

Work Out 5

Exercises	Reps
Squat Jumps	2x 15
Push ups	2x 15
Barbell Squats	2x 8
Seated Twisting Dumbbell Presses	2 x 8
Dumbbell Lateral Raises	2 x 8
Wall Push Ups	2 x 15
Tricep Extensions	2 x 10
In and Out Jump Squats	2 x 15

1. Squat Jumps



Advice on technique

- Stand with your legs shoulder width apart, hands placed at temples with elbows out to the side with your weight in the heels
- Push out your bottom as you lower your hips to 90 degrees from the floor
- Keep your knees above the ankles
- Power up through your legs and jump landing on your heels
- Keep your back straight and your core tight
- Exhale on the jump up, inhaling on the landing

2. Push Ups



Advice on Technique

- Start on all fours with your arms extended
- Keep your legs together and your body straight at all times
- Lower your body down until it almost touches the floor
- Push back up
- Repeat
- Maintain a tight core
- Do not let your lower back dip
- Exhale on exertion

3. Barbell Squats



Advice on Technique

- Place your hands on the barbell, a little wider than shoulder width apart
- Step under the barbell and place it behind your head, high up on your shoulders
- Keep shoulders pulled back and elbows pointing down
- Contract your abdominal and back muscles

- Start to slowly descend to where your thighs are parallel to the floor
- Your knees will move slightly forward yet remain in line over your feet
- Slowly return to the starting position
- Do not lock out your knees when you straighten
- Keep a constant tension on your thighs throughout the entire sets
- Inhale as you descend into the parallel squat
- Exhale on the return up

4. Seated Twisting Dumbbell Presses



Advice on Technique

- Select two dumbbells of the same weight which is suitable to your ability
- Sit on the exercise bench and place your feet flat on the floor fairly wide apart
- Lift the dumbbells up to your shoulders and hold with the palms facing each other and elbows pointing forward and down
- Press the dumbbells slowly up

- Halfway the dumbbells should be in line with one another with your palms facing forward
- Continue to press the dumbbells up and rotating them until they will not rotate any further
- Your arms should be as straight as possible with the backs of your hands almost facing one another
- Slowly return back to the neutral position, following the exercise in reverse
- Exhale as you press the weights up
- Inhaling as you return to neutral

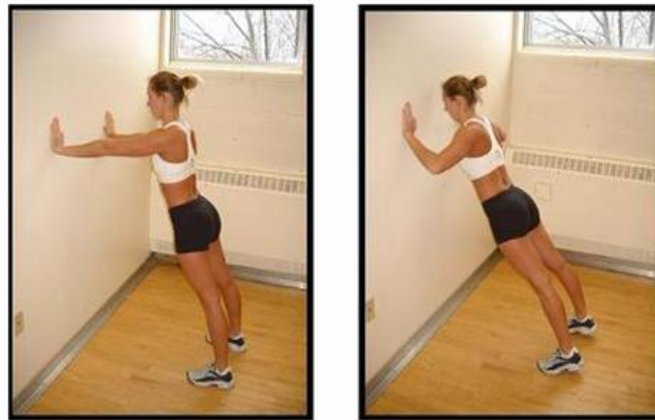
5. Dumbbell Lateral Raises



Advice on Technique

- Select two dumbbells of the same weight that is suitable to your ability
- Stand with your feet shoulder width apart
- Allow your shoulders to rotate slightly forward as you lift your arms so that the dumbbells remain parallel to the floor at all times
- Slowly return to the neutral position, following the exercise in reverse
- Inhale slowly as you lift the dumbbells
- Exhale as you slowly return to neutral

6. Wall Push Ups



Advice on Technique

- Begin by standing about three feet away from an empty wall with legs hip width apart
- Have your arms and hands outstretched at about shoulder width apart
- Gradually lean forwards with your hands pressing onto the wall
- Push yourself back off the wall with your hands and return to the neutral position
- Repeat ten times if capable
- Breath out on the exertion

7. Tricep Extensions



Advice on technique

- Have your legs hip width apart
- Keep your elbows close to your ears and pointing towards the ceiling
- Only drop back to the 90 degree of your elbows
- Then return your arm back to the starting position
- Repeat, then do the same on the other side
- Maintain a tight core throughout the motion

8. In and Out Jumping Squats



Advice on Technique

- Start with your legs hip width apart
- Go down in to the regular squat position
- Jump up to an outer squat
- Jump up and return to the regular squat

- Keep the movement smooth and controlled