



The Chicken Wing Challenge!

4 Week Speedball Workout

4 Weeks | 4 Times | 18 minutes

STEP 1:

Find yourself a speedball! They're everywhere!
(For a better experience make sure to use a Jim Bradley Speedball)

STEP 2:

If you've never done speedball before, jump onto Youtube and punch in "Speedball for dummies" to take a crash course or just refresh your memory.

STEP 3:

Throw on a great outfit and take your before photos, some creative angles might be required for this step, or you could just ask one of the many friends you talked into doing this challenge with you!

STEP 4:

Download and print out this PDF and use the table to chart your results! Have FUN!

TIPS & TRICKS

Take a picture at the start and end of every week. Don't forget to send them to us at sales@jimbradley.com.au!

If 3 minutes is too long try starting with 2 or even 1 minute, but do at least 4 rounds a session and try to work your time up each week.

Most songs go for about 3 minutes so why not make a playlist? Pick songs with a strong drum beat and be amazed by your rhythm (if you got it or not we encourage you to send in your boogy-licious videos too)! The goal is to play out each song.

Here are some suggestions to get your groove on:

It's Only Rock 'n Roll - The Rolling Stones (3.40) - most Stones songs are perfect!

Zombie - The Cranberries (5.06)

Tusk - Fleetwood Mac (3.30)

Rebel Rebel - David Bowie (4.30)

Hey Hey We're The Monkees - The Monkees (2.21)

Viva la Vida - Coldplay (3.59)

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The Chicken Wing Challenge!

Speedball Workout

Now it's time to do the challenge!

Here it is:

STEP 1

Set a timer (or song) for **3 minutes**. When you're ready start the first round, it's not about speed but consistency so don't stop until your round is up!



STEP 2

When the timer goes off you've got a **1 minute** break! To catch your breathe, or ...choose your next song!!!

Repeat the steps for a total of 4 rounds.

4 Weeks | 4 Times | 18 minutes
And that's all you need!

	SESSION 1	SESSION 2	SESSION 3	SESSION 4	MEASUREMENTS LEFT RIGHT	
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						

Don't forget to tick off your sessions
and take a photo at the end of each week!

**Well done! Now that you're at the end,
it's time to send it to a friend!**

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The Chicken Wing Challenge!

Speedball Workout - Extra

Feeling brave? Try our slightly more intense bonus workout!

WEEK 1

4 X 3 MINUTE ROUNDS
1 MINUTE REST

Focus on maintaining your rhythm and accuracy, speed will come with practice.

WEEK 2

4 X 3 MINUTE ROUNDS
30 SECOND REST
30 SECONDS PUSHUPS



Placing your hands square under your shoulders, slowly lower your chest to the floor maintaining a straight back and locked core.

WEEK 3

4 X 3 MINUTE ROUNDS
30 SECOND REST
30 SECONDS TRIANGLE PUSHUPS



Both hands are placed under the chest on a slight angle, forming a triangle between the index fingers and thumbs, slowly lower your chest to the floor.

WEEK 4

4 X 3 MINUTE ROUNDS
30 SECOND REST
30 SECONDS SIDE TO SIDE PUSHUPS



Starting in a basic pushup position (hands centred under shoulders) move your left hand out and lower your chest, replace hands in the centre and repeat to the right.

	SESSION 1	SESSION 2	SESSION 3	SESSION 4	MEASUREMENTS LEFT	RIGHT
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						

Don't forget to tick off your sessions and take a photo at the end of each week!

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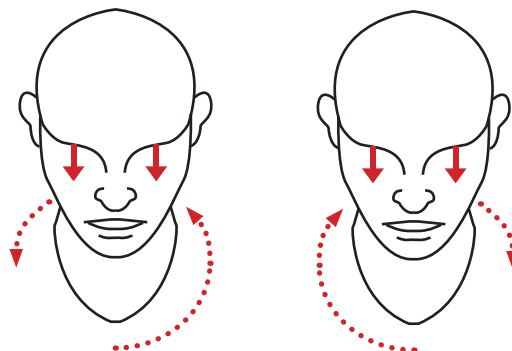


The Chicken Wing Challenge!

Stretches

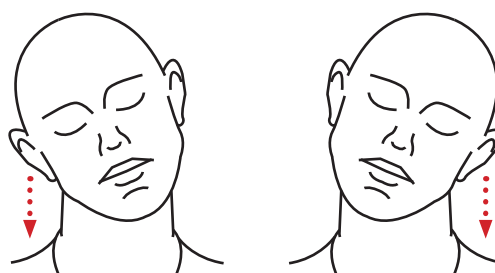
NECK ROLLS

Start by looking down and slowly roll your head in a circle, when you reach the middle change direction, repeat twice on each side.



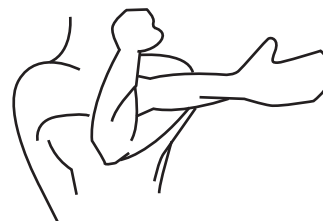
HEAD TILTS

Looking directly ahead slowly tilt your ear towards your shoulder, hold for a count of 5, slowly return to the start position, do the same on the other side. Repeat twice on each side.



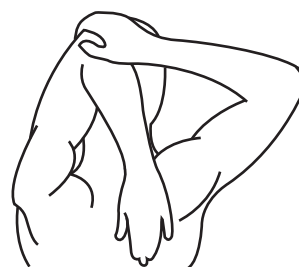
CROSS BODY STRETCH

Reach your left arm across your body, support your elbow with your right arm. Maintain a straight back and hold for a count of 30 on each side.



ARM OVER HEAD STRETCH

Raise one arm overhead, bend the elbow, and place your hand behind your neck. With your other hand, grasp your elbow and gently pull it behind your head. Hold for a count of 10. Relax and repeat with opposite arm.



LOWER BACK CLASP

Clasp your hands behind your back, slowly bring your hands up towards your head. Do not bend forward, once you can go no further hold for a count of 5, lower and repeat twice.

