

SJF BIKINI BODY PROJECT

Week 4: Wednesday

HUNDRED CLUB

With as little rest as possible perform exercises **A-E 10 reps each**. Then repeat the entire circuit 10x:

A. CLOCK LUNGES – SMOOTH.

- *Right foot: Perform one lunge stepping forward, one to the right side, one to the left. Bring your feet back together between each lunge. Swap sides to perform each on the left. That's one "rep".*
 - *Perform 10 reps.*
 - *To make this tougher you can hold a large dumbbell/kettlebell or Plate to your chest (Aim around 10-15kg/20-30lb).*
 - *Aim to move quickly to get your heart rate up.*

B. PRESS UP/JUMP – EXPLOSIVE.

- *Set up in a press position with your hands wide.*
- *Perform one press up (go on your knees if you need to) then jump your feet in to meet your hands & back out into their start position. That's one rep.*
 - *Perform 10 reps.*

C. SQUAT JUMPS OUT & IN – EXPLOSIVE.

- *Start with feet together, jump out into a squat, then back together.*
 - *Perform 10 reps.*
- *To make this tougher you can hold a large dumbbell/kettlebell or Plate to your chest (Aim around 10-15kg/20-30lb).*

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D. TRICEP DIPS OF A BENCH OR STEP -

- Tempo 3 seconds down, 1 second up.
- Increase intensity by adding a plate to your thighs.
 - Keep your butt close to the bench.

E. Frog Leaps - EXPLOSIVE.

- ***Start in a Sumo Squat Foot Stance, squat down & jump forward as far as you can landing in a squat again.***
 - ***Perform 5 large leaps one direction, turn around & perform 5 back the other direction (10 in total).***