

# Dame Kelly Holmes

**Training** Top Tips - Endurance Circuit Training One

## Training Top Tips

Decline press-ups (feet on bench)  
Incline press-ups (hands on bench)  
Hand step-ups  
Triceps

**1**

Med ball sit-ups  
Alt 'V' sit-ups  
Alt sit-ups  
Med ball cross overs

**2**

Toe touches  
Legs drives hops  
Step-ups  
Side jumps

**3**

Alt Squat thrusts  
Box jumps  
Skipping two feet  
Skipping one foot

**6**

Sit-ups  
Crunches  
Ball twists  
Half sit-ups

**5**

Shoulder press (each shoulder)  
Chest press  
Med ball press  
Figure of 8

**4**

Press-ups  
Running arms  
Shoulder press  
Bicep curls

**7**

Dorsal raises  
Side crunches  
High leg crunchies  
Side bends

**8**

Burpees  
Star jumps  
Split star jumps  
Lunges

**9**

# Dame Kelly Holmes

## Training Top Tips - Endurance Circuit Training One

# Training Top Tips

1

### Decline press-ups (feet on bench)

Place your feet on the bench, hands on the ground with your body in a straight line. Bend your arms in a press up position and push back up like a normal press up.

#### Top Tip:

Hands shoulder width apart, head down with neck in a straight line.

### Tricep dips

Sit with your back against the bench, place your hands behind you on the bench with your fingers over the bench facing towards your back. With your arms lift your body up, keeping your legs straight and feet on the ground.

#### Top Tip:

To make the exercise easier bend the knees slightly with feet flat on the floor.

### Incline press-ups (hands on bench)

Place your hands on the bench, chest down, body straight. Bend your elbows so that your chest goes down toward the bench and push back up.

#### Top Tip:

Push back up straight like a normal press up. Feet shoulder width apart.

### Hand step-ups

Go into a press up position on the floor facing the bench and (as with step ups) do an up, up on top and a down, down on the ground but with your arms/hands.

#### Top Tip:

To make the exercise easier bend the knees slightly with feet flat on the floor.

2

### Med ball sit-ups

Lie on your back on a mat with your knees bent and feet on the floor. Place your arms above your head holding the medicine ball. Sit up, as if for a normal sit up holding on to the medicine ball, bringing it up over your knees and to your feet. Return to a lying position and repeat.

#### Top Tip:

Keep your arms as straight as possible whilst holding the ball.

### Alt sit-ups

Lie on a mat with your knees bent and feet on the floor. Sit up, bringing your left elbow to your right knee and vice versa.

#### Top Tip:

Remember alternate elbow to knee.

### Med ball cross overs

Sit up straight with your hands on the mat behind you and your legs out straight in front of you. Place a medicine ball to one side of feet. Raise both legs together and lift them from side to side over the medicine ball.

#### Top Tip:

Touch your heels on the floor lightly each side of the ball so that the exercise is harder.

### Alt 'V' sit-ups

Lie flat on your back on a mat with your legs straight. Lift one leg and the opposite arm up at the same time so that they meet in middle, reaching to touch your foot with your hand. Sit back and repeat on alternate sides.

#### Top Tip:

If you can't touch your foot just reach as far as you can. Keep legs and arms straight.

3

### Toe touches

Stand facing a step, bench or box and place the toes of one foot on to the edge of the step. Jumping up place the toes of the other on the edge of the bench and repeat as fast as you can.

#### Top Tip:

Use your arms in a running motion.

### Step-ups

Stand facing a step, bench or box and with alternate feet do an up, up on top and a down, down on the ground as fast as you can.

#### Top Tip:

Ensure feet are flat on top, use arms in a running motion.

### Side jumps

Stand with a step/bench to your right. Place the right foot on top, jump up bringing the legs across to the left side landing with your left foot on the left side of the step. Then do the same left to right.

#### Top Tip:

Use your leg strength to jump across to each side. Alternate arms in time with your legs.

### Legs drives hops

Stand facing a step/bench. Place the right foot on the step, driving up on to your toes and bending your left knee up towards your chest. Come down by placing your left foot on the floor first and then repeat with opposite leg.

#### Top Tip:

To make it harder drive up higher so that your lead foot comes off the bench.

# Dame Kelly Holmes

## Training Top Tips - Endurance Circuit Training One

# Training Top Tips

4

### Shoulder press (each shoulder)

Hold a medicine ball or dumbbells in front of your chin with your arms bent. Straighten your arms, pushing the medicine ball/dumbbells towards the ceiling over your left shoulder. Repeat action to the right.

#### Top Tip:

Try and straighten your arms fully when above your shoulder.

### Med ball press

Hold a medicine ball in both hands in front of your chest with your arms bent. Straighten your arms pushing the medicine ball out in front of you, bend arms back and then push the medicine ball to the ceiling. Repeat as fast as you can.

#### Top Tip:

Try and straighten your arms fully. Bend the knees slightly and do not arch your back.

### Figure of 8

Passing the medicine ball from one hand to the other, pass the ball through your legs from front to back going first round the left leg and then repeat through and around the right leg – forming a 'figure of 8'.

#### Top Tip:

Bend the knees and do not drop the ball.

### Chest Press

Hold a medicine ball in both hands in front of your chest with your arms bent. Straighten your arms and push the medicine ball away from you. Bring ball back into the chest and repeat.

#### Top Tip:

The action should be done as fast as you can. Do not lean back.

5

### Sit-ups

Lie on a mat with your knees bent and feet on the floor, hands by your temples with your elbows out to the side. Lift up off the ground as far as you can and then come back down to the mat.

#### Top Tip:

As you sit up breathe out and as you go back to the floor breathe in. To ensure you are working the correct muscles, pull your belly button towards the floor before starting the exercise.

### Ball twists

Sit up with feet off the ground and slightly leaning back, holding a medicine ball in both hands with your arms bent. Cross the medicine ball from side to side.

#### Top Tip:

Keep your feet off the ground at all times.

### Half sit-ups

Lie on a mat with your knees bent and feet on the floor and your hands on your thighs. As you sit up slide your hands towards your knees so that you sit up until your wrists are over them. Return back to the floor and repeat.

#### Top Tip:

Keep your stomach muscles contracted throughout the exercise.

### Crunches

Lie on a mat with your knees bent and feet on the floor and your hands to your temples with your elbows out to the side. As you lift up bend your legs and bring your knees towards your elbows. Lower back down and straighten the legs (but don't come all the way down to the floor) before repeating.

#### Top Tip:

To make the exercise easier, place the hands at the side of your body.

6

### Alt squat thrusts

Place your hands shoulder width apart on the floor with your arms straight and your legs out behind you. Bring one knee towards your elbow and then repeat with the other leg.

#### Top Tip:

Keep your bottom tucked in and your head down.

### Skipping two feet

Swing the rope over your head, skip bringing both feet off the ground at the same time.

#### Top Tip:

Bend the knees on landing.

### Skipping one foot

Swing the rope over your head, skip bringing one foot off the ground at a time, in a running motion.

#### Top Tip:

Don't jump too high and keep elbows close to the body.

### Box jumps

Stand facing a step/bench. Jump onto the step with both feet and jump back down to the floor.

#### Top Tip:

Use your arms to drive. Bend your knees as you jump and land.

# Dame Kelly Holmes

## Training Top Tips - Endurance Circuit Training One

# Training Top Tips

7

### Press-ups

Place your hands on the ground with your arms straight and your body in a straight line behind you. Bend your arms and push back up.

#### Top Tip:

Hands shoulder width apart, head down with neck in a straight line. You can place your knees on the ground to make easier.

### Shoulder press

Hold a dumbbell/medicine balls in each hand with your arms bent and close to your body. Push both dumbbells/medicine ball towards the ceiling.

#### Top Tip:

Try to straighten your arms fully.

### Bicep curls

Hold a barbell in both hands with your fingers facing upwards and your elbows close to your body. Start with your forearms down against your thighs and bend at the elbow bringing the barbell towards your chest.

#### Top Tip:

Keep your elbows tucked in and bend your knees.

### Running arms

Hold a dumbbell in each hand with your arms bent and close to your body. As you push one arm forward push the other back in a running motion.

#### Top Tip:

Work hard and fast. Stand with one foot in front of the other.

8

### Dorsal raises

Lie on your front on a mat with your arms behind you and your hands on your lower back. With your face looking towards the mat raise your body from the waist and then lower back down.

#### Top Tip:

Keep your legs on the ground at all times.

### High leg crunchies

Lie on a mat with legs in the air. As you lift your shoulders off the ground try and touch your feet with your hands.

#### Top Tip:

To make the exercise easier keep the legs slightly bent.

### Side bends

Lie on a mat with your knees bent and feet on the floor. As you lift your chest reach first the right hand down to touch the right foot back into the middle and then reach your left hand down to touch your left foot.

#### Top Tip:

If you can't touch your foot just reach as far as you can.

### Side crunches

Lie on your right side with your knee bent and your left leg on top of the right. With your right arm on the floor in front of you and your left hand to your temple with the elbow bent, raise your left side bringing your elbow towards your waist.

#### Top Tip:

Keep your shoulders in line with your hips.

9

### Burpees

Start in a crouch position with your hands on the floor and your knees bent in towards your arms. Push your legs out straight behind you, then bring them back in and jump up to a standing position before returning to the starting crouch position.

#### Top Tip:

As you bring your legs in jump in the air to make it harder.

### Split star jumps

Start in a standing position legs astride, bend the knees keeping your back straight with hands towards the floor. Jump up high alternating the legs so you land with first one leg forward then the other.

#### Top Tip:

The higher you jump up the harder it is. Bend the knees on landing.

### Lunges

Start in a standing position, step forward with one leg stretching behind and bending the front knee. Push back with front leg and then alternate.

#### Top Tip:

When you bend the front leg don't let the knee go forward over the toe.

### Star jumps

Start in a standing position, bend your knees and then jump, stretching both legs and arms out to the side in a star position.

#### Top Tip:

Don't bend your knees past 45 degrees.