

**WARM UP! Do the following as a circuit for warm up.
30 seconds of each and repeat 3x**

1. Stair walk 05507



sec	30
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2. Deep squat 01211



sec	30
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3. TRX Horizontal row 10038

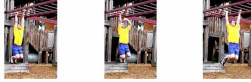


sec	30
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**FITNESS/ WORK CAPACITY BEGINNER PROGRAM,
DO the following as a circuit with 90 sec rest after each round. Start on 2
rounds and work up weekly to 5 rounds.**

30 sec on each station with 30 sec to rest and move to the next exercise

4. Monkey bar walk 05643



30sec	Med
sec	30

If you cannot do the "walk" just hang for time

5. Forward backward stair running 05494



30sec	Med
sec	30

6. Dips 04375



30sec	Med
sec	30

7. Floor to ceiling 00868



30sec	Med
sec	30

8. Pull up 04396



30sec	Med
sec	30

9. Forward backward stair running 05494



30sec	Med
sec	30

10. TRX Push up with pike 10073



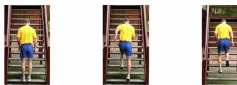
30sec	Med
sec	30

11. Punching bag 00881



30sec	Med
sec	30

12. Forward backward stair running 05494



30sec	Med
sec	30

13. Battle Rope Variations 10045



30sec	Med
sec	30

14. Stair split jumps 05501



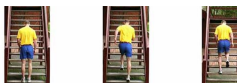
30sec	Med
sec	30

15. Friction rope climber 10205



30sec	Med
sec	30

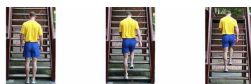
16. Forward backward stair running 05494



30sec	Med
sec	30

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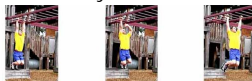


sec	30
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**FITNESS/ WORK CAPACITY BEGINNER PROGRAM,
DO the following as a circuit with 90 sec rest after each round. Start on 2 rounds and work up weekly to 5 rounds.**

40 sec on each station with 20 sec to rest and move to the next exercise

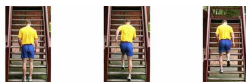
4. Monkey bar walk 05643



20sec	Med
sec	40

If you cannot do the "walk" just hang for time

5. Forward backward stair running 05494



20sec	Med
sec	40

6. Dips 04375



20sec	Med
sec	40

7. Floor to ceiling 00868



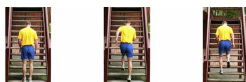
20sec	Med
sec	40

8. Pull up 04396



20sec	Med
sec	40

9. Forward backward stair running 05494



20sec	Med
sec	40

10. TRX Push up with pike 10073



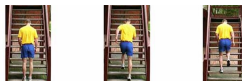
20sec	Med
sec	40

11. Punching bag 00881



20sec	Med
sec	40

12. Forward backward stair running 05494



20sec	Med
sec	40

13. Battle Rope Variations 10045



20sec	Med
sec	40

14. Stair split jumps 05501



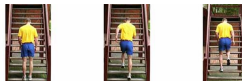
20sec	Med
sec	40

15. Friction rope climber 10205



20sec	Med
sec	40

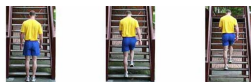
16. Forward backward stair running 05494



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sec	30
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2. Deep squat 01211



sec	30
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3. TRX Horizontal row 10038

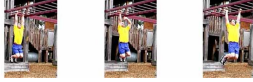


sec	30
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FITNESS/ WORK CAPACITY BEGINNER PROGRAM,
 DO the following as a circuit with 90 sec rest after each round. Start on 2 rounds and work up weekly to 5 rounds.

45 sec on each station with 15 sec to rest and move to the next exercise

4. Monkey bar walk 05643



If you cannot do the "walk" just hang for time

15sec	Med
sec	45

5. Forward backward stair running 05494



15sec	Med
sec	45

6. Dips 04375



15sec	Med
sec	45

7. Floor to ceiling 00868



15sec	Med
sec	45

8. Pull up 04396



15sec	Med
sec	45

9. Forward backward stair running 05494



15sec	Med
sec	45

10. TRX Push up with pike 10073



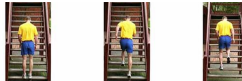
15sec	Med
sec	45

11. Punching bag 00881



15sec	Med
sec	45

12. Forward backward stair running 05494



15sec	Med
sec	45

13. Battle Rope Variations 10045



15sec	Med
sec	45

14. Stair split jumps 05501



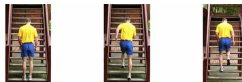
15sec	Med
sec	45

15. Friction rope climber 10205



15sec	Med
sec	45

16. Forward backward stair running 05494



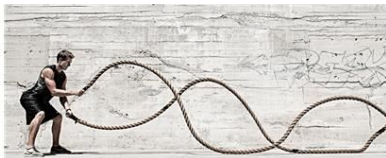
15sec	Med
sec	45

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Battle Rope Variations 10045



Tips:

Cautions:

Deep squat 01211



Tips: Start with the elbows wide, the feet slightly wider than shoulder width & facing out. Perform a deep squat while maintaining an erect torso & keeping the feet flat on the ground. The knees should track in line with the centre of the feet. The range of motion for the squat may vary depending on strength & flexibility.

Cautions: Maintain neutral curves in the spine & do not pull the neck forward as the hands remain positioned behind the head.

Dips 04375



Tips: Ensure that the hands firmly grip the handles. Lower the body towards the ground as comfortable then push up to the start position.

Cautions: Keep the upper body stable & do not allow the elbows to hyperextend when returning to the start position. If you have a history of shoulder injury or other shoulder pathologies, seek professional advice prior to commencing this exercise.

Floor to ceiling 00868



Tips: Assume a boxing stance & for more advanced boxers it is advised that wrist wraps are used for additional support for when the ball is punched harder & faster. The height of the ball may vary based on personal preference & depending on the requirements of the drill. Punch the ball with the left & right hands in an alternating fashion. Apply the correct punching technique when using the floor to ceiling bag.

Cautions: If the surface of the ball is not smooth, consider using gloves to avoid cutting the knuckles.

Forward backward stair running 05494



Tips: Run up two steps then down for one step. Keep the body weight forward & watch the feet onto the steps by tilting the head slightly forward. As the trail leg recovers, dorsiflex the foot in preparation for the foot strike. Minimize the contact time with each step. Lift the knees straight up & swing the arms to assist with balance.

Cautions: Ensure that the trail leg clears the step & that the steps have adequate grip. Keep the shoulders slightly forward of the hips & do not lean backwards.

Friction rope climber 10205



Tips:

Cautions:

Monkey bar walk 05643



If you cannot do the "walk" just hang for time

Tips: Grasp the first bar with the leading hand then grasp the same bar with the following hand. Repeat the cycle for the next bars. The distance between each bar may vary depending on the various playgrounds.

Cautions: Ensure that you have a secure grip on each bar.

Pull up 04396



Tips: Take a firm grip on the bar using a pronated grip with the hands approximately shoulder width apart. Pull the body up until the chin is slightly above the bar. Allow the arms to fully extend to the start position before initiating the next repetition. Do not swing to lift the body up. Consider using wrist straps if the grip strength is inadequate to maintain a firm grip on the bar.

Cautions: Continue to look forward & control both phases of the exercise.

Punching bag 00881



Tips: Wrist wraps & gloves should be used when punching the bag. Assume the correct boxing stance with the gloves in front of the face & punch with the left hand. Repeat this combination for the prescribed set or period of time or incorporate it with other combinations. Move the around the bag between each of the combinations.

Cautions: Warm up adequately prior to punching the bag.

Stair split jumps 05501



Tips: Perform alternating split jumps on the steps & push off the balls of the feet with each step. As the trail leg recovers, dorsiflex the foot in preparation for the foot strike. Lift the knees straight up, swinging the arms to maintain balance.

Cautions: Ensure that the feet clear the steps & that the steps have adequate grip. Keep the shoulders slightly forward of the hips & do not lean backwards.

Stair walk 05507



Tips: Walk up one step at a time with a natural stepping gait & continue to swing the arms as required. Maintain an erect posture with a slight forward lean at the hips. The knees should track in line with the centre of the feet with each stride.

Cautions: Ensure that the feet clear the steps & that the steps have adequate grip. Do not allow the knees to buckle in.

TRX Horizontal row 10038



Tips:

Cautions:

TRX Push up with pike 10073



Tips:

Cautions: