

Work Out 7

Exercise	Reps
Mountain Climbers	2x 15
Spider Men	2x 15
In and Out Jumping Squats	2x 20
Seated Twisting Dumbbell Presses	2x8
Dumbbell Lateral Raises	2 x8
Tricep Extensions	2 x 10
Back Rows	2 x 8

1. Mountain Climbers



Advice on technique

- Start on all fours with your legs hip width apart
- Arms shoulder width apart with your hands flat on the floor
- Keep your shoulder above your wrists
- Your glute should be slightly higher than the regular push up position
- Bring your knee towards your chest
- Keep your knee on the inside of your arms
- Return your leg to the starting position
- Alternate legs
- Keep a tight core throughout the exercise
- Do not allow your back to dip

2. Spider-men



Advice on Technique

- Start in the push up position with your body straight
- Bring your right knee up and out towards your right elbow as your left hand extends forward
- Staying low to the ground alternate your bent knee and hand as you crawl forward
- Keep your back straight throughout the exercise with a tight core

3. 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

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. Tricep Extensions

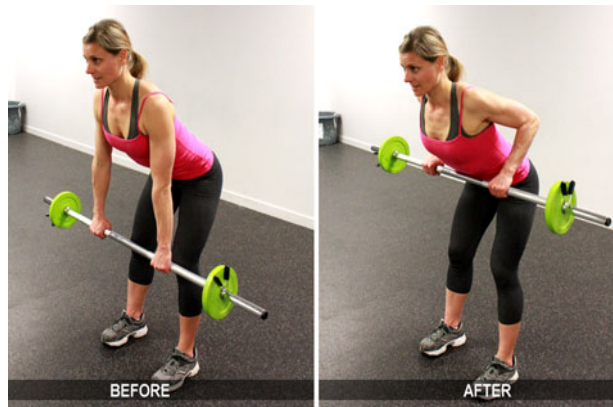


Advice on technique

- 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

7. Back Rows



Advice on Technique

- Have your legs shoulder width apart with your knees soft
- Keep your upper back parallel
- Pull up from the elbows
- Open your chest
- Exhale on exertion
- Maintain a tight core throughout the motion