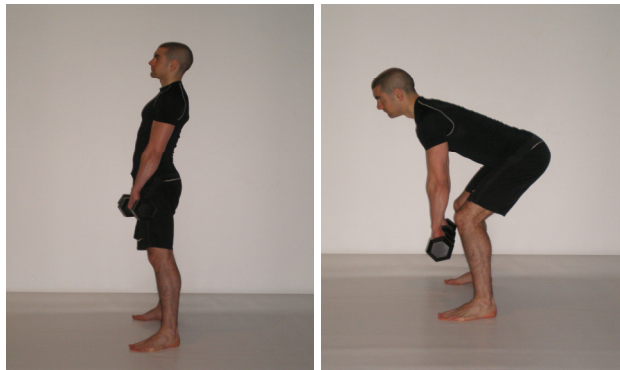






### ***DEADLIFT***

- Initiate the movement by pushing your buttocks out behind you and folding at the hips
- Maintain a strong abdominal contraction and flat back at all times
- Keep your head up to assist with keeping a flat back
- There should be a slight bend in your knees as you descend but the movement should come mainly from the hips
- Squeeze your buttocks and push your hips forward to return to the upright position





### ***GOBLET SQUAT***

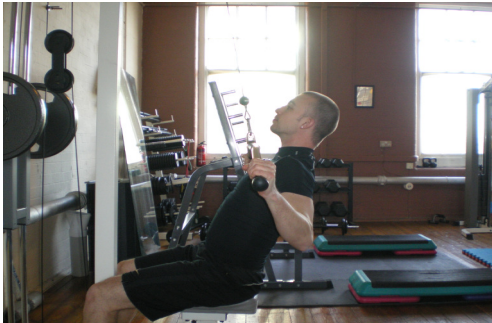
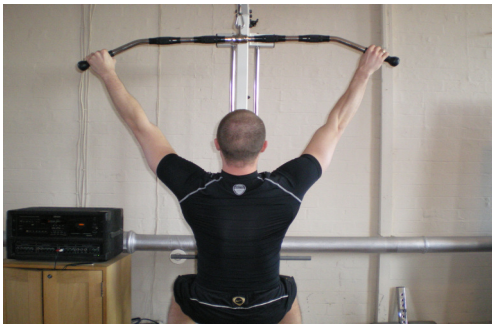
- Set your feet slightly wider than shoulder width apart with your toes pointing out at about 30 degrees
- Your buttocks should end up below knee level. (Those with poor hip mobility or overall flexibility may struggle for depth - ensure you take steps to improve your flexibility!)
- Keep your knees running down the line of your feet – do not allow them to buckle inwards or outwards
- Keep your torso upright
- Hold the dumbbell like a goblet in front of you
- Keep the dumbbell close to chest throughout





## ***PULLDOWN***

- Initiate movement from the lats (the muscles running down the side of your upper back)
- The bar should nearly touch your chest
- Do not bend forward – your torso should not move
- Maintain a strong abdominal contraction throughout with a flat back





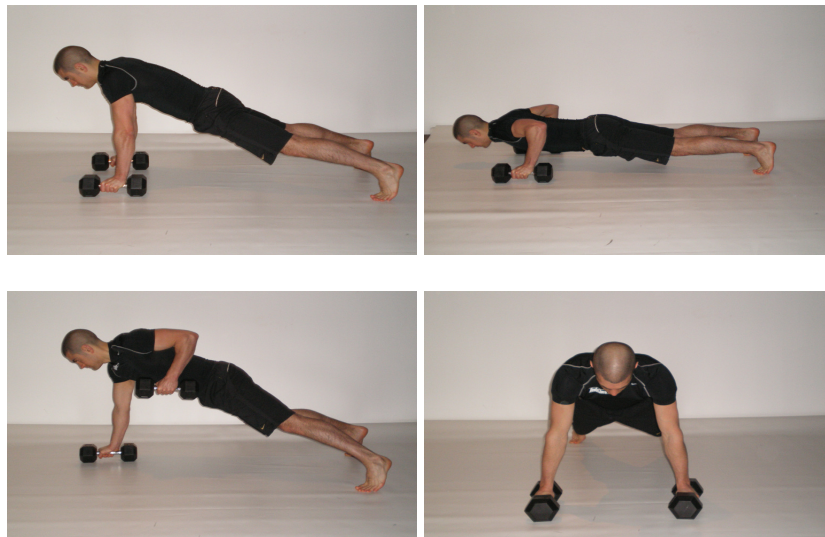
### ***PUSH PRESS***

- Initiate movement with a small dip
- Simultaneously drive your legs and hips back up whilst driving the dumbbells overhead
- Ensure you lock out your elbows at the top



### ***RENEGADE PUSH UP***

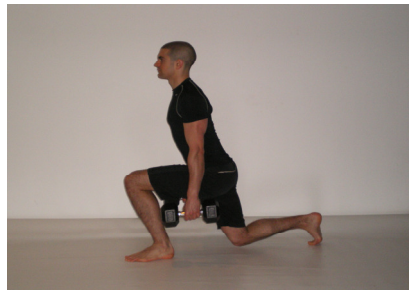
- Perform a push up with both hands on dumbbells
- At the top of the push up perform a row with each arm
- Keep your elbow tight into your side
- Your pelvis should not move around on the row. This requires a very strong abdominal contraction and shoulder stability!





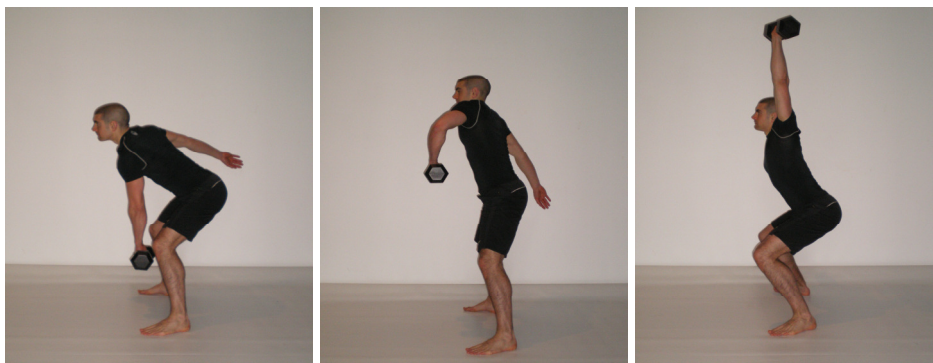
### ***REVERSE LUNGE***

- Take a big stride backwards then drop your knee almost to the floor in one smooth movement
- Push off your front foot to return to the upright position



### ***SNATCH***

- Begin in the 1-dumbbell deadlift position
- Initiate the movement from your hips by rapidly contracting the glutes
- Simultaneously pull with your upper back, bending your elbow
- As the dumbbell passes your head bend your knees and dip underneath it
- You will be moving down as the dumbbell moves up, finishing with your arm locked out above your head
- Stand up to finish the movement





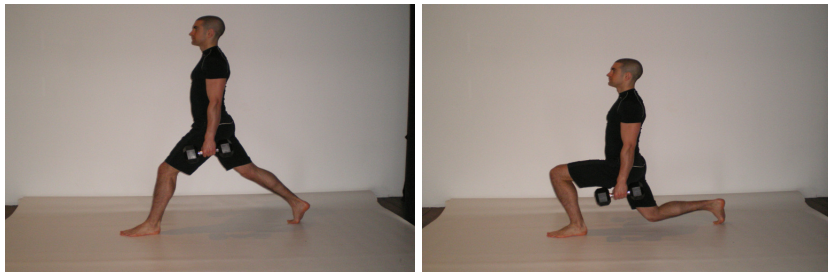
### ***SPLIT ROW***

- Take a long stride and drop your groin to the floor until you have a straight line from your head to your back foot.
- Initiate the movement from your upper back muscles. Allow your arm to follow once the upper back has started the movement.
- Keep your elbow tight into your side



### ***SPLIT SQUAT***

- Push through the heel of the front foot
- Lock out both legs at the top of the movement





## *SHOULDER SQUAT*

- Perform as the goblet squat but hold a dumbbell on each shoulder





## **SWING**

- Initiate the movement by pushing the dumbbell away from you with your hips
- Fold at your hips and allow the dumbbell to swing between your legs
- Snap your hips forward and lock out your knees by contracting your buttocks very hard, very quickly
- Do not use your shoulders to swing the dumbbell – it should all come from your buttocks and legs.
- Maintain a flat back throughout
- Learn the difference between squatting and folding at your hips
- The dumbbell should swing continuously like a pendulum – there are no rest breaks between repetitions
- The dumbbell should finish at chest height, with your arms straight and buttocks tight as you stand tall – no leaning back!
- When performed correctly the dumbbell will feel almost weight less through the second half of the upward swing



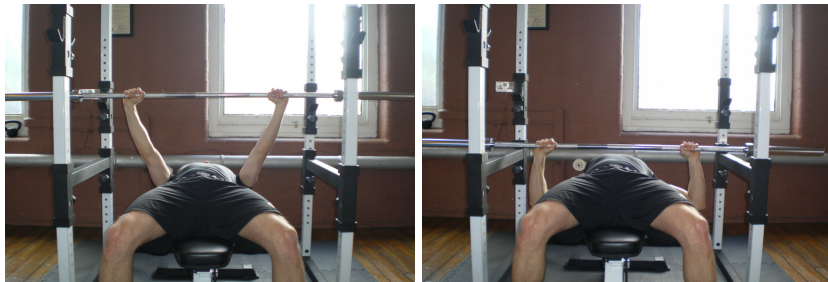




# BARBELL TRAINING

## *BENCH PRESS*

- You are advised to perform the bench press with a partner or in a safety rack
- Lower the bar until it is a fist-width off your chest then return to the top
- Your elbows should be locked out at the top
- Ensure a strong abdominal contraction throughout
- Imagine bending the bar in a horizontal direction as you push it up. This will help activate the chest muscle more



## *BENT OVER ROW*

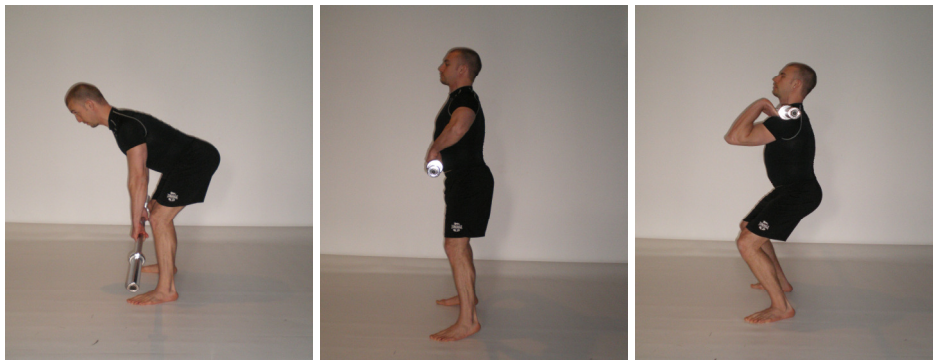
- Fold from the hips with a slight bend in your knees whilst keeping your back flat
- Initiate the movement by squeezing your shoulder blades together then allow your arms to follow
- Keep your head up to help maintain a flat back
- Ensure your elbows stay close to your side. To achieve this when using a barbell, grip the bar with your palms facing away from you





## ***CLEAN***

- Perform the barbell high pull but as the bar is rising, drop underneath it to finish in the front squat position
- Perform a front squat to stand up again, then roll the bar quickly off the shoulders and drop it back to the start position
- Proficiency with the high pull and front squat are imperative before attempting the barbell clean



## ***DEADLIFT***

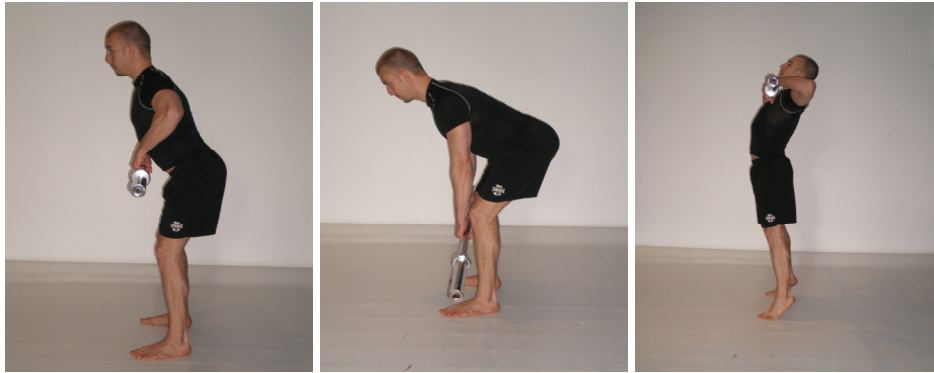
- Initiate the movement by pushing your buttocks out behind you and folding at the hips
- Keep your head up to assist with keeping a flat back
- There should be a slight bend in your knees as you descend but the movement should come mainly from the hips
- Squeeze your buttocks and push your hips forward to return to the upright position
- When performing the barbell deadlift ensure you begin with your shins touching the bar and your shoulders over it





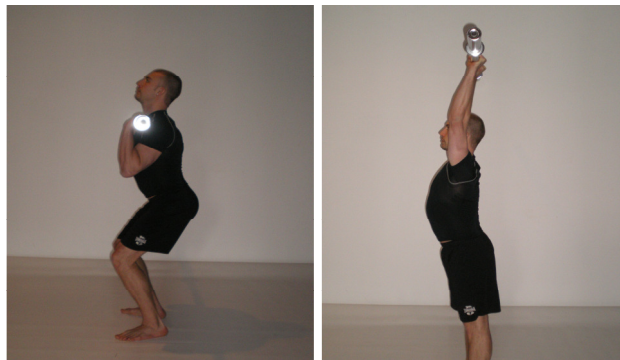
### ***HIGH PULL***

- Begin in the barbell deadlift position
- Initiate the movement from your hips by squeezing your buttocks with a very strong, rapid contraction
- Simultaneously shrug your shoulders, bend your elbow to bring the bar to shoulder level and also come up on to your toes.



### ***PUSH PRESS***

- Initiate movement with a small dip
- Simultaneously drive your legs and hips back up whilst driving the barbell overhead
- Ensure you lock out your elbows at the top
- Bring the bar back down to your chest on each repetition





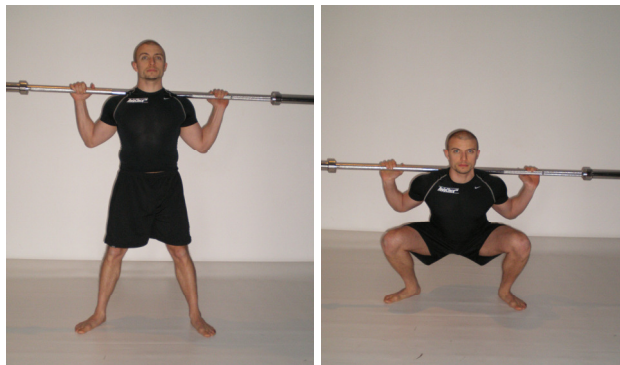
### ***SPLIT SQUAT***

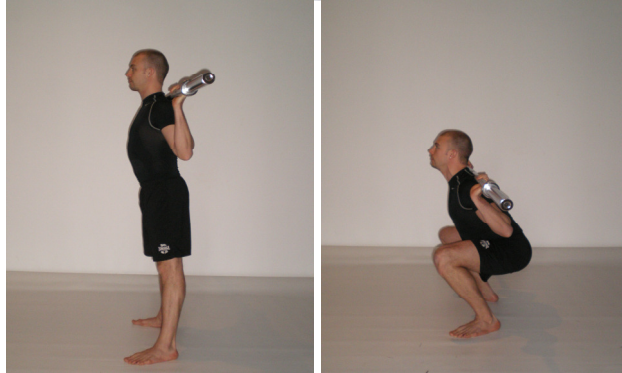
- Push through the heel of the front foot
- Lock out both legs at the top of the movement



### ***SQUAT (BACK)***

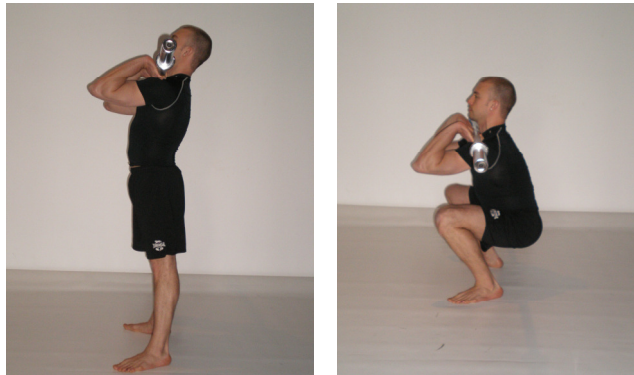
- Set your feet slightly wider than shoulder width apart with your toes pointing out at about 30 degrees
- Your buttocks should end up below knee level. (Those with poor hip mobility or overall flexibility may struggle for depth - ensure you take steps to improve your flexibility!)
- Keep your knees running down the line of your feet – do not allow them to buckle inwards or outwards
- Keep your torso upright
- When performing the barbell back squat ensure the bar is comfortably on the upper part of your back and not your neck

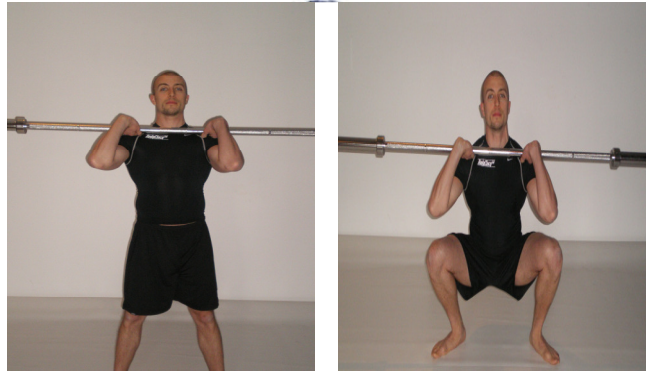




### ***SQUAT (FRONT)***

- Set your feet slightly wider than shoulder width apart with your toes pointing out at about 30 degrees
- Your buttocks should end up below knee level. (Those with poor hip mobility or overall flexibility may struggle for depth - ensure you take steps to improve your flexibility!)
- Keep your knees running down the line of your feet – do not allow them to buckle inwards or outwards
- Keep your torso upright
- When performing the barbell front squat ensure you keep your elbows high throughout with the bar resting on the front deltoid of your shoulder (the muscle which will appear as you raise your elbows up). The bar should rest on this muscle rather than on your fingers







# KETTLEBELL TRAINING

*CLEAN AND PRESS (1 bell or 2 bells depending on exercise to be performed)*

- Begin the movement like a 1 arm swing but this time keep your elbow really tight to your side as you pull your elbow backwards using your back muscles. Imagine you are trying to elbow someone you don't like behind you!
- As you pull the kettlebell backwards open your fingers so you end in a comfortable position with the bell in the nook created by the bend in your elbow
- On catching the kettlebell in the 'rack position' at your chest press it above your head until your arm is locked out
- At the top your arm should be far enough back to cover your ear





### ***SPLIT ROW***

- Take a long stride and drop your groin to the floor until you have a straight line from your head to your back foot.
- Initiate the movement from your upper back muscles. Allow your arm to follow once the upper back has started the movement.
- Keep your elbow tight into your side



### ***SQUAT (1 bell or 2 bells depending on exercise to be performed)***

- Set your feet slightly wider than shoulder width apart with your toes pointing out at about 30 degrees
- Your buttocks should end up below knee level. (Those with poor hip mobility or overall flexibility may struggle for depth - ensure you take steps to improve your flexibility!)
- Keep your knees running down the line of your feet – do not allow them to buckle inwards or outwards
- Keep your torso upright
- When performing the kettlebell front squat ensure the kettlebell is sitting comfortable in the nook created by your bent elbow.

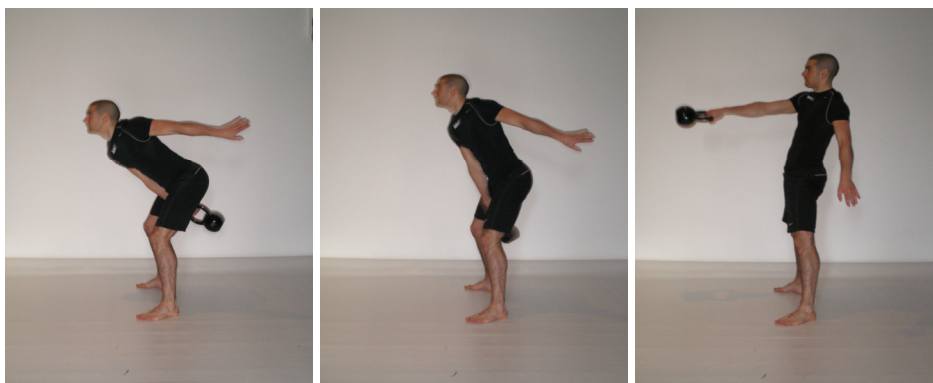






***SWING (1 or 2 hands on the kettlebell depending on exercise to be performed)***

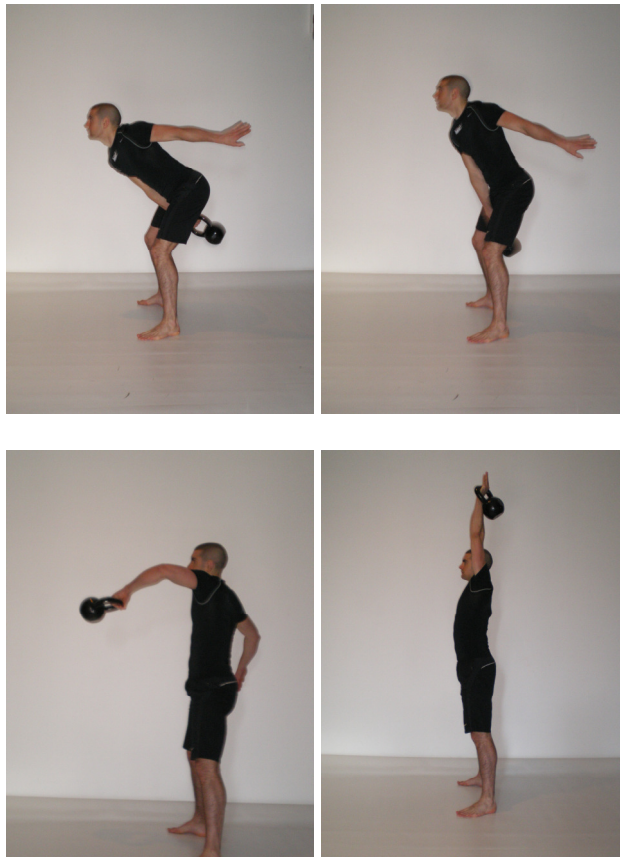
- Initiate the movement by pushing the kettlebell away from you with your hips
- Fold at your hips and allow the kettlebell to swing between your legs
- Snap your hips forward and lock out your knees by contracting your buttocks very hard, very quickly
- Do not use your arms to swing the kettlebell – it should all come from your buttocks and legs.
- Maintain a flat back throughout
- Learn the difference between squatting, and folding at your hips
- The kettlebell should swing continuously like a pendulum – there are no rest breaks between repetitions
- The kettlebell should finish at chest height, with your arms straight and buttocks tight as you stand tall – no leaning back!
- When performed correctly the weight will feel almost kettlebell less through the second half of the upward swing
- When performing the 1 arm kettlebell swing turn your palm outwards during the descent (if you are holding the kettlebell in your right hand, turn your palm out to the right)





### ***SWING SNATCH***

- Begin the movement like a 1 arm swing but this time as you swing pull with your upper back and bend your elbow as if starting a lawnmower
- You must generate enough power from your buttocks to get the bell above your head
- As the kettlebell nears the top spear your hand through the handle to finish with your arm locked out above your head and your wrist straight
- From the top, push the kettlebell away from you and roll it outside your hand then 'corkscrew' it in a 180 degree twist until you finish in the 1-arm swing position with your palm facing outwards
- Power the kettlebell straight back up into the next repetition
- You are advised to practice the kettlebell swing snatch many times before incorporating it into training sessions





### ***THRUSTER***

- Perform a kettlebell front squat then immediately ‘thrust’ up from the floor whilst pressing the kettlebells above your head so your hips, knees and arms lock out in the overhead position
- You should bring the kettlebells back to the rack position at your chest as you descend into the next front squat so it all happens in two smooth movements

