

Exercise Library

Upper body

Push-ups: Push-ups can be performed using the same rail as pull-ups. Grasp the rail wider than shoulders, keep your body in a straight line from head to toe and lower your chest towards the rail. A more difficult push-up can be performed on the ground.



Push-up with knee-tuck variation: These are to be completed on the ground or floor. Perform your push-up on knees or toes. In between push-ups, raise up onto toes and draw your left knee to your left elbow and back to floor. Perform another push-up, then perform knee-tuck on right side. Continue this pattern until you finish the set. Ensure your backside remains down and your body in a straight line throughout the knee-tuck.



Bench dips: Sit on a bench or step and support your weight through your arms while walking your legs forward so that your thighs are parallel to the ground. Lower your body until your upper arms are almost horizontal then drive yourself back to start position. Do not slouch.



Assisted rows: Grasp the horizontal bar with both hands and place your feet underneath the bar. Lean back, keeping your body in a straight line, then pull your chest towards the bar, tucking your elbows in and squeezing your shoulder blades together. For a harder exercise, walk your feet further under the bar.



Towel pull-ups: Same movement as the assisted row. However, if you do not have access to a horizontal bar, simply take a long towel and wrap it around a fixed pole, beam or tree. Grasp each end of the towel in each hand and place your feet close to the base of the pole. Lean back to start, then pull your chest towards the pole.



Chin-downs: Chin-ups are too difficult for most people to do very effectively. If unable to lift body weight up, try doing what's called a chin-down. Perform the lowering phase of the exercise and then assist yourself to get back up to the starting position by stepping up.



Crunches: Lie on the bench and tuck your feet under the rail provided. Bend your knees and lie flat on the bench pulling your navel towards the bench. Lift your upper body towards the sky and draw the abs in tight. Lower yourself slowly back to the bench.



Planks: Planks can be performed on your knees or your toes. Lie face-down on floor and place your elbows directly under your shoulders and your hands flat on the floor. Keep your eyes on your hands and your abdominals pulled in. Push your hips and thighs away from the floor, keep your shoulders stable and your body in a straight line from shoulder to knees. Hold this position for as long as you can and advance to toes provided you have no back pain.



Lower body

Lunges: Lunges are a great exercise and really target all of the major leg muscles. They will also get your heart rate up if you do them well. Assume a split stance by taking a big step forward. Keep your weight evenly on both feet for balance and your knees slightly bent. Initiate your lunge movement by bending both knees and slowly lowering. You should aim for a right angle behind both knees. Return to your starting position by driving through your front heel to really fire up your glutes. Keep your shoulders back and your torso upright.



Squats: Stand tall with feet hip width and bend your legs until your thighs are almost parallel to ground. Your weight should sit in your heels and your knees should remain behind your toes at the bottom of the movement. Drive through your heels to return to the starting position.



Step-ups: Use the plyometric step benches or sit-up bench to complete step ups. To perform a step up, place your right foot flat on top of the bench and push through the right leg and hips to bring the left foot up on top. Take the weight on the right leg and lower the left foot back to ground. Repeat this 20 times on the right and 20 times on the left. Keep your chest up throughout the exercise and don't bend forward.



Power-based exercises

NOTE: when performing all power-based exercises, ensure you keep your torso upright and your chest and eyes up. Don't bend forward.

Forwards/backwards jumps: These are a plyometric exercise designed to develop power. The object you jump over can be as high or low as ability levels allow. If you are not confident in jumping backwards, simply turn around and repeat your forwards jump again.



Lunge jumps: Lunge jumps are a power based exercise involving a high level of impact. Start in your lunge stance with your right leg forward and complete the downward phase of a lunge. Push powerfully off the floor with both legs and switch legs mid-air so that you land in low lunge position with your left leg forward. Continue with this jumping and switching until you have done the desired repetitions.



Split jumps: These are similar to the lunge jump although your hands are positioned on the floor in front of you. With some weight in your arms, draw your right leg up under your chest so your legs are split. Push off the front leg and cycle the legs mid-air so that your left leg lands under your chest. Keep pushing off the front leg and switching legs until you reach the desired reps. This should really burn the quads!



Squat jumps: Put simply, this is a squat with a jump. Start in your squat stance and perform the lowering phase of your squat. Push powerfully off the floor with both feet to jump as high in the air as possible. Land in low squat position and absorb the shock with your legs. Repeat this squatting and jumping until you achieve the desired repetitions.

