

WORKOUT 3

Exercise Group #1

“21-15-9” Do all three exercises for 21 reps for the first set, then on your second set; repeat all three exercises again, but now only for fifteen reps, the 3rd and final set, repeat all three exercises for nine reps.

- Straight Leg Lying Toe Touches
- Jump Squats
- Pushups

Exercise Group #2

Complete 5 sets of the exercises below.

- 20 Supermans
- 20 Squats
- 20 Kettlebell Windmills
- 20 Overhead Lunges

Exercise Group #3

Complete 2 sets of the exercises below.

- 12 Alternating Kettlebell Rows
- 12 Kettlebell Thrusters
- 12 Kettlebell Swings
- 12 Kettlebell Figure 8's
- 12 Kettle Bell Clean and Press



STRAIGHT LEG LYING TOE TOUCHES - Lie flat on your back on a gym mat with legs straight. Keep both legs straight on the floor/mat. Keep a slight bend in the knees. Crunch the abdominals and reach up to touch the toes. Return to the start position.

SUPERMANS - Lie straight and face down on the floor or exercise mat. Your arms should be fully extended in front of you. This is the starting position. Simultaneously raise your arms, legs, and chest off of the floor and hold this contraction for 2 seconds. Slowly begin to lower your arms, legs and chest back down to the starting position while inhaling. Repeat for the recommended amount of repetitions prescribed in your program.

SQUATS - Stand with feet hip distance apart with your toes, knees and hips in a straight line. Pull your belly button towards your spine and contract your abdominal muscles. Slowly lower your body, as though you are sitting in a chair. If you can, go down until your butt is in line with your knees (knees at 90 degree angles). If you can't go down that low, go as low as you can. Take a moment and look down make sure your knees are

BEHIND your toes. Keeping the weight in your heels, slowly push your body back to starting position. .At the top of the movement, do NOT lock your knees. Keep a slight bend in them.

KETTLEBELL WINDMILLS - Place a kettlebell in front of your lead foot and clean and press it overhead with your opposite arm. Clean the kettlebell to your shoulder by extending through the legs and hips as you pull the kettlebell towards your shoulders. Rotate your wrist as you do so, so that the palm faces forward. Press it overhead by extending the elbow. Keeping the kettlebell locked out at all times, push your butt out in the direction of the locked out kettlebell. Turn your feet out at a forty-five degree angle from the arm with the locked out kettlebell. Bending at the hip to one side, sticking your butt out, slowly lean until you can touch the floor with your free hand. Keep your eyes on the kettlebell that you hold over your head at all times. Pause for a second after reaching the ground and reverse the motion back to the starting position.

OVERHEAD LUNGES - Hold a weight plate, weighted bar, or dumbbells overhead, with your feet shoulder width apart and knees slightly bent. Keep the weight directly overhead (in line with the shoulder joint), and take a comfortable step forward in to a deep lunge position. Make sure your forward knee remains over your forward foot (not in front of it). Forcefully drive your forward heel in to the ground and return to the starting position. Maintain perfect posture throughout the movement — your head is level, your eyes are looking forward, your chest is held high and your back is flat. Don't bend your elbows or let the weight sink during the movement. Don't let your front heel lift off of the ground.

ALTERNATING KETTLEBELL ROWS - Place two kettlebells in front of your feet. Bend your knees slightly and push your butt out as much as possible. As you bend over to get into the starting position grab both kettlebells by the handles. Pull one kettlebell off of the floor while holding on to the other kettlebell. Retract the shoulder blade of the working side, as you flex the elbow, drawing the kettlebell towards your stomach or rib cage. Lower the kettlebell in the working arm and repeat with your other arm.

KETTLEBELL THRUSTERS - Clean two kettlebells to your shoulders. Clean the kettlebells to your shoulders by extending through the legs and hips as you pull the kettlebells towards your shoulders. Rotate your wrists as you do so. This will be your starting position. Begin to squat by flexing your hips and knees, lowering your hips between your legs. Maintain an upright, straight back as you descend as low as you can. At the bottom, reverse direction and squat by extending your knees and hips, driving through your heels. As you do so, press both kettlebells overhead by extending your arms straight up, using the momentum from the squat to help drive the weights upward. As you begin the next repetition, return the weights to the shoulders.

KETTLEBELL SWINGS - The main thing to remember when doing kettlebell swings is to let the bell hang in your arm. Imagine it is a pendulum. All of the force that propels is

comes from the hips, not from your arm or shoulders. Brace the abs. Your abs should be nice and tight all throughout the movement. At the top of the swing brace them even more and exhale through your teeth. Grip hard. Whenever you are swinging weights around you have to grip as hard as you can. This will keep you safe and make you stronger. Push hips back. Feel your hips and hamstrings stretch. If you are too tight this is actually a good thing. Feel the tightness in your legs and use it to recoil back like a rubber band. Keep the arch in the lower back. The arch position is one of the most important things when it comes to avoiding lower back injuries. Just keep the lumbar region nice and tight. Your arm is a pendulum. Don't try to raise the kettlebell you're your arm and shoulders. Let your hip drive do the work. Drive the hips forward. Imagine you are trying to make the kettlebell go forward. The centripetal force will do the rest and swing it up.

KETTLEBELL FIGURE 8'S - Place one kettlebell between your legs and take a wider than shoulder width stance. Bend over by pushing your butt out and keeping your back flat. Pick up a kettlebell and pass it to your other hand between your legs. The receiving hand should reach from behind the legs. Go back and forth.

KETTLEBELL CLEAN AND PRESS - Pick up the kettlebell letting it swing between your legs. Keep your upper arm against your side and use a pulling up motion as if starting a lawn mower. Immediately use an uppercut motion having the bell end up between your forearm and biceps (this is called the Rack Position). From the Rack Position, press the kettlebell straight up to lockout and then lower kettlebell back into the Rack Position. Drop the weight smoothly into a swing without jerking your arm.