

WORKOUT 1

Exercise Group #1

Complete 4 sets of the exercises below

- 8 Single Legged Kettlebell Deadlifts (each leg)
- 16 Kettlebell Shoulder Presses
- 16 Jumping Lunges

Exercise Group #2

Complete 4 sets of the exercises below

- 16 Goblet Squats
- 30 Mountain Climbers
- 16 T-Pushups
- 8 Kettlebell Split Squats (each leg)

Exercise Group #2

Complete 3 sets of the exercises below

- 10 Inchworms
- 15 Tricep Dips
- 20 Crunches w/Kettlebell
- 25 Bicycle Crunches



SINGLE LEG KETTLEBELL DEADLIFTS - Hold a kettlebell at your side with your right hand. Grip the ground hard with your right toes and slightly lift your left foot off the ground behind you. Tighten your glutes and abs as if you're bracing for a punch. Fix your eyes on a point 6 to 10 feet in front of you. Push your hips back, bend your working knee (the one on the same side as the kettlebell), and descend until your upper body becomes parallel to the ground. Your left leg should rise behind you as you bend forward. Let the kettlebell rest on the ground for a moment, then straighten back up by driving your hips forward. Keep your glutes tight and try not to let your free leg touch the ground. Lock out your knee at the top of the deadlift. Repeat for the desired number of reps and then switch the kettlebell to the left side of your body and repeat with your left leg.

KETTLEBELL SHOULDER PRESSES - Start with your feet shoulder width apart, slight bend in the knees, abs tight, and kettlebell in each hand. Lift your arms out to the sides to shoulder height, and bend your elbows 90 degrees with hands pointed straight up to the ceiling and palms facing forward (this is the start position). The kettlebells should be resting behind and against your wrists. Without arching your back, exhale as you straighten your arms up towards the ceiling, bringing the kettlebells together above your

head. Inhale and return to the start position. Keep the rest of your body stable throughout the exercise.

JUMPING LUNGES - Start by standing with one foot forward, and the other foot back. Bend both knees in a modified squat position. The thigh of your front leg and the shin of your rear leg should be parallel to the floor. The knee of your rear leg should be almost touching the floor. If your right leg is in front, then raise your left hand in a 90-degree "L" shape in front of you, as though you had just delivered an uppercut to someone's jaw. Put your right arm behind you, also bent at a 90-degree angle, with the upper arm parallel to the floor. When ready, jump up with an explosive motion, making sure to get both feet off the ground. Switch in mid-air so that your front leg goes to the rear, and the rear leg comes to the front. Switch your arms accordingly.

GOBLET SQUATS - Grab a kettlebell and lift to upper body, keeping close to the chest. Squat down as low as you can whilst pushing your butt out and looking ahead at all times. Pause for a second. Rise back to the starting position and repeat.

T-PUSHUPS - start off using standard pushup width, with your hands directly under your shoulders. Now, lower yourself to the ground slowly as in a normal pushup. Hold for a few seconds, then push back up. As your body rises, roll your feet so that your weight is resting on the outside of your ankle. At the same time, raise your hand to the sky. Create a straight line from one hand to the other! Roll back down to the normal pushup position and start again.

KETTLEBELL SPLIT SQUATS - A standard split squat is permed by placing one foot forward and one foot behind your body. Hold the kettlebells straight down at your sides. Keep your back straight and core tight as you lower yourself down by bending your knees. Once your back knee is right above the floor and front knee forms a 90-degree angle, stand back up. Repeat for a set of reps and switch sides.

INCHWORMS - Stand with your feet at hip width. Hinge forward at the waist and touch the floor with your palms. Bend your knees, if necessary. Walk your hands forward until you are supporting all your weight on your hands and toes. Your body should make a straight line and your hands should line up with your shoulders. Hold this position for 10 seconds. Walk your feet forward to meet your hands. Keep your palms on the floor and bend your knees, if necessary.