

# FIT

## 12WBTERS

### BOOTCAMP

#### 21ST SEPT 2011

- \* Burpees
- \* Bicep Curls
- \* Turkish Get Ups
- \* Alternating Back Extensions
- \* Dumbell Squat Press
- \* Tricep Dips
- \* Kettlebell Swings
- \* Push Ups
- \* Crunches

Dear Ladies...

These are all Mish's exercises and instructions... I have just pulled them into a PDF for us all to follow easily.

I have tried to include a variety of levels for each "station" ie. exercise... and if due to injury, or an inability to do a particular exercise, we can just adapt on the morning.

You can also view a video demonstration of each of these exercises on the 12WBT site:

1. Open your **MB12WBT** web page.
2. Click on the **MORE** tab on the navigation bar the top left of the page.  
*A drop down menu appears.*
3. Click on **Exercise Index**.
4. Ensure the **Show All** tab is selected, then select the exercise you are interested in viewing.

You might like to print a copy of this booklet for yourself. I will have laminated colour copies on the morning of our bootcamp for each station.

Rebecca Vavic

# 1

# BURPEES ON BACK OF BENCH

These pretty much smash every muscle in your body including your heart and lungs! This is a modified version. If it feels quite easy, then it's time to progress to burpees with hands on the ground! (FLIP CARD).

## Start Position

Standing upright, hands by sides.

## Execution

Squat until your hands touch the bench, then jump your legs back into a pushup position. Then simply reverse that movement, jump your feet back between your hands and jump up off ground with hands shooting into the air. Pretend you are trying to jump onto a milk crate.



Start Position



Execution 1.



Execution 2.



Execution 3.



Finish Position

# COMPLETE 12 REPS

# 1

# BURPEES

... pretty much smash every muscle in your body including your heart and lungs!

## Start Position

Stand upright, hands by side.

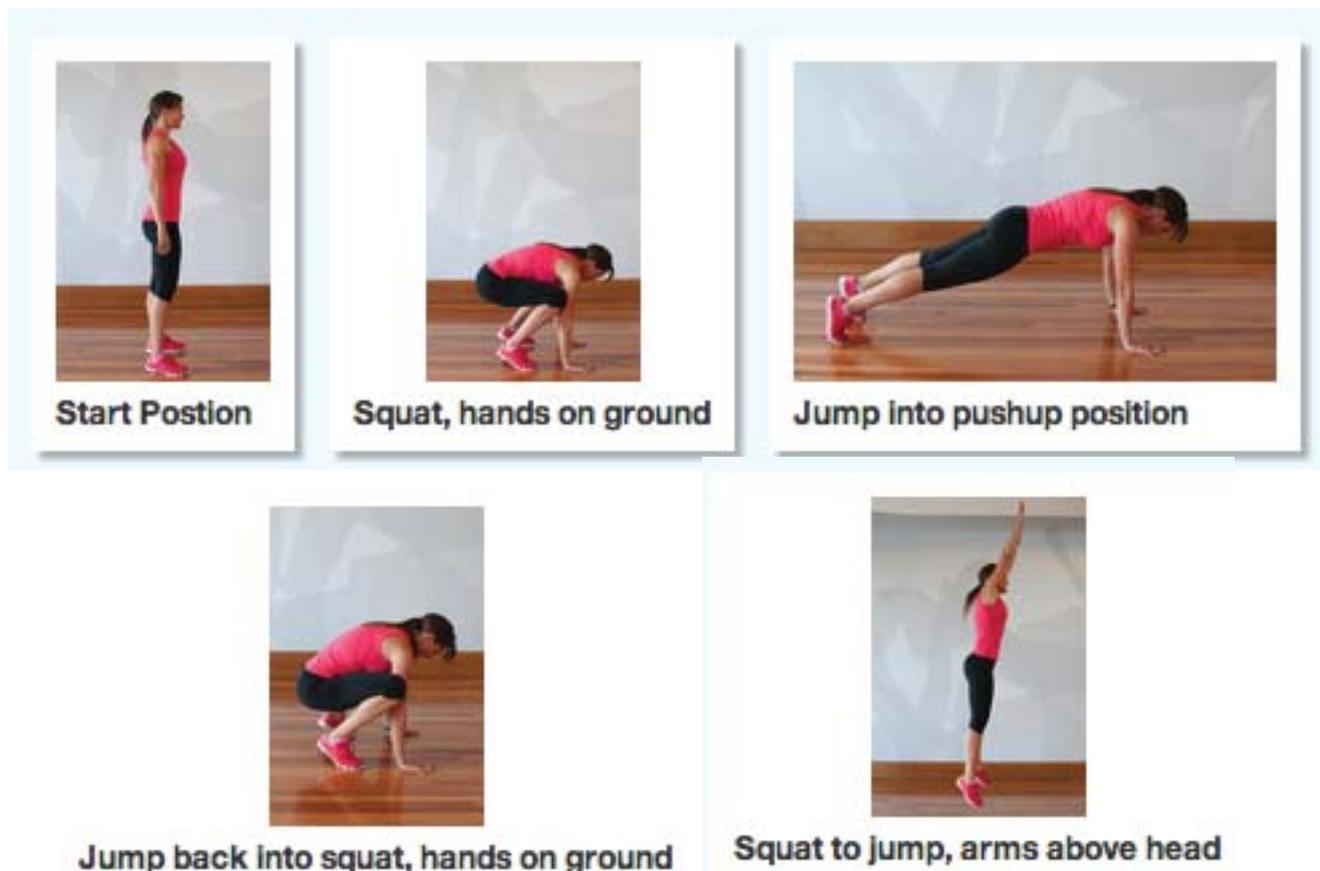
## Execution

Squat until your hands touch ground, then jump your legs back into a pushup position. Then simply reverse that movement, jump your feet back between your hands and jump up off ground with hands shooting into the air. Pretend you are trying to jump onto a milk crate.

## Variation

If you can't jump your feet back, walk them back into position one at a time.

If you want to increase the intensity, jump your feet back and add in a push up before jumping feet back in again.



# COMPLETE 12 REPS



# HAMMER CURLS LEVEL 1

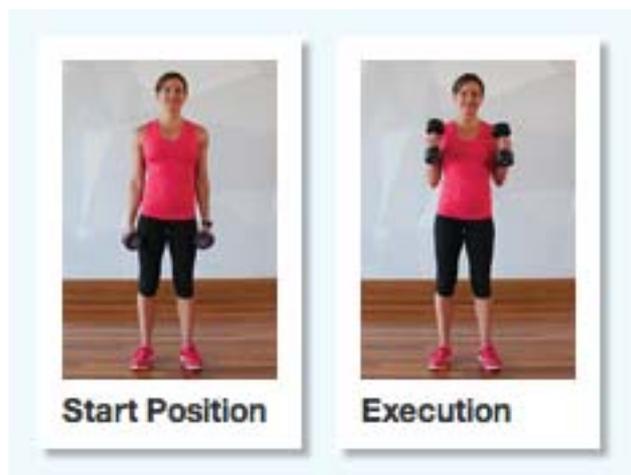
... will give your biceps a workout.

## Start Position

Stand with feet slightly wider than shoulder width, dumbbells by your side, hands facing inwards.

## Execution

Exhale as you raise the dumbbells, keeping your elbows pointing directly to the floor and avoid letting the dumbbells collapse against your biceps. Keeping your midsection tight, inhale as you lower the dumbbells to the start position. Do not let your elbows point behind you on the way down or in front of you on the way up. The only direction they should be pointing is DOWN. Keep your body still and avoid rocking or swaying. Unlike regular bicep curls, keep your hands facing inwards and don't twist them into under-hand grip (just like 'hammering' in a nail).



COMPLETE AS MANY REPS AS  
YOU CAN

# 2

# BICEP CURLS LEVEL 2

Bicep curls are great for your biceps but not a very good calorie smasher. If weight loss is your main goal, you'll have to get creative in upping your heart rate on this one.

## Start position

Stand tall with your feet in a neutral stance position holding the dumbbells by the sides of your legs. Pull your stomach in to feel strong in the core. Lift your chest, roll your shoulders back and down, lengthen your spine and neck and pull your chin in slightly. Look straight ahead and lock yourself in!

## Execution

Exhale as you raise the dumbbells to your upper chest keeping your elbows pointing directly to the floor, and avoid letting the dumbbells collapse against your body. Keeping the midsection tight, inhale as you lower the dumbbells to the start position. Do not let your elbows point behind you on the way down or in front of you on the way up. The only direction they should be pointing is DOWN. Keep your body still and avoid rocking or swaying. Rotate your palms so they are facing the ceiling, keeping your wrist in line with your forearm.

## Variation

These can be performed one arm at a time.



## How to ramp up your calories:

- \* Stand on one leg with your knee slightly bent
- \* Stand on a BOSU ball
- \* Do 50 skips with a skipping rope between sets
- \* Hold a squat position
- \* Advanced: Kneel on a fit ball

# COMPLETE AS MANY REPS AS YOU CAN



# TURKISH GET UP

The Turkish Get-Up is a highly functional movement that requires all the muscles of the body working together in order to accomplish the task. It burns a shed load of calories and is a very advanced movement. Try it without weights for the first few times.

## Start Position

Standing with a dumbbell (or kettlebell) in 1 hand, extended above your head and brace your core.

## Execution

The aim is to keep that arm with the dumbbell above your head at all times. Carefully sit down on the ground, then lay completely flat, except for that poor arm still holding the dumbbell. Sit up, stand up, and return to the start position, still holding the dumbbell up high. Continue the reps on the same arm, then swap arms without resting. Once all reps are completed for each set, then you may rest, and boy will you need it!



COMPLETE AS MANY REPS AS  
YOU CAN



# ALTERNATING BACK EXTENSIONS

## Alternating Back Extensions

### Start position

Lie on your stomach with your arms and legs extended straight out in front and behind you. Pull your chin in and your abs in.

### Execution

Exhale and slowly lift your right arm, your left leg and your chest off the floor simultaneously. You MUST keep looking straight down with chin pulled in keep your neck neutral and relaxed. Inhale and lower, then repeat on the opposite side.

### Variation – Alternating Back Extensions with Arm Pull

As above but adding in a pullback with each elbow (as in 2nd 1/2 of my demo Video)

See also [Alternating Back Extensions on Fitball](#)

### Mish Tips:

*A lot of people seem to stick their chin out on these ones and then wonder why their necks are getting sore. Tuck your chin in and lengthen your neck. Take your time and feel how it works not only your core but also your back, butt and the back of your leg.*

### Demo-Pictures

Click to view a larger version.



Start Position



Execution

# COMPLETE AS MANY REPS AS YOU CAN



# DUMBELL SQUAT PRESS

## Start Position

Feet shoulder width apart, dumbbells by your side, perform a deep squat (weight in your heels, pushing knees out towards little toes, keeping your butt squeezed and your abs engaged) ensuring your butt reaches out behind you like you were sitting in a chair.

## Execution

Keep your eyes on the horizon (to keep your body safely aligned), let your weights touch the ground on either side of your feet, touch the weights on the ground, then press them to the sky at the same time as you stand up.

## Mish Tips:

*Beginners and those with dodgy knees be careful about sinking right down into the full squat position – be absolutely sure your knees are lined up over your toes (not collapsing inwards) and if your knees hurt, shorten the range of movement (weights might not touch the ground).*

## Demo-Pictures

Click to view a larger version.



Start Position



Execution



Finish Position

# COMPLETE AS MANY REPS AS YOU CAN

# 6

# TRICEP DIPS ON BENCH

## LEVEL 1

### Start Position

Place your hands behind you on the edge of a low bench supporting your weight through your arms and shoulders. Lift up through your chest, let your butt hang (to lengthen your back), and drop your shoulders down away from your ears. Draw your abs in, tuck your chin in slightly and look straight ahead. Knees bent and feet on the floor.

### Execution

Inhale as you lower your body until your upper arms are almost horizontal. Exhale as you drive yourself up to the start position, contracting the muscles in the back of your arm. Keep your elbows squeezing in toward each other throughout the movement.

See also [Tricep Dips with 1 Leg Elevated](#) and [Tricep Dips with Both Legs Elevated](#)

### Mish Tips:

*The most common mistake here is slouching and letting your shoulders roll over. Keep your chest up!*



Start Position



Execution

# COMPLETE AS MANY REPS AS YOU CAN



# TRICEP DIPS

## 1 LEG ELEVATED

### LEVEL 2

An “intermediate” version of Tricep Dips. Make sure you can perform 20 reps with both feet on the ground before progressing to this stage.

#### Start Position

Place your hands behind you on the edge of a low bench supporting your weight through your arms and shoulders. Lift up through your chest, let your butt hang (to lengthen your back) and drop your shoulders down away from your ears. Draw your abs in, chin tucked in slightly and look straight ahead. Extend 1 leg out in front of you.

#### Execution

Inhale as you lower your body until your upper arms are almost horizontal. Exhale as you drive yourself up to the start position, contracting the muscles in the back of your arm. Keep your elbows squeezing in towards each other throughout the movement.

See also [Tricep Dips](#) and [Tricep Dips with Both Legs Elevated](#)

#### Mish Tips:

*I like to break the set up into thirds. For example if there were 15 reps, I'd do 5 with 1 leg up, 5 with the other leg, then finish with both feet back on the ground.*

*Make sure you get the full range – remember it's the last few mm that make the difference!*

#### Demo-Pictures

Click to view a larger version.



Start Position



Execution

# COMPLETE AS MANY REPS AS YOU CAN

# 6

# TRICEP DIPS

## BOTH LEGS ELEVATED LEVEL 3

This is an “advanced” variation of Tricep Dips.

### Start Position

Place your hands behind you on the edge of a low bench supporting your weight through your arms and shoulders. Lift up through your chest, let your butt hang (to lengthen your back) and drop your shoulders down away from your ears. Draw your abs in, tuck your chin in slightly and look straight ahead. Place your legs on a bench in front of you that is about the same height or a fraction lower than the bench your hands are on.

### Execution

Inhale as you lower your body until your upper arms are almost horizontal. Exhale as you drive yourself up to the start position, contracting the muscles in the back of your arm. Keep your elbows squeezing in towards each other throughout the movement.

Advanced Lean and Strong 12wbtors, once you have mastered full sets with both legs elevated, try adding a weight plate or medicine ball to your lap!

See also [Tricep Dips](#) and [Tricep Dips with 1 Leg Elevated](#)

### Mish Tips:

*It's super important to keep your back straight and not to shrug your shoulders doing this tricky variation. At first you may get through half the set, then drop 1 leg down. That's a great start! By the end of the 12WBT see if you can get through the entire set with both feet elevated.*



Start Position



Execution

# COMPLETE AS MANY REPS AS YOU CAN



# KETTLEBELL SWINGS

Kettlebell swings work your entire body.

## Execution

Stand with your feet shoulder-width apart. Bend your knees, push your hips back, and grab the top of the kettlebell with both hands



(A). Swing it back between your legs

(B). As you stand up, snap your hips forward, squeeze your glutes, and swing the kettlebell to chest height (for a more advanced move, bring above your head)

(C). Let it fall back through your legs, but don't put it down.

## COMPLETE AS MANY REPS AS YOU CAN



# PUSH UPS ON BENCH LEVEL 1

## Start Position

Hands slightly wider than shoulder width, step backwards so your body is tilted in a push up position with chest over the bench.

## Execution

Keeping your chest in line with the bench lower down until your chest touches the bench (don't rest). Exhale as you push up to start position.

## Variation

Push off the bench and spring up to clap your hands together between each pushup.

See also [Pushups with Clap on Bench](#), [Pushups on Knees](#), [Pushups on Toes](#), [Pushups with Clap on Floor](#), [Walking Pushups with 1 Hand Elevated](#) and [Mac Pushups](#)

## Mish Tips:

*Push ups on the bench are quite easy so I'd like to progress to the clapping kind sooner rather than later.*

*Push ups with a clap are a great way to spike your heart rate, burn some extra calories AND whilst preventing saggy boobs (or man boobs!) – what's better than that!*

## Demo-Pictures

Click to view a larger version.



Start Position



Execution



# PUSH UPS ON KNEES LEVEL 2

## Start Position

Come to your hands and knees, placing your hands slightly wider than shoulder width apart, pointing your elbows out to the side. Lengthen your torso, and keeping it flat draw your abs in, expand the chest and drop your shoulders down away from your ears. Keep your neck long with your chin tucked in and look directly ahead at the floor. Your knees can be hip width apart or together.

## Execution

Keeping the abs pulled in, bend the arms and lower the upper body so that the chest is about ten centimeters off the floor inhaling as you go. Exhale as you straighten the arms to return to the start position.

### Mish Tips:

*Everyone always shrugs their shoulders at the bottom of push ups and can often injure them in the process. A push up is one of THE BEST exercises you will ever do, but you gotta get it right. At the bottom of the movement your hands and elbows should be plane as your chest. If you have scrunched up your shoulders and you elbows are flapping around your ears then I will slap you! Oh, and get your arse down too!*

*This will allow you to get a fuller range of movement. When you progress to your toes, you'll find it harder to go as deep so keep working on both your knees and toes until you get strong enough to get the full movement.*

*TIP: Push ups can be made more comfortable by using purpose made push up handles that rest on the floor. If there aren't any of these around, a hexagonal dumbbell will do the job just as well. This will take some pressure off your wrists.*



Start Position



Execution

# COMPLETE AS MANY REPS AS YOU CAN



# PUSH UPS ON TOES LEVEL 3

## Start Position

Lay on the floor and place your hands slightly wider than shoulder width apart, pointing your elbows out to the side. Lengthen your torso, draw your abs in, expand the chest and drop your shoulders down away from your ears. Keep your neck long, your chin tucked in and look directly ahead at the floor. Your toes can be a hip width apart or together. Push up.

## Execution

Keeping the core activated, inhale as you bend your arms and lower your upper body so that your chest is about 10 cm off the floor. Exhale as you straighten the arms to return to the start position.

## Variation – Pushups on a Bosu Ball® on knees or toes

### Start Position

Place your hands on the outside of the inverted Bosu® ball. Place your toes or knees hip or shoulder width so you can stabilize your balance. Lengthening your torso, draw your abs in, expand your chest and drop your shoulders down away from your ears. Keep your neck long, your chin tucked in and look down at the Bosu®.

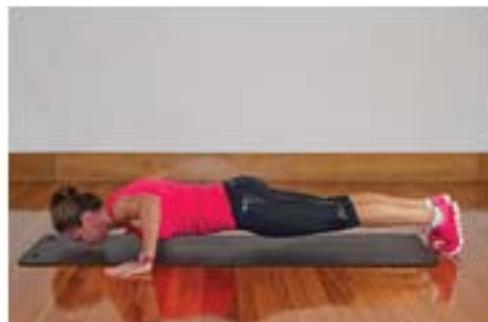
### Execution

Keeping the core activated bend the arms and lower the upper body about ten centimetres from the Bosu ball® inhaling as you go. Exhale as you straighten the arms to return to the start position.

*Pointers: Oh these are tough! 1. Because you are balancing on an unstable surface so your core muscles are working and 2. Because your hands are in a narrower position on the edge of the Bosu® so your triceps will have to kick in and help out – OUCH!*



Start Position



Execution

# COMPLETE AS MANY REPS AS YOU CAN

# 9

# AB WORKOUT CRUNCHES

## Start position

Lie on the floor and bend your knees so your feet are flat on the floor. Draw your abs inwards, narrowing your waist, and have your hands either outstretched, across your chest, or the hardest option, behind your head. Pull your chin in and keep your neck soft and neutral. If your hands are behind your head, keep your elbows out of sight and avoid pulling on your head and bending your neck.

## Execution

Tighten your abdominals and pull them inwards, then exhale as you roll or “crunch” your upper torso up. Keep your chin in and look forwards. Keeping your abs pulled in, inhale and lower yourself back down to the start position.

Keep your chin in, your abs drawn in and inhale as you lower yourself back down to the start position.

## Mish Tips:

*Here’s how to get yourself a set of KILLER abs. Train them to do how you want them to look – PULLED IN and ROCK HARD!*

*So – while you are doing your abdominal and core training you need to always be PULLING THEM IN, not pushing them out. Think of “narrowing” the waist rather than “thickening” it. Draw the belly button in towards the spine. In fact, just do this all the time! When you are exercising and when you’re not!*

*Abs, core, TAs, midsection – whatever. These exercises all work the muscles that wrap around your middle and are responsible for your posture, spinal health and a host of other important musculo-skeletal roles. Oh, and did I mention a ROCK STAR set of abs that look RED HOT?*



Start Position



Execution

# COMPLETE AS MANY REPS AS YOU CAN

# 9

# AB WORKOUT TWISTIES

A fast and effective oblique exercise! Lean back with a straight back until you find the “sweet spot” that point when your abs really kick in.

## Start Position

Keep your chest up, ears over shoulders and chin slightly drawn in to lengthen the back of your neck. Draw your belly button in and hold that long, engaged torso position as you interlace your hands at your belly button.

## Execution

Twist your upper body, including your head to the left until your elbow just about touches the ground. Then twist the other way. A twist to the left then right counts as 1 rep. This is a fast movement, each twist should take 1 second, no slower.

## Mish Tips:

*If you have a dodgy lower back, do use caution on this exercise. I suggest starting with a much smaller range of motion, and if something doesn't feel right, stop. An alternative would be side crunches.*



Start Position



Execution 1



Execution 2



Execution 3

# COMPLETE AS MANY REPS AS YOU CAN