

Cardio / Xtraining program 5 for the Gym on the weekends

Warm up – 5 min walking on the treadmill at 5.6km/hr

This workout is 3 circuits – each circuit as follows:

	Set 1	Set 2	Set 3
Thrusters <i>(Core, whole body)</i> <i>Hold barbell at the front of your shoulders, core engaged, squat until your butt is knee height, pause, drive up and push weight above the head without arching your back. Bring back to shoulders / repeat</i>	21	151	9
Swiss Ball Sit ups <i>(Abdominal contraction)</i>	21	15	9
Step Ups <i>(Quads and calf)</i>	21	15	9
Triceps Dips <i>(Sexy arms)</i> <i>Fingers forward, elbows pointing backwards, butt a few cm off the bench, legs in front</i>	21	15	9
Jack Knifes <i>(6 pack / core)</i> <i>Crouch on all 4's in front of Swiss ball, place shin on the ball, engage core, roll the ball in bringing knees to chest, pause, roll the ball out until the body is straight again.</i>	21	15	9

Finish with stretches

Lower Back, Glutes, Hamstrings, Calf, chest, and arms/shoulders

