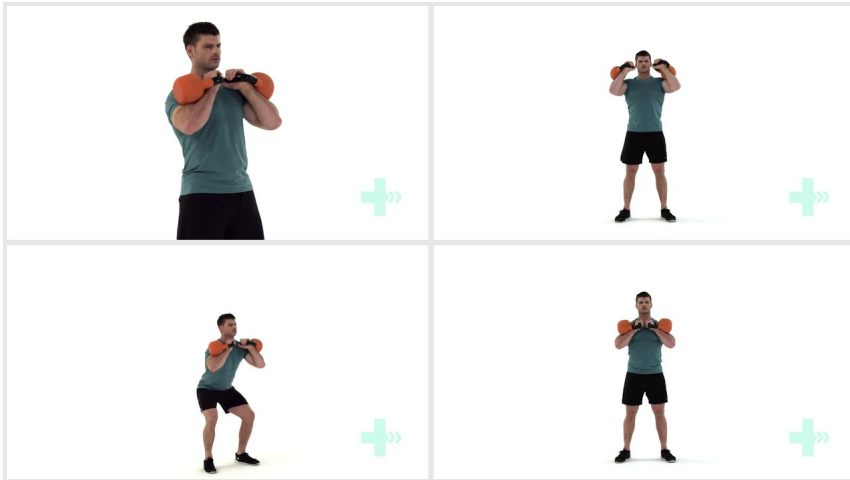




1. Kettlebell squat to overhead press

1 Set / 1 Rep / 1kg weight



Start in a standing position with your feet shoulder width apart, holding a kettlebell in each hand at shoulder height with the weight resting on your forearms.

Lower down into a squat.

Explosively drive out the squat by extending through your hips and knees and at the same time drive the kettlebells up until you lock out at the elbows, ensuring the kettlebells are directly above your shoulders. Keep your head upright and gaze forward throughout the movement.

2. Toe Taps

1 Set / 1 Rep



Lie on your back and bring your legs up to a table-top position with your hips and knees at a right angle. Relax your upper body as you extend one leg down to the floor, whilst maintaining the table-top position with the other.

Bring this leg back up and repeat with the other leg.

Ensure you keep your core strong and back flattened to the floor throughout this exercise.

3. Incline press-up (chair height)

1 Set / 1 Rep



Place your hands on the table, shoulder width apart.

Keeping your back straight, bend your elbows, lowering your chest down towards the table.

Your whole body should move in a line.

Drive through the heels of your hands to straighten your arms out again.

4. Kettlebell get up

1 Set / 1 Rep / 1kg weight



Start Position is lying on your back with the kettle bell to the side.

Begin the movement by raising the kettle bell above your shoulder keeping the arm straight.

Bend the leg that is on the same side as the kettle bell keeping your feet flat on the floor.

Put your opposite arm to the side with the palm down, making sure it is at a 45 degree angle.

Keep the eyes on the Kettle bell during the entire movement unless directed otherwise.

Drive the kettle bell up, keeping the arms straight and eyes fixed on the kettle bell while simultaneously pulling the supporting elbow up underneath until the elbow is flat on the floor. The palms should still be facing downwards.

Drive up on the supporting hand, keeping the arm holding the kettle bell straight.

Extend your hip until you are in the high-bridge position by squeezing your glutes. At this time the arms should be in a T position.

Thread the straight leg through your body finishing on your knee, still maintaining a T position.

Engage your core and corkscrew your body around so you are set up in a lunge position. The arm holding the kettle bell should now be parallel to your head with the bicep touching the ear.

Stand up by driving through using your front heel, keeping the kettle bell at its highest position, now lunge rearwards and ensure the kettle bell remain at the highest position.

Move your rear leg underneath your body while simultaneously placing your supporting hand on the floor with the palm down. Again keep the eyes on the Kettle bell.

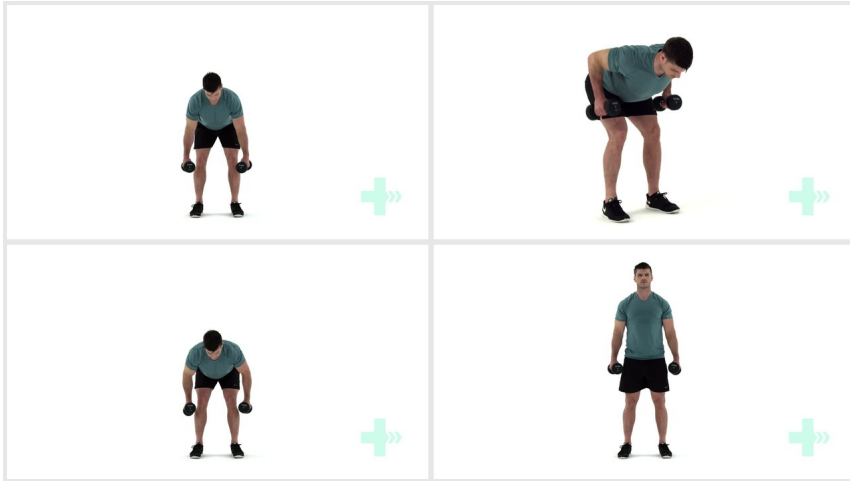
Thread that same leg through the body until it is straight and slowly bring the hips to the floor.

Bring the body down to the elbow, keeping the arm that hold the kettle bell straight.

Lower the whole body back down into the starting position.

5. Bent over row - with dumbbells

1 Set / 1 Rep / 1kg weight



Stand hinged over at the waist holding a dumbbell in each hand. Keeping your back flat, slide your shoulder blades back and down towards your buttocks. Pull the dumbbells upwards towards the side of your rib cage. Lower the weights back to the starting position.

6. Lunges jumping alternate

1 Set / 1 Rep



Stand in a lunge position, with legs in a wide stride and both knees at ninety degrees. Jump up and switch legs, landing back in the opposite lunge. Notice how your hips drop straight down towards the floor in the lunge, and your knees travel directly forwards over your toes.