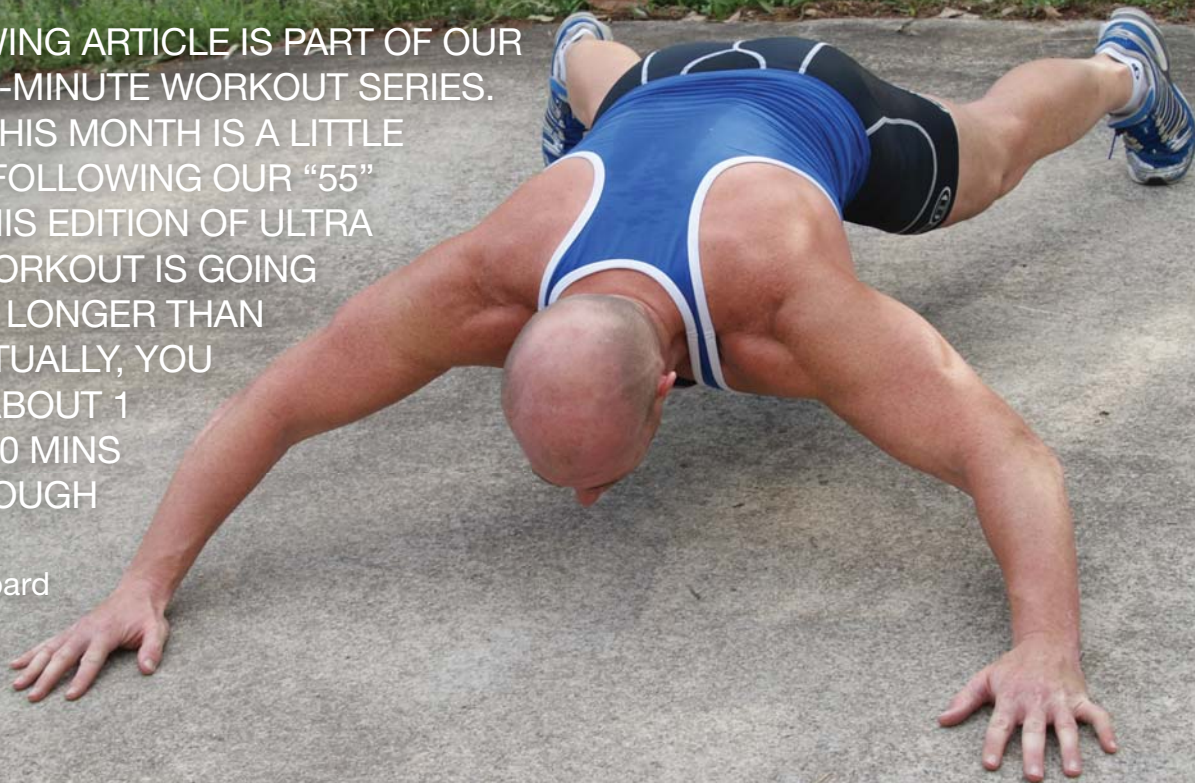


55 HOME EXERCISES

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



After 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	Strength / Power	Bent knees & explode 
8	Burpees	Cardio	Quick Movement 
9	Plyometric Squat Jumps	Explosive Power	Deep Squat & High Jump 
10	Chin-Ups	Strength	Chest up to sky 
11	Spin Bike Climb	Cardio	High Tension 
12	Tyre Sledge Hammer	Explosive Power	Max Hits on each side (30sec RHS & 30sec LHS) 
13	Dumbbell Squat / Side Raises	Strength	Side Raise & Squat simultaneously 
14	Inch Worm	Strength / 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 
22	Kettlebell Russian Swings	Explosive Power	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	Jack-knife Ring Push Ups	Strength	Engaging a strong Core	

31	Bear Crawls	Cardio	Using a 20m shuttle	 
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	

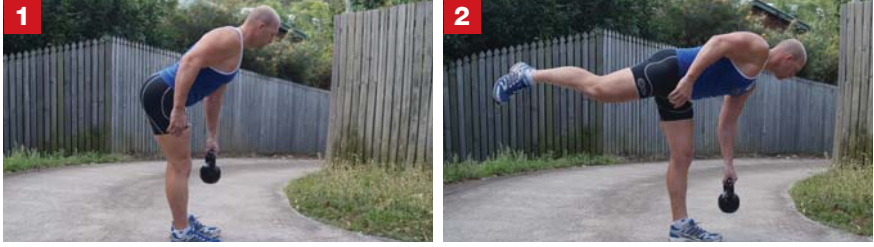


“FOR FUTURE REFERENCE, KEEP IN MIND THAT YOU CAN USE THESE EXERCISES IN A FORMAT THAT SUITS YOUR TIME FRAME.”

	Exercise	Primary Component of Fitness	Instruction & Notes	
37	Burpee / Chin Ups	Strength - Power	1 burpee then jump to a chin-up	  
38	Hopping Push Ups	Explosive Power	Push Up position and "hop" your body (legs & arms) for 60 seconds	 
39	Shadow Boxing	Cardio	Technique Drills	 
40	Inverted Ring Pulls	Strength	Drawing Scapula together	 
41	Dumbbell Jump Push	Explosive Power	Jumping whilst horizontally pushing dumbbells from the chest	 
42	Dura-Disc Ab Crunches	Strength	Activating abs	 
43	Reverse Bear Crawls	Strength - Endurance	Holding butt off ground	 
44	Lateral Box Hops	Cardio	Jumping from LHS to RHS over a 30cm box	  

	Exercise	Primary Component of Fitness	Instruction & Notes
45	Ring Flyes	Strength	 
46	Man makers	Explosive Power	   
47	Kettle bell Grinds	Strength	 
48	Bodyweight Squats	Strength-Endurance	 
49	Spidermans	Strength-Stability	
50	Jumping Lunges	Strength-Endurance	  
51	Hanging Leg Raises	Strength	 
52	Hopping Drills	Cardio	 

	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



How did you go? Did you make it through all 55 exercises? If you did, congratulations!

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 co-founder 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.”