

THE LITTLE WHITE GYM

SEPTEMBER CHALLENGE - BLITZ THOSE BINGO WINGS!

NB: Some of the exercises in this circuit are quite challenging so if you've not tried them before, please read the instructions on page 2 before starting. You can also search on the internet for videos of how to do these exercises with good form.

If you feel any pain or discomfort at any time please do not continue with that exercise.

Contact me at any time on pamela@thelittlewhitegym.co.uk if you need more advice.

These exercises are designed to be done with 2 small dumbbells but you can substitute a small kettlebell, two tins of soup or small bottles of water.

CIRCUIT A	CIRCUIT B		CIRCUIT C		
Lying Chest Press Shoulder Press Bicep Curl Tricep Kickback Pushup	Lying Chest Press Side Raise Front Raise Tricep Pullover Pushup		Tricep Chair Dips Tricep Kick Back Shoulder Press Bicep Curl Pushup		
DATE	CIRCUIT	NUMBER OF REPETITIONS IN EACH SET	REST AFTER EACH SET	NUMBER OF SETS	COMPLETED ✓
1 September	A	5 of each exercise	30 seconds	2	
2 September	B	5 of each exercise	30 seconds	2	
3 September	C	5 of each exercise	30 seconds	2	
4 September	A	5 of each exercise	30 seconds	2	
5 September	B	5 of each exercise	30 seconds	2	
6 September	C	5 of each exercise	30 seconds	2	
7 September	REST				
8 September	A	8 of each exercise	30 seconds	2	
9 September	B	8 of each exercise	30 seconds	2	
10 September	C	8 of each exercise	30 seconds	2	
11 September	A	8 of each exercise	30 seconds	2	
12 September	B	8 of each exercise	30 seconds	2	
13 September	C	8 of each exercise	30 seconds	2	
14 September	REST				
15 September	A	10 of each exercise	30 seconds	2	
16 September	B	10 of each exercise	30 seconds	2	
17 September	C	10 of each exercise	30 seconds	2	
18 September	A	10 of each exercise	30 seconds	2	
19 September	B	10 of each exercise	30 seconds	2	
20 September	C	10 of each exercise	30 seconds	2	
21 September	REST				
22 September	A	12 of each exercise	30 seconds	2	
23 September	B	12 of each exercise	30 seconds	2	
24 September	C	12 of each exercise	30 seconds	2	
25 September	A	12 of each exercise	30 seconds	2	
26 September	B	12 of each exercise	30 seconds	2	
27 September	C	12 of each exercise	30 seconds	2	
28 September	REST				
29 September	A	15 of each exercise	30 seconds	2	
30 September	B	15 of each exercise	30 seconds	2	

HOW TO DO THE EXERCISES

CIRCUIT A

Lying Chest Press
Shoulder Press
Bicep Curl
Tricep Kickback
Pushup

CIRCUIT B

Lying Chest Press
Side Raise
Front Raise
Tricep Pullover
Pushup

CIRCUIT C

Tricep Chair Dips
Tricep Kick Back
Shoulder Press
Bicep Curl
Pushup

Lying Chest Press	Lying on your back, hold a dumbbell in each hand with palms facing inwards. Start with upper arms ground and elbows bent at 90 degrees. Straighten your arms until dumbbells are overhead. Return position. That is one rep.
Shoulder Press	Standing with feet at shoulder width apart, toes facing forwards. Brace your abs and keep your knees bent. Holding a dumbbell in each hand raise them till they are level with your ears, palms facing forwards. Arms should be horizontal, level with your shoulders and your elbows bent at 90 degrees. Straighten until the dumbbells almost touch right above your head. Return to the start position. That is one rep.
Bicep Curl	Standing with feet shoulder width apart, toes facing forwards, abs braced and knees soft. Holding a dumbbell in each hand, tuck your elbows into your waist and lower your arms till the dumbbells brush your thigh facing forwards. Curl up, bending the elbow until the dumbbell grazes your shoulder. Squeeze gently at the end of the movement and return to the start position. That is one rep. Your elbows should remain in contact with your body all the way through the movement.
Tricep Kickback	Start in a split stance. The forward leg is bent at the knee and the back leg is straight. Lean over at 45 degrees until your back is in line with the back leg. The back should remain flat with the shoulders pulled back. Holding a dumbbell in your hand (same side as back leg), tuck your elbow into your waist and bend till forearm is parallel with the ground. Straighten your arm back to 180 degrees and then return to the start position. That is one rep. NB you can rest your free hand on the forward knee for stability.
Pushup	For a full pushup, get into a plank position with your hands directly under your shoulders, fingers facing forward at 5 to 1 on the clock. Slide your chest forwards between your arms so that you are balanced on your toes. (Your heels will be forward of your toes). Bend your elbows to lower your chest between your arms. Your elbows should be pointing backwards at 45 degrees to your body, not out at right angles. If this position is too challenging, you can drop to your knees or put your hands on a chair or bench for a modified pushup. Always make sure you are lowering your chest between your hands and avoid a downward curve in your lower back. If you are new to pushups, aim for 2-3 inches of movement to start with and gain confidence.
Side Raise	Standing with feet at shoulder width apart, toes facing forwards. Brace your abs and keep your knees bent. Holding a dumbbell in each hand, palms facing each other, just in front of your thighs. Raise both dumbbells slowly out to the sides, until your arms are level with your shoulders, palms facing downwards. Lower slowly under control to the start position, just in front of your thighs. That is one rep.
Front Raise	Standing with feet at shoulder width apart, toes facing forwards. Brace your abs and keep your knees bent. Holding a dumbbell in each hand, palms facing inwards towards your body, just in front of your thighs. Raise both dumbbells slowly upwards, until your arms are level with your shoulders in front of you, palms facing downwards. Lower slowly under control to the start position. That is one rep.
Tricep Chair Dips	Use a stable chair, sofa, box or step for this exercise. With your back to the chair, place your hands on the chair with fingers facing forwards towards your body, with elbows bent. Walk your feet forward until you can touch your body to the floor without hitting the chair. Brace your abs and bend your elbows to lower yourself gently towards the floor but without actually touching down. Straighten your arms to return to the start position. That is one rep. NB: Keep elbows facing forward and avoid flaring out to the side.

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