

## The Ben Roberts-Smith

# WARRIOR WORKOUT

Get lean and strong with the workout a VC recipient does.

**TIME REQUIRED:** 45 minutes.

**FREQUENCY:** Do the workout three times a week, resting for at least a day between training sessions.

### GEAR YOU'LL NEED:

- A 24kg kettlebell (or a weight you know you can handle)
- A barbell loaded with 40kg (or a weight you know you can handle)
- A pull-up bar.

### DIRECTIONS:

**Exercise 1: One-Arm Kettlebell Snatch.** Do 12 reps with each arm, then move immediately to Exercise 2.

**Exercise 2: Burpee Pull-Up.** Complete 10 reps, then return to Exercise 1. Alternate Exercises 1 and 2 until you have completed three sets of each.

**RUN 400 METRES** at 60% of your maximum heart rate\*.

**Exercise 3: One-Arm Kettlebell Clean and Press.** Do 12 reps with each arm, then move immediately to Exercise 5.

**Exercise 4: Burpee Pull-Up.** Do 8 reps, then return to Exercise 3. Alternate Exercises 3 and 4 until you have completed three sets of each.

**RUN 400 METRES** at 60% of your maximum heart rate\*.

**Exercise 5: One-Arm Kettlebell Swing.** Do 12 reps with each arm, alternating arms, then move immediately to Exercise 6.

**Exercise 6: Burpee Pull-Up.** Do 6 reps, then return to Exercise 5. Alternate Exercises 5 and 6 until you have completed three sets of each.

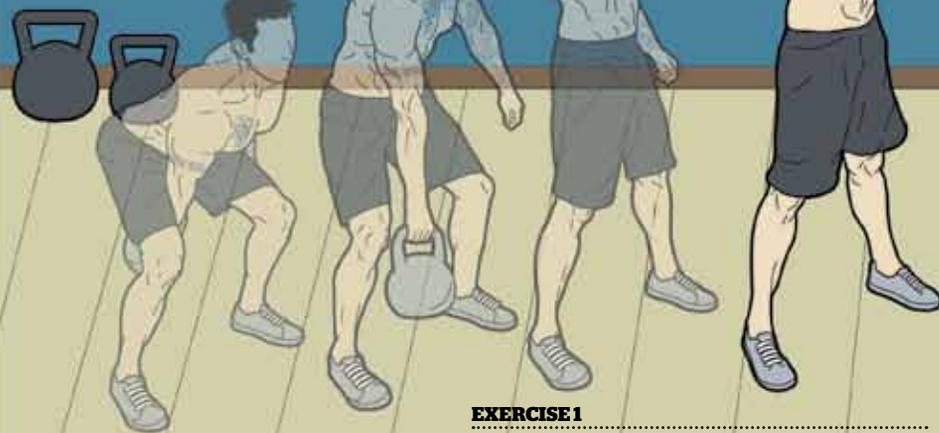
**RUN 400 METRES** at 60% of your maximum heart rate\*.

**Exercise 7: Barbell Sweepers.** Do 100 reps as described.

*\*Maximum Heart Rate (MHR) is the maximum number of times your heart can beat in 1 minute. To determine your MHR, use a heart-rate monitor or subtract your age from 220 – for example, if you're 25 years old, your MHR will be roughly 195 beats per minute, and your heart rate for the 400m run should be kept around 117bpm (60% of 195).*

## START

Warm up with 10 minutes on a rowing machine or a light jog, then do the seven exercises pictured here as a circuit, shuttling back and forth between exercises as required and taking little or no rest between exercises to keep your heart rate high. Good luck!

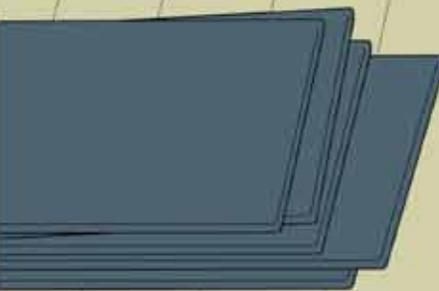


### EXERCISE 1

#### One-Arm Kettlebell Snatch

Reps: 12 with each arm.

**How to do it:** With feet hip-width apart, grip the kettlebell in one hand. Initiate the movement by swinging the kettlebell back between your legs, then dynamically pull it up close to your body with a high elbow until your arm is straight in the air, controlling the impact of the weight on your forearm at the top of the move. Move to Exercise 2, complete those reps, then return to Exercise 1, alternating to complete three sets of each.



### EXERCISE 7

#### Barbell Sweepers

Reps: 100 with a 40kg barbell.

**How to do it:** Lie on the ground while holding a loaded barbell over your chest, arms extended and hands slightly wider than shoulder-width. Keeping your legs straight, raise them to touch your toes to the plates on one side of the bar. Lower your legs until almost touching the floor – that's one rep – then sweep them back up to touch the plates on the other side of the bar before lowering to the start.

### RUN 400 METRES

(see Directions panel)

### EXERCISE 6

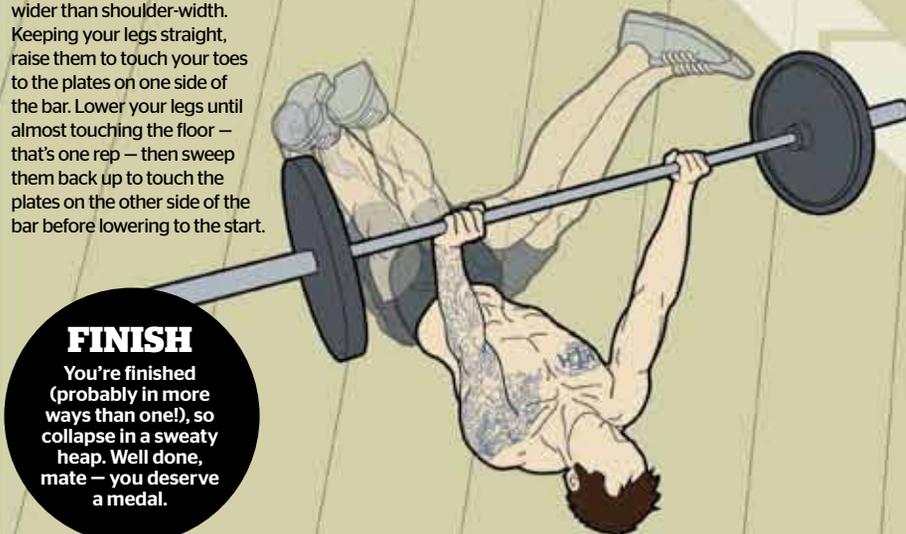
#### Burpee Pull-Up

Reps: 8.

Upon completing reps, return to Exercise 5, alternating to complete three sets of each.

## FINISH

You're finished (probably in more ways than one!), so collapse in a sweaty heap. Well done, mate – you deserve a medal.





**EXERCISE 2**

**Burpee Pull-Up**

Reps: 10

**How to do it:** Positioning yourself underneath a pull-up bar, do a regular burpee, then jump up, grasp the bar overhand and pull your chin over it. Lower yourself to the ground and repeat. Return to Exercise 1, alternating to complete three sets of each.



**RUN 400 METRES**  
(see Directions panel)

**EXERCISE 4**

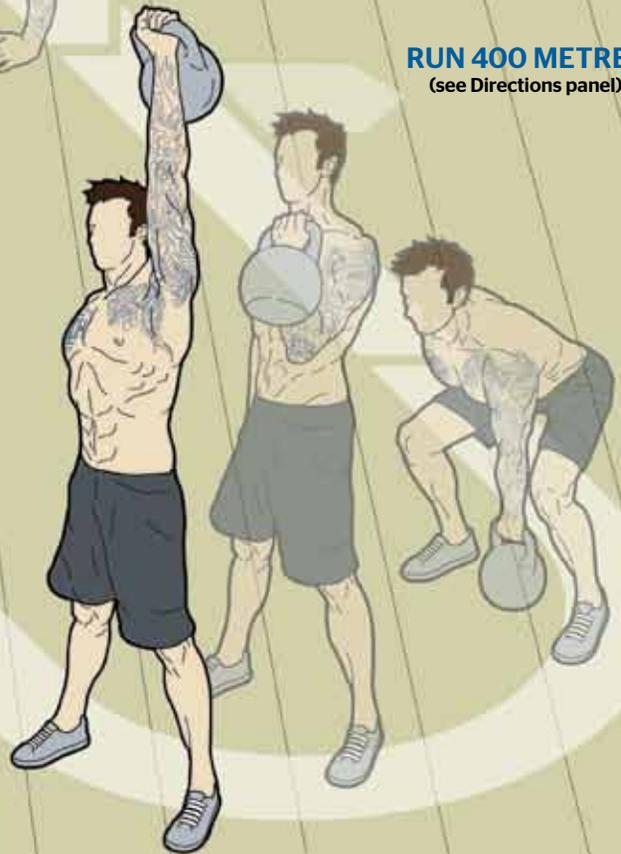
**Burpee Pull-Up**

Reps: 8

Upon completing reps, return to Exercise 3, alternating to complete three sets of each.



**RUN 400 METRES**  
(see Directions panel)

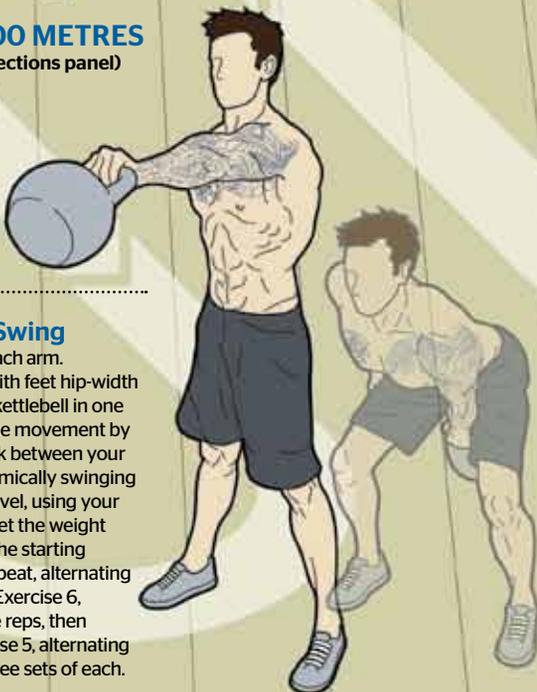


**EXERCISE 5**

**One-Arm Kettlebell Swing**

Reps: 12 with each arm.

**How to do it:** With feet hip-width apart, grip the kettlebell in one hand. Initiate the movement by swinging it back between your legs, then dynamically swinging it to shoulder level, using your hips and legs. Let the weight swing back to the starting position and repeat, alternating arms. Move to Exercise 6, complete those reps, then return to Exercise 5, alternating to complete three sets of each.



**EXERCISE 3**

**One-Arm Kettlebell Clean and Press**

Reps: 12 with each arm.

**How to do it:** Grip the kettlebell on the floor in front of you, and, with your back straight and chest up, dynamically pull the weight up in a vertical line close to your body to rest near your shoulder. Pause, then power the kettlebell above your head. Return it to the floor and repeat. Move to Exercise 4, complete those reps, then return to Exercise 3, alternating to complete three sets of each.