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## SURFCOAST TRAINING

### 1. Lunging Toe Drags



A. Get in a lunge position; right foot forward and left foot back, with left arm forward bent 90 degrees. Ensure right knee is in line with second toe of right foot.

B. Maintaining an active lunge position, raise left foot to meet and tap the right as quickly while maintaining control. Do all reps before switching sides and repeating.

Sets: 3 - Reps: 30secs / leg

### 2. Tick Tock Plank



A. Get in a high plank position with wrists positioned below shoulders, spine straight.

B. With core engaged, jump right foot out to side, keeping hips and shoulders squared to mat.

C. Quickly jump right foot back to starting position while simultaneously jumping left foot out to side.

Continue, alternating sides.

Sets: 3 - Reps: 30secs / leg

*"Well done is better than well said"*

### 3. Speed Skaters



- A. Standing with feet hip-width apart, leap out with left foot, crossing right leg back behind left, toes touching ground and right hand reaching across body toward left foot.
- B. Repeat on opposite side, leaping out with right foot while crossing left leg behind and reaching left arm across body. Continue, alternating sides as quickly as possible.
- Sets: 3 - Reps: 30secs / leg

### 5. Two-Step Side Lunge



- A. With fast feet, hop out onto right foot and lift left foot up, bending left knee and right elbow at 90 degrees.
- B. Quickly switch feet, stepping down with left foot and lifting right foot up, bending right knee and left elbow at 90 degrees.
- C. Step out with right foot, keeping core engaged. Hinge at hips and bend right knee, lowering into a side lunge. Simultaneously, keep left leg fully extended and transition weight to the heel of left foot for a variation of a Cossack squat, hands positioned in front of chest. Rise and repeat the side-to-side sequence, traveling to the left. Continue, alternating sides.
- Sets: 3 - Reps: 30secs / leg

### 6. Reverse Jack Sumo Squats



- A. Stand with feet slightly wider than shoulder-width apart, toes turned out at approximately one o'clock and eleven o'clock. Keeping core engaged, hinge at hips and bend knees, lowering into a sumo squat position with hands in front of chest, palms facing one another.
- B. Jump feet together, rising on toes while sweeping arms overhead until thumbs touch. Reverse movement, lowering directly into another sumo squat.
- Sets: 3 - Reps: 60secs

### 7. Wall Squats Sets: 3 - Reps: 60secs

### 8. Plank Sets: 3 - Reps: 60secs