HOME EXERCISES

THE FOLLOWING ARTICLE IS PART OF OUR REGULAR 30-MINUTE WORKOUT SERIES. HOWEVER, THIS MONTH IS A LITTLE DIFFERENT. FOLLOWING OUR "55" THEME IN THIS EDITION OF ULTRA FIT, YOUR WORKOUT IS GOING TO BE A LOT LONGER THAN 30 MINS! ACTUALLY, YOU WILL NEED ABOUT 1 HOUR AND 20 MINS TO GET THROUGH THIS ONE! By Brad Sheppard

fter the birth of our daughter Sofia in October 2008, my training time became very precious; hence I have spent hours pounding the pavement with the baby jogger and hiking over Mt Coot-tha with the baby backpack. However, I also really enjoy my home workouts when Sofia is having one of her sleeps. So whilst she's snoozing, I am downstairs pumping!

Most of the sessions that I do at home will be roughly 30-40 mins; however we have a really special one for you today.

I have a really basic set-up at home with some kettlebells, dumbbells, rings & a chin-up bar. Also please note, "Cability" refers to the rings (like those used in Gymnastics) on cables that I use in exercise 1 and 32. Not many of you will have these so please improvise as best you can. What you will notice is that you could quickly and cheaply create this type of set-up at home.

Please be mindful that each person's body is unique, therefore certain exercises are not perfect for certain individuals. It is your responsibility, therefore, to progress (make more challenging) or regress (make easier) each exercise or drill to suit your (or your clients) specific needs. This may mean that you need heavier dumbbells, bigger tyres or more complex movements. Alternatively, you may need to regress (make easier) the exercises to suit your ability.

Hit your stopwatch, and get ready for the 55-exercise Full Body Workout!

WARM-UP

The topic of much debate, the ideal warm-up will comprise of what activity suits the individual. Generally we prefer our clients to have completed a warm up of approximately 5 mins on some cardiovascular exercise or apparatus; however when I am training at home the typical warm up could be as follows;

TIME 0 – 5 MINS WARM-UP DRILL – 5 MINUTES

Time	Minute 1	Minute 2	Minute 3	Minute 4	Minute 5
Activity	Run	Run	Skip	Spin Bike	Spin Bike

Transition Time after warm up: 60 seconds

TIME 6:30 – 18:30 MINS

The main set of the "55 exercises" workout will be done on a timed effort. This means the following:

Effort	Rest
1 min	30 secs
As many quality repetitions as you can do in 1 minute	Rest, recover, catch your breath and log your score on the whiteboard

	Exercise	Primary Component of Fitness	Instruction & Notes	
1	Cability Push Up	Strength	Feet on Support	
2	Weighted Hill Run	Cardio	Shuttle Runs - I have a steep 30m driveway	
3	Kettle bell American swings	Explosive Power	High Velocity	
4	Saw Horse Dips	Strength	Get Creative with your equipment	
5	Skipping Rope	Cardio	Max Jumps in time	
6	Tyre Throws	Explosive Power	4WD Tyre Tossed Up Driveway	

	Exercise	Primary Component of Fitness	Instruction & Notes
7	Dumbbell Push Press	sh Strength / Power	Bent knees & explode
8	Burpees	Cardio	Quick Movement
9	Plyometric Squat Jumps	Explosive s Power	Deep Squat & High Jump
10	Chin-Ups	Strength	Chest up to sky
11	Spin Bike Climb	Cardio	High Tension
12	Tyre Sledge Hammer	e Explosive Power	Max Hits on each side (30sec RHS & 30sec LHS)
13	Dumbell Squat / Side Raises		Side Raise & Squat simultaneously
14 34	Inch Worm ULTRA FIT IS	Cardio	Arm walks out & legs follow

	Exercise	Primary Component of Fitness	Instruction & Notes	
15	Wall Ball	Explosive Power	Use something to get the right depth (I use my plastic office bin!)	
16	Theraband Inverted Pull	Postural Strength	Squeeze your shoulder blades together	
17	Ring Dips	Strength		
18	Medicine Ball Burpees	Cardio	Holding Ball throughout exercise	
19	Kettle bell Cleans	Explosive Power	Practise Technique Prior to Execution	
20	Bent Over Dumbbell Rows	Strength	Squeeze your shoulder blades together	
21	Duck Walks	Strength- Endurance	Butt To Ground, Walking 10m shuttles	1 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
22 36	Kettlebell Russian Swings ULTRA FIT IS	Explosive Power SUE [122]	Posterior Kinetic Chain Drive	

	Exercise	Primary Component of Fitness	Instruction & Notes
23	Single Arm Inverted Pulls	Strength	Stretch and Pull
24	Box Jumps	Cardio	Continuous Jumps
25	Oblique Raise / Subscapularis Raise	Postural Strength	Activating Obliques whilst creating the movement
26	Backwards Explosive Medicine Ball Toss	Explosive Power	Squat and Toss
27	Overhead Dumbbell Squat	Strength	Locked elbows and upright torso
28	Skipping Double Unders	Cardio	Continuous Jumps
29	Alternating Torso Side Openers	Explosive Power	
30 38	Jack-knife Ring Push Ups ULTRA FIT IS	Strength SUE [122]	Engaging a strong Core

31	Bear Crawls	Cardio	Using a 20m shuttle	1 2 4 4 4 4 4 4 4 4 4 4 4 4 4
32	Cability prone Jack knife	Stability	Stabilise and draw knees into chest	
33	Tyre Flips	Explosive Power	Squat and Thrust	
34	Modified L-sits	Strength	Elbows Locked and legs held at horizontal	
35	Reverse Hill Runs	Cardio	Using 30m hill shuttle	
36	Dumbbell Thrusters	Strength	Squat and Press as you extend your legs	

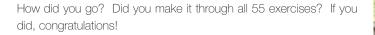


"FOR FUTURE REFERENCE, KEEP IN MIND THAT YOU CAN USE THESE EXERCISES IN A FORMAT THAT SUITS YOUR TIME FRAME."

57 Burpee / Chin Ups Strength - Power 1 burpee than chin up Strength - chin up 1 burpee than chin up 58 Hopping Push Ups Explosive Power Push Up position and thorp'your Strength - condy (legs & arms) for 60 seconds Strength - condy (legs & arms) for 60 seconds 58 Shadow Boxing Cardio Technique Drills Strength Strength Technique Drills Strength - condy (legs & arms) for 60 seconds 40 Inverted Ring Pulls Strongth Drawing Scaula together Strength - notzontally pushing from the chees Strength - conductorialis Implication Scaula 41 Durnbueli Jump Push Explosive Power Jumping whilst northe chees Implication Scaula Implication Scaula 42 Dura-Disc Ab Counches Strength - Endurance Activating abs Implication Scaula Implication Scaula 43 Reverse Bear Crawls Strength - Endurance Holding but off ground Implication Scaula Implication Scaula Implication Scaula 44 Lateral Box Hops Cardio Jumping from box Implication Scaula Implication Scaula Implication Scaula		Exercise	Primary Component of Fitness	Instruction & Notes
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33BoxingCardioDrills40Inverted Ring PulsStrengthDrawing Scapula togetherImage Puls41Dumbbell PulsExplosive PowerJumping whilst horizontally pushing dumbbells from the chestImage Puls41Dumbbell PushExplosive PowerJumping whilst horizontally pushing dumbbells from the chestImage Puls42Dura-Disc Ab CrunchesStrengthActivating absImage Puls43Reverse Bear CrawlsStrength - EnduranceHolding butt off groundImage Puls44Lateral Box HopsCardioJumping from Sover a 30cm boxImage PulsImage Puls	38			position and "hop" your body (legs & arms) for 60
40Inverted Hing PullsStrengthScapula together41Dumbbell Jump PushExplosive PowerJumping whilst horizontally gushing dumbbells from the chestImage: Comparison of the chest42Dura-Disc Ab CrunchesStrengthActivating abs43Reverse Bear CrawlsStrength - EnduranceHolding butt off ground44Lateral Box HopsCardioJumping from LHS to FHS over a 30cm boxImage: Cardio	39		Cardio	
41Dumbbell Jump PushExplosive PowerJumping whilst horizontally pushing dumbbells from the chestImage: Comparison of the chest42Dura-Disc Ab CrunchesStrengthActivating absImage: Comparison of the chest43Reverse Bear CrawisStrength - EnduranceHolding butt off groundImage: Comparison of the chest44Lateral Box HopsCardioJumping from LHS to RHS over a 30cm boxImage: Comparison of the chest	40	-	Strength	Scapula
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43CrawlsEnduranceoff ground44Lateral Box HopsCardioJumping from LHS to RHS over a 30cm box1	42		Strength	Activating abs
44Lateral Box HopsCardioLHS to RHS over a 30cm boxImage: Cardio	43			
		Hops		LHS to RHS over a 30cm

	Exercise	Primary Component of Fitness	Instruction & Notes	
45	Ring Flyes	Strength		
46	Man makers	Explosive Power	Push Up Position and Single Arm pull	
47	Kettle bell Grinds	Strength	Squeezing every muscle with a press and pull movement	
48	Bodyweight Squats	Strength- Endurance	Fast Reps	
49	Spidermans	Strength- Stability	Static Hold in wide arm push up position	
50	Jumping Lunges	Strength- Endurance	Dynamic Reps	
51	Hanging Leg Raises	Strength	Knees up to chest with abdominal activation	
52 42	Hopping Drills ULTRA FIT IS	Cardio SUE [122]	Using a 10m shuttle – up on RHS and back on LHS	

	Exercise	Primary Component of Fitness	Instruction & Notes	
53	Dumbbell Cleans	Explosive Power	Squat and Drive	
54	Kettlebell single leg dead lift	Strength	Controlled Movement	
55	Handstand Push Up Hold	Stability, Strength	Holding for time	



For future reference, keep in mind that you can use these exercises in a format that suits your time frame. **ufm**

Brad Sheppard B.Ed (Phys.Ed)

Queensland Fitness Professional of the year titleholder, Brad Sheppard has run Peak Physique www.peak-physique.com in Brisbane for 13 years, with a team of 10 PTs, and is well recognised as one of the industry's best and most highly valued Personal Trainers. Brad has a real passion for any challenge, being a former Mr Australia Bodybuilding Champion. Brad now competes in Ironman triathlons and marathons. Brad is the cofounder of Create PT Wealth www.createPTwealth.com.au, a business building program for Personal Trainers.

To learn more about building a successful Personal Training company simply request a FREE e-book at www.createPTwealth.com.au/ultrafit



"WHAT YOU WILL NOTICE IS THAT YOU COULD QUICKLY AND CHEAPLY CREATE THIS TYPE OF SET-UP AT HOME."

