



Upper #2

Objective: This upper body workout takes the pace up a notch from last fortnight, but you should be well enough conditioned for the extra load by the previous two weeks of conditioning.



Explosive training is extremely hard on the body. You need to listen to your body and stop at the slightest hint of a strain or weakness, especially in the joints of the knees, shoulders, elbows, hips and back.

If any of these exercises are causing trouble for you, substitute them for exercises that do not aggravate your injuries.

Note: The time for each segment varies. Use the Audio File included on the website. The audio file contains all the beeps for segment duration AND has a Personal Trainer coaching you through the segment.

Exercise Video and Audio file can be found at www.gladiatorschool.com.au

Exercise	Description
<p>Jump Lunge PushUp</p> <p>60 Seconds Duration</p>	<p>Always start pushups on your toes. Even if you can only do 1 rep, you will eventually be able to do more! Work one hand in a "tricep pushup" position and the other in a "standard" position. Jump your hands from position to position, similar to alternating jump lunges.</p> <p>-30 SECOND SPRINT ROUND- BURPEES performed <u>as fast as you can</u> for the entire 30 second SPRINT round. Ensure both hands are placed down flat and that you jump both feet out together. It is a common mistake to jump one leg out before the other. This will result in a lop-sided workout.</p> <p>-10 SECOND REST ROUND- Rest for 10 seconds before starting the next exercise-</p>
<p>Shoulder Swim Fwd</p> <p>120 Seconds Duration</p>	<p>SPINNING FORWARDS: Set up with feet hip with apart and your hands held just outside your thighs. Rotate your arms alternately by means of using your CORE to swing the weights around rather than your shoulders.. <u>You need 2.5 - 5kg WEIGHTS in each hand for this exercise!</u></p> <p>-30 SECOND SPRINT ROUND- BURPEES performed <u>as fast as you can</u> for the entire 30 second SPRINT round. Ensure both hands are placed down flat and that you jump both feet out together. It is a common mistake to jump one leg out before the other. This will result in a lop-sided workout.</p> <p>-10 SECOND REST ROUND- Rest for 10 seconds before starting the next exercise-</p>
<p>Clap Chin Ups</p> <p>60 Seconds Duration</p>	<p>-Clap/ Jump SPEED CHIN UPS OR BENT OVER ROW-</p> <p>Perform chin-ups, horizontal pull ups or bent over rows as FAST AS YOU CAN! this is only a 45 second round, so do not hold back! Aim to perform a clap between reps, hanging in the air!</p> <p>-30 SECOND SPRINT ROUND- BURPEES performed <u>as fast as you can</u> for the entire 30 second SPRINT round. Ensure both hands are placed down flat and that you jump both feet out together. It is a common mistake to jump one leg out before the other. This will result in a lop-sided workout.</p> <p>-10 SECOND REST ROUND- Rest for 10 seconds before starting the next exercise-</p>
<p>Shoulder Swim Bwd</p> <p>120 Seconds Duration</p>	<p>SPINNING BACKWARDS: Set up with feet hip with apart and your hands held just outside your thighs. Rotate your arms alternately by means of using your CORE to swing the weights around rather than your shoulders.. <u>You need 2.5 - 5kg WEIGHTS in each hand for this exercise!</u></p> <p>-30 SECOND SPRINT ROUND- BURPEES performed <u>as fast as you can</u> for the entire 30 second SPRINT round. Ensure both hands are placed down flat and that you jump both feet out together. It is a common mistake to jump one leg out before the other. This will result in a lop-sided workout.</p> <p>-10 SECOND REST ROUND- Rest for 10 seconds before starting the next exercise-</p>
<p>Clap Push Ups</p> <p>60 Seconds Duration</p>	<p>-Clap Pushups / Normal Pushups-</p> <p>Always start pushups on your toes. Even if you can only do 1 rep, you will eventually be able to do more! Work explosively! If you cannot perform a full "clap" then at least "spring" your hands off the floor with each rep. This will work your type II muscle fibre.</p> <p>-30 SECOND SPRINT ROUND- BURPEES performed <u>as fast as you can</u> for the entire 30 second SPRINT round. Ensure both hands are placed down flat and that you jump both feet out together. It is a common mistake to jump one leg out before the other. This will result in a lop-sided workout.</p> <p>-10 SECOND REST ROUND- Rest for 10 seconds before starting the next exercise-</p>
<p>Bicep Curl</p> <p>120 Seconds Duration</p>	<p>-Speed Bicep Curl-</p> <p>Curl as FAST AS YOU CAN with weights in each hand. Make sure the weight is sufficiently heavy so that you feel like you can't go much further than a minute (even though it's a 2 minute round) It's ok to use your core for a little extra momentum once your biceps give out!</p> <p>-30 SECOND SPRINT ROUND- BURPEES performed <u>as fast as you can</u> for the entire 30 second SPRINT round. Ensure both hands are placed down flat and that you jump both feet out together. It is a common mistake to jump one leg out before the other. This will result in a lop-sided workout.</p> <p>-10 SECOND REST ROUND- Rest for 10 seconds before starting the next exercise-</p>

Repeat x 3 (total 43 minutes non-stop)