

The Bench Workout

As the name suggests, all you need to carry out this workout is a bench or step, so it's ideal for indoors, outdoors, or anywhere you don't have access to much equipment.

Anyone tempted to "cheat" and go for a bench low to the floor will be in for a nasty surprise on the last exercise. So stick with a bench measuring around twenty-four inches off the floor

**INCLINED DYNAMIC PUSH-UPS—
ON AND OFF BENCH**

**"SPIDERMAN" PUSH-UPS
WITH FEET ON BENCH**

"V" CRUNCHES—LEGS OFF THE BENCH

LEG RAISES

TRICEP DIPS—LEGS STRAIGHT

BOX JUMPS

**SINGLE-LEG "PISTOL" SQUATS
FROM SITTING POSITION**

Equipment Required

A bench or equivalent—roughly 24 inches above the floor.

Instructions

Carry out 4 sets of the 7 exercises. Take a 1-minute rest between sets.



1



2



3



INCLINED DYNAMIC PUSH-UPS- ON AND OFF BENCH

Reps: 20

Description/Notes:

- 1** | Start in the push-up position on the floor with your head near the bench.
- 2** | Push off the floor with your hands explosively.
- 3** | Both hands should leave the floor and finish up on the bench. Get back in the push-up position on the floor to start the exercise over again.

1



2



“SPIDERMAN” PUSH-UPS WITH FEET ON BENCH

Reps: 15

Description/Notes:

- 1** Start with your feet on the bench and hands on the floor in the push-up position.
- 2** As you press down, bring alternate knees to your elbows.

For a video of this exercise, visit:

www.youtube.com/watch?v=eHbJoeA1I4E

1



“V” CRUNCHES- LEGS OFF THE BENCH

Reps: 30

Description/Notes:

- 1 Lie on the bench, face up.
- 2 Raise both arms and legs from the lying face-up position. Torso should leave the bench. Aim to touch your feet with your hands.

2





LEG RAISES

Reps: 30

Description/Notes:

1 Lie on the bench, face up with your legs off the bench and both legs together.

2 Keeping both legs together, raise legs to 90 degrees then lower in a controlled manner back to the original position. Keep torso flat on the bench.



1



2



TRICEP DIPS-LEGS STRAIGHT

Reps: 30

Description/Notes:

1

Start with both hands on the bench and arms straight supporting your weight. Stretch legs out in front of you, feet on the floor. Legs should be only slightly bent at the knee.

2

Lower your body by bending your elbows slowly until they are bent 90 degrees. Then slowly straighten your arms until you are back in the start position.

1



2



BOX JUMPS

Reps: 30

Description/Notes:

- 1 | Stand facing the bench.
- 2 | Jump (using both legs, keeping them together) onto the bench and then back onto the floor. Do not step onto the bench.

1



2



SINGLE-LEG “PISTOL” SQUATS FROM SITTING POSITION

Reps: 10 on each leg

Description/Notes:

- 1** Sit down on the bench, only one foot on the floor. Stand up using only one leg and suspending the other leg off the floor.
- 2** Slowly sit down and repeat.