

Work Out 6

Exercise	Reps
Swiss Ball Dumbbell Chest Press	2x 8
Little Pulse Squat Jumps	2x 15
Shallow Arc Squat	2x 20 secs
Burpees	2x15
Dumbbell Upright Rowing	3 x 8
Swissball Dumbbell Shoulder Press	2 x8
Push Ups	3 x 15
Lunges	2 x 15

1. Swiss-Ball Dumbbell Chest Press



Advice on Technique

- Have hold of light pair of dumbbells
- Position yourself on the Swiss ball with your upper and middle part of your back pressed firmly on to the ball
- Your knees should be bent with your hips raised so your body is aligned straight

- Place your arms up towards the ceiling keeping in line with your shoulders taking care not to allow them to drop backwards
- Have your palms facing forwards yet slightly turned inwards
- Start to lower your weights down bringing your weights parallel with your chest
- Push the weights back up to the neutral position straightening your arms as you do
- Repeat this motion ten times
- Keep your feet flat to the ground and hips raised throughout

## 2. Little Pulse Squat Jumps



### Advice on Technique

- Start with legs slightly wider than shoulder width apart
- Squat down so your legs are parallel with ground
- Squeeze the glutes and pulse 3 times just raising and lowering a little for each pulse
- Then power up through the legs jumping in the air and back down with your legs and feet in same position to start the next set

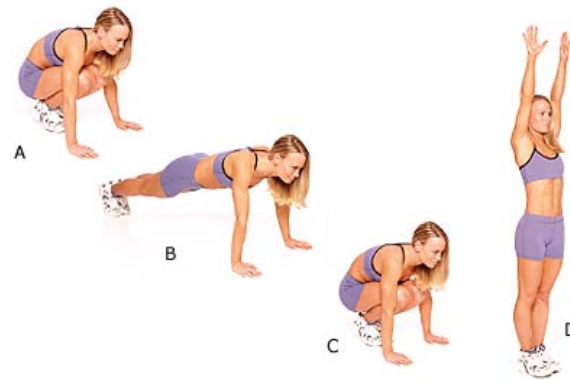
## 3. Shallow Arc Squat



### Advice on Technique

- Stand with your back to an empty wall legs hip width apart
- Place the medicine ball (or two towels) between your knees
- Place both hands on the wall by your side to help support you
- Engage your abdomen muscle to support your lower back
- Slowly start to lower your buttocks towards the floor as you bend your knees and slide your back down the wall
- Keep the squat short as this will decrease the pressure on your knees
- Hold for ten seconds
- Slowly start to slide back up the wall to the neutral position
- Repeat
- Inhale as you start to squat down
- Exhale on return

### 4. Burpees



### Advice on Technique

- Start off in the squat position with your hands placed on the floor
- Kick both feet back
- Go down into a full body push up
- Jump both feet back to return to the squat position
- Stand up and end with a jump
- Repeat
- Maintain smooth controlled motions throughout this exercise
- Keep your core tight with a straight back at all times

### 5. Dumbbell Upright Rowing



### Advice on Technique

- Select two dumbbells with the weight that is suitable for you
- Stand with feet at shoulder width apart and knees slightly bent
- Lift both arms slowly sideways until your upper arms are parallel with the floor

- When your arms reach the highest point (shoulder height) hold this position and contract your upper back by tensing your shoulder blades together
- Slowly return to the neutral position
- Inhale as you lift the dumbbells
- Slowly exhale as your return to neutral

#### 6. Swiss Ball Dumbbell Shoulder Press



#### Advice on Technique

- Hold some light weight dumbbells
- Position your weights in your hands with the weights parallel to your shoulders and elbows pointing downwards
- Push the weights up so your arms are extended up above the shoulders
- Return your weights back down to shoulder height with the elbows down by your side

#### 7. 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

### 1. Forward Lunges



### Advice on Technique

- Begin standing tall with legs hip width apart
- Step forward with your right leg and bring the left foot on to tip toes behind you
- Start to lower your left knee to the floor making sure your right knee does not go over your right foot

- Aim for a 45 degree angle with your right leg
- Hold this position for five seconds then return your legs back to the neutral position
- Repeat a few times on this side then repeat on the other leg
- Keep your back tall and straight when lowering down