



# BESTFIT

## CHALLENGE

**OK FOLKS, CHECK YOUR WATCHES, IT'S CHALLENGE TIME!**

AS REGULAR READERS WILL BE AWARE, EACH MONTH WE INVITE OUR READERS TO TACKLE WORKOUTS OF A PARTICULARLY TAXING NATURE. THIS MONTH'S IS NO DIFFERENT... AND IT CONSISTS OF PROGRESSIONS OF BASIC BODYWEIGHT EXERCISES. OVER TO BESTFIT REGULAR KRISTOPH THOMPSON...

### THE WORKOUT

**SQUAT JUMPS** Before progressing to squat jumps you should first be able to perform a squat with good technique; thighs parallel to the floor at the bottom of the movement, back straight, knees in line with toes and heels flat on the floor.

Stand with feet a little wider than hip-width apart. Bend your hips and knees to come into a squat position, taking your arms out in front of you. Quickly straighten your legs, jumping as high as you can, driving your arms down by your sides. Land softly, coming straight into another squat and repeat.

**ARCHER CHINS** Start in a wide-grip chin up position. Shift your bodyweight to the right slightly and perform a chin up, focusing on pulling hard with your right arm to finish with your right shoulder by your right hand. Lower back to the start and repeat to the left side. Each chin up counts as one rep.

**PLYO PUSH-UPS** Begin in a push-up position with a low box or step just in front of your hands. Lower your chest to just above the floor, keeping your body in a straight line from head to toes. Quickly straighten your arms, lifting your hands off the floor and transferring them to the step, bracing your abs as you do so. Bring your hands back to the floor and repeat. counts as one rep.

**SIDE-TO-SIDE DIPS** Start on the dip bars with arms straight. Dip down and to the left, shifting most of your weight onto your left arm. Then push back up to the starting position, relying mostly on your left side. Repeat to the right side.

### HOW IT WORKS

To lift the body off the floor requires your muscles to produce a greater amount of force, which in turn increases the challenge of the exercise. Likewise, lifting a greater proportion of bodyweight with one arm or leg also increases the difficulty.

So, the trick here is to perform eight reps of each exercise before moving onto the next. Complete four rounds in total, resting for one minute between each round. Time how long it takes to complete each round. The aim is to complete the second, third and fourth rounds in a similar time to the first.



**SEND US YOUR VIDEOS OF THE CHALLENGE, TOP 10 TIMES**

**WILL GET A BESTFIT CHALLENGE T-SHIRT.**



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