77 Conditioning Circuits

30 min done-for-you proven circuits for fit pros

101

CONDITIONING CIRCUITS

30-Minute

Done-for-You Circuits for Fit Pros

by Dave Randolph

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INTRODUCTION

I got started as a fitness coach in 2007 after being laid off from an IT job. Now, that might sound like I jumped into fitness with no background, but I had been training in martial arts since 1989 and gathering fitness certifications for a decade. In 2002, I was certified in kettlebell training as an RKC by DragonDoor and Pavel Tsatsouline. I was in the third-ever RKC cert and returned to St. Paul many times between 2002 and 2008 as an assistant coach and to recertify. As part of the 2008 recertification process, I was also trained in the FMS (Functional Movement Screen), and I am an FMS Level I. In 2015, I was certified as a Smart Group Trainer, which teaches how to apply the results of the FMS screen to clients in a group setting.

In 2007, I was certified by Valery Fedorenko and the Word Kettlebell Club as a Kettlebell Sport Coach, and in 2008, I became a CKT Level I under Steve Cotter and Ken Blackburn of the IKFF. In 2012 I recertified as CKT I and earned CKT II. During that time, I was also certified by Pamela MacElree and Jason C Brown of Kettlebell Athletics. In 2014, at age 55, I earned CMS (Candidate Master of Sport) in kettlebell sport, completing 10 minutes of jerks with a pair of 24-kg kettlebells and 10 minutes of snatches, 5 minutes per arm, with a 24-kg bell.

I also trained under Scott Sonnon and was certified in 2003 and 2008 as a CST (Circular Strength Trainer), where I learned how to train others with Sonnon's patented Clubbells. Currently, I'm working on becoming a Precision Nutrition certified coach.

My gym, IronBody Fitness, is a kettlebell-centric facility, and we do mostly group training of up to 20 people at a time. We alternate between strength training and HIIT and work with people of all sizes, shapes, and ages. I currently have a couple of teenage girls and an 81-year-old lady, but the majority of my clients are women in their late 30s to late 50s.

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Welcome to 101 Conditioning Circuits, your go-to resource for creating challenging conditioning workouts for yourself or your clients.

101 Conditioning Circuits was designed for trainers to use in either one-on-one training or in groups. The workouts can be scaled up or down based on your equipment and number of clients. Any of the workouts can be done as station-based circuits, or you can have everyone doing the same exercise at the same time, which is how I do my group classes.

All the workouts are between 20 and 30 minutes, but you can adjust as needed by cutting back on the number of sets. Some of the workouts may be too intense to be done for 30 minutes. Take into account your clients' fitness levels when you use these workouts.

You can also modify the intervals as needed. If you see that 30 seconds of work with 15 seconds of rest is too hard for your clients, you can increase the rest period, shorten the work time, or implement both changes.

The exercises can be progressed or regressed as needed based on the ability or restrictions your clients may have. We include the appropriate progression or regression for many of the exercises so you don't have to figure it out on your own.

Note: It can't be emphasized enough that you should be performing some sort of movement screen on your clients before you start training them. Without a screen to assess any asymmetries or weakness/compensations, you risk making your client worse rather than better. If someone struggles with an in-line lunge screen from the FMS, they should not do Jumping Split Squats. If they have a shoulder restriction or impingement, they should not be doing snatches, jerks, or other overhead movements, and they may even have trouble with pushups or benching. It can be counterproductive and often dangerous to load a dysfunctional pattern, so please implement a movement screen if you do not already have one in place.

THE WORKOUTS

We've provided you with 35 bodyweight workouts, 22 bodyweight and dumbbell workouts, 12 dumbbell-only workouts, 5 bodyweight and band workouts, and 5 hybrid workouts that use bodyweight, sliders, and dumbbells. (The sliders are furniture sliders I picked up from Lowe's, but you can wear socks on a hardwood floor or use paper plates instead.)

The workouts are meant to be *integrated* into your programs; the countless intricacies of program design are beyond the scope of this book, although we do discuss both how to best use these workouts and some fundamental programming parameters.

You should not do these workouts every day with the same client or group. Three or more days in a row of these HIIT sessions will break your clients; even two in a row may be too much for some. Alternate HIIT with low and medium volume and intensity (heavy) days including more strength-based training in between bouts of HIIT.

Make sure you are familiar with the movements and can do them well yourself before trying to teach someone else how to do them

Use the regressions where necessary for anyone who can't safely and correctly perform the main movement. If you have someone who is truly a beast, not just someone who has the stamina to go balls to the wall, have them do the progression. Most clients we see should not be doing things like snatches, jumping lunges, etc.

SOME BASIC REGRESSIONS

Hardest /highest skill level-> easier/lower level skill
Lunge->Split Squat-> Split Squat Isometric->Split Squat Supported
Squat->Wall Sit->Stability Ball Rockback
Kettlebell 2-hand Swing-> KB Sumo RDL->Hip Hinge

In some cases, the regression may be an entirely different movement but is one that builds a missing piece of the client's movement patterns. For example, if you have a client who is twisting or shifting in the hips or back doing a Bird Dog, she shouldn't be doing a 1-Arm Kettlebell Swing, a Clean, or any other dynamic unilateral or bilateral work. Instead, she needs to work on building her anti-rotational core through exercises like the Half-Kneeling and Tall-Kneeling Pallof Press, Kettlebell Slingshots, or even Unilateral Sumo Squats. If a

client can't control her trunk rotation, she is more likely to injure her back. This example is just one reason why a movement screen of some sort is important.

Here's an example of a regression for the 1-Arm Kettlebell Clean:

1-Arm Kettlebell Clean (any variation)->Slingshot->1-Arm Sumo Squat->Tall or Half-Kneeling Pallof Press->Bird Dogs

In the workout grids, we give you both progressions and regressions so you won't have to come up with them on the fly.

Equipment Needed

You will need your body for bodyweight exercises, dumbbells, kettlebells, and bands designed for resistance training (continuously looped flat bands). In most cases, you can substitute dumbbells for kettlebells, but there are some exercises that you just can't do or is just too awkward with dumbbells (like 2-handed swings).

Basic Workout Design

When I write programs and the workouts that go in them, I try to target movement patterns as opposed to muscles. I find that gives the client a full-body workout that also challenges the cardiovascular system.

These are the patterns I use:

Hip Hinge: Romanian Deadlifts and variations, Swings
Quad Dominant: Squat variations
Split Stance: Split Squats, Lunges
Pulls: Upper (Horizontal and Vertical) and Lower Body
Pushes: Upper (Horizontal and Vertical) and Lower Body
Carries: Farmer's Walk
Core: Planks

I don't necessarily put all of those into one workout, but I do try to avoid too many of one category, especially upper-body horizontal pushing. I include Mountain Climbers and Planks in this category because the static upper body component is very fatiguing after a few sets.

A typical workout will usually contain a hip hinge, a knee-dominant exercise, and core. The rest could come from any of the other categories; it just depends on what I want a particular workout to focus on.

Many exercises fall into two categories. For instance, a Split Squat is both a split-stance and a quad-dominant exercise. A Kettlebell Dead Clean is a vertical pull as well as a hip-dominant exercise, and so is an RDL. Therefore, we have to make sure not to do too many of the same group in one workout. Doing Mountain Climbers, Quad Presses, and Pushups in the same workout would be too much upper body pushing. Likewise, doing Kettlebell Dead Cleans, Goblet Squats, and Lunges in the same workout would be too much quad-dominant work.

Supersets, Tri-sets, and Circuits

Some of the workouts are done as supersets (2 exercises done back to back); others are tri-sets (3 exercises done back to back to back); most are 4 or 5 exercises in a circuit.

In my group sessions, I usually have everyone do the same exercise at the same time, but if you are limited in space or equipment, you may do these as station-based circuits with 4 or 5 clients at each station. After an interval is complete, they would move to the next station. Another option would be to execute all the rounds at one station before moving to the next. For example, if you had a 5-station circuit of 5 rounds, you would do all 5 rounds before moving to the next station. That can be both incredibly boring and hard. Personally, I don't like station-based training because it is much tougher to keep an eye on everyone in a medium to large group, especially when clients are doing technical lifts.

There are a few EMOM (every minute on the minute) workouts. Typically, an EMOM is 2 exercises done as a superset with each set done at the top of every minute. The faster you do the reps, the more rest you get. For example, an EMOM set might consist of 12 bodyweight squats and 10 pushups. 1 superset should take 30 seconds or so, depending on how fast you can do the exercises. Once you completed the reps for both exercises, you rest until the next minute rolls around. If it takes you 30 seconds to complete both, you get 30 seconds of rest. If it takes you 45 seconds to complete, you only get 15 seconds of rest. EMOMs can be brutal, so coming up with proper exercise pairing and number of reps is important.

You can do EMOMs for as many sets as you like; I've seen some that are 5 minutes long and some that are 20 minutes long. Personally, I wouldn't go more than 20 minutes (20 rounds) unless the exercises require relatively low skill and result in relatively low exertion levels.

Workout Variables

The most common work:rest ratios are 30:15, 20:10, 20:20, or 30:30.

Any of these workouts can be modified for even more variety. A workout done with a 20:10 interval is totally different than the exact same exercises and order but done for 30:15 or 40:20. Increasing the work period means going lighter on the weight even with a longer rest. By changing the work-to-rest ratios, you really have several hundred workouts, not just 101.

Volume and Intensity

Volume refers to the number of reps. Intensity refers how heavy the weight is. The term intensity as used in "High Intensity Interval Training (HIIT)" is a misnomer; it should really be called exertion. Volume and intensity (load) are at opposite ends of the spectrum. High volume (lots of reps) means light weight (relatively speaking). Conversely, high load means low reps.

Both volume and intensity can be modified in any of the work-rest schemes, but going heavy for 40 seconds will cause your clients' form to break down. On the other hand, you can go fast and light in a 20:10 or you can go heavy and a bit slower. It's up to you, your client, his or her goals, where you are in a training phase, etc. A key question is whether you want high volume or to lift heavy. Or you may be looking for a happy medium of moderate volume with moderate intensity. You should not go for both high volume and heavy weights for a given exercise in the same workout.

30:15 and 30:30 intervals tend to be the happy medium of both kinds of heavy and somewhat higher reps. For example, with a Kettlebell Swing, 30 seconds typically will be 20 reps even if the load is heavy. If you go heavy, you'll need the 30-second break, whereas if you stick to a more moderate load, 15 seconds may suffice.

Typically, 40:20 is more for bodyweight or bands, not dumbbells or kettlebells. If I do happen to go 40 seconds with a load, I will split the interval so it is 20 seconds per side on a unilateral lift. The 10-second difference between 30 & 40 may not sound like much, but it can be huge in terms of total exertion.

I rarely go beyond 40:20; I think 45:15 is too much if it is used in a 20- to 30-minute workout. 50:10 is just ridiculous. Recovery between exercises and sets is important for maintaining high quality movement and preventing injuries.

Of course, you can also modify the number of times you run through a circuit, but I'd caution against going more than 5 sets on most of these workouts.

Monitoring Client Recovery

It is very important to keep an eye on your clients as they are doing the workouts, but you also need to monitor how fast they are recovering between exercises and between sets. Often, I will increase the rest between sets as the client's recovery gets slower. What may be a 30-second rest after the first two rounds may become 45 seconds or longer by the last round. It's better to give them more recovery time or even shorten the workout than to run them into the ground.

There are many signs that you should modify the workout to give your clients more recovery before the next round. For instance, are they ready to go for the next exercise set, or are they dragging and even late to start? Are they turning red? Are they mouth breathing continuously? Are they not able to have a conversation even during a rest interval? These are all signs of going too hard. Let them recover or even call it day and focus on low-volume, low-load movements, including basic core work like Dead Bugs or Bird Dogs.

In many cases in my own programming, I will alternate low- and high-exertion movements such as Mountain Climbers with Farmer's Walks. This allows for more recovery but lets the client keep working. Other active recovery exercises are correctives like Prone "Y" or "T," back to the wall forearm slides, Bretzels etc.

One Last Thought

We hope you get a lot of use from these workouts, but remember to apply them wisely and appropriately. Don't give your clients more than they can handle both in terms of exertion and exercise technique.

These 101 workouts should give you ample material for years to come, and making adjustments based on time or how the circuits are set up can give you endless variety.

WORKOUTS : BODYWEIGHT ONLY

BW #1

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Skater's Lunge			30s	15s	
Sit Thru		Hands elevated	30s	15s	
V-Up			30s	15s	
Split Squat	Jumping Split Squat	Isometric hold	30s r/l	15s	
Dive Bomber		Up/Down Dog	30s	1m	
Repeat 4-5x					

BW #2

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Dive Bomber		Up/Down Dog	30s	15s	
Side Plank	Hip lift or leg abduction	On knees	30s r/l	15s	
Squat Stand & Kick	Loaded		30s	15s	
Jumping Jacks	Seal Jacks	Step out	30s	15s	
Pushups	Feet elevated	Hands elevated	30s	1m	
Repeat 5-6x					

BW #3

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Base Switch			40s	20s	
Forward Ellipse		On knees	40s	20s	
Squat		Wall Sits	40s	20s	
Unicycle			20s r/l	1m	
Repeat 5-6x					

BW #4

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Reverse Ellipse		On knees	40s	20s	
Cossack Squat			40s	20s	
Hip/Leg Thrust		Spinal Rock	40s	20s	
Jab Cross			40s	1m	Switch lead leg each round
6x					

BW #5

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Quad Hop		Quad Press	30s	15s	
Shuffle			30s	15s	
Hip/Leg Thrust		Spinal Rock	30s	15s	
Reverse Punch			30s	15s	
Jump Knee Tucks		Jump Squats or Bodyweight Squats	30s	1m	
Repeat 5x					

BW #6

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Burpee		No Pushup or elevate hands	20s	10s	
Repeat 8x				1m	
Split Squat	Jump Split Squat	Isometric Hold	20s r/l	10s	
Repeat 8x (4x/side)				1m	
Quad Press	Quad Hop		20s	10s	
Repeat 8x				1m	
Reverse Punch			20s	10s	
Repeat 8x					

BW #7

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Cossack Squat			30s	30s	
Double knee Tuck			30s	30s	
V-Up			30s	30s	
Air Swings			30	30s	Fast Hip Hinge like a KB Swing
Dive Bomber		Up/Down Dog	30s	1m	
Repeat 5-6x					

BW #8

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Super Plank		On Knees	30s	15s	
Jumping Jacks	Seal Jacks	Step Out	30s	15s	
Mountain Climbers		Elevate Hands	30s	15s	
Side Plank	Hip lift or leg abduction	On Knees	30s r/l	15s	
Jump Squats		Squat	30s	30s	
Repeat 5x					

BW #9

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Forward Ellipse		On Knees	30s	15s	
Unicycle			30s r/l	15s	
Spinal Rock to Straddle			30s	15s	
Alternating Jump Lunge		Alternating Lunge	30s	30s	
Repeat 5x					

BW #10

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
V-Up			30s	15s	
Mule Kick			30s	15s	
Jab Cross			30s	15s	Switch lead leg each set
Run in Place			30s	15s	
Super Plank		On knees	30s	30s	
Repeat 6x					

BW #11

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Jumping Jacks	Seal Jacks	Step Jacks	30s	15s	
1b) Sit Thru			30s	15s	
1c) Unicycle			30s r/l	15s	
1d) Split Squat		Isometric Hold	30s r/l	15s	
1e) Pushups	Spiderman	Hands elevated	30s	30s	
Repeat 5-6x					

BW #12

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Plank	Super Plank		1m	30s	
1b) Unicycle			30s r/l	30s	
1c) Side Plank		On Knees	30s r/l	30s	
Repeat 3x				1m	
2a) Spiderman Pushup		Pushup	30s	30s	
2b) Hip/Leg Thrust		Spinal Rock	30s	30s	
2c) V-up			30s	30s	
Repeat 3x				1m	

3) Mountain Climbers		Elevate Hands	20s	10s	
Repeat 4x					

BW #13

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Run in Place			10s	20s	Sprint if you have space /outdoors
Repeat 4x				1m	
2a) Sit Thru			30s	15s	
2b) Jab Cross			30s	15s	Switch lead leg each round
2c) Squat Stand & Kick		Squat	30s	15s	
2d) Hip/Leg Thrust		Spinal Rock	30s	30s	
Repeat 4x					
3a) Mountain Climber		Elevate Hands	30s	15s	
3b) Spinal Rock			30s	15s	
3c) Seal Jacks		Jumping Jacks	30s	30s	
Repeat 4x					

BW #14

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Jump Squat		Squat	20s	20s	
1b) Pushups		Elevate hands	20s	20s	
1c) V-Up			20s	20s	
Repeat 5x				1m	
2a) Wall Sit			20s	20s	Horse Stance if no wall available
2b) Side Plank	With Hip Lift	On knees	20s r/l	20s	
2c) Dive Bomber		Up/Down Dog	20s	20s	
Repeat 5x				1m	
3a) Unicycle			20s r/l	20s	
3b) Side-to-Side Lunge		Side Lunge no step	20s	20s	
3c) Sit Thru			20s	20s	
Repeat 5x					

BW #15 EMOM

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Jump Squat		Squat	10 reps		
1b) Super Plank		On knees	8 reps		
Repeat Every Minute on the Minute					
				1m	
2a) Mountain Climbers		Elevate hands	40		Each Knee Tuck is 1 rep
2b) Hip/Leg Thrust		Spinal Rock	8		
Repeat Every Minute on the Minute					
				1m	
3a) Quad Press	Quad Hop	Isometric hold	15		
2b) Unicycle			10 R/l		
Repeat Every Minute on the Minute					

BW #16 EMOM

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Sit Thru			12		
1b) Side-to-Side Lunge		Side Lunge no step	10		
Repeat Every Minute on the Minute					
				1m	
2a) Squat Stand Kick			10		Count the squats, not the kicks
2b) Reverse Punch			50		
Repeat Every Minute on the Minute					
				1m	
3a) Split Squat			8 r/l		
3b) Fast Chest Touch			20		
Repeat Every Minute on the Minute					

BW #17

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Dive Bomber		Up/Down Dog	30s	15s	
1b) Spinal Rock			30s	15s	
1c) Side-to-Side Lunge		Side Lunge no step	30s	15s	
1d) Split Squat		Isometric hold	30s r/l	15s	
1e) Unicycle			30s r/l	30s	
Repeat 5-6x					

BW #18

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
BW Squat		Wall Sit	30s	15s	
Pushups	Feet elevated, Spiderman	Hands elevated	30s	15s	
Plyo Hops			15s front to back 15s side to side	15s	
V-Up			30s	15s	
Side Plank with Hip Lift		Side Plank or Side Plank on knees	30s r/l	15s	
Naked Half-Getup Hip lift			30s r/l	30s	Start from the getup sit position, lift the hips
Repeat 5x					

BW #19

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Naked Half-Getup Hip Lift			30s r/l	15s	
Split Squat	Jumping Split Squat	ISO	30s r/l	15s	
Sit Thru			30s	15s	
Seal Jacks			30s	15s	
Fast Hip Hinge			30s	30s	
Repeat 5-6x					

BW #20

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Cossack Squat			30s	15s	
Unicycle			30s r/l	15s	
Super plank			30s	15s	
Hip/Leg Thrust		Spinal Rock	30s	15s	
Jump Squat		Squat	30s	30s	
Repeat 5-6x					

BW #21

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Cossack Squat			40s	20s	
Naked Half-Getup Hip Lift			40s r/l	20s	
Crawling			40s	20s	
Spinal Rock			40s	20s	
Jab / Cross			40s	20s	Switch lead leg each round
Horse Stance or Wall Sit			40s	40s	
Repeat 4-5x					

BW #22

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Walkout			40s	20s	
Jump Squat			40s	20s	
Unicycle			20s r/l	20s	
Dive Bomber		Up/Down Dog	40s	20s	
Reverse Punch from Horse Stance			40s	20s	
Repeat 5-6x					

BW #23

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Double knee Tuck			20s	10s	
Spinal Rock to Straddle			20s	10s	
Side-to-Side Lunge			20s	10s	

Naked Half-Getup Hip Lift			20s r/l	10s	
Super Plank		On knees	20s	10s	
Unicycle			20s r/l	10s	
Wall Sit or Horse Stance			20s	30s	
Repeat 8x					

BW #24

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Quad Press			20s	10s	
Spinal Rock			20s	10s	
Squat			20s	10s	
Sit Thru			20s	10s	
Fast Hip Hinge			20s	10s	
Jab / Cross			20s	10s	Switch lead leg each round
Split Squat R			20s	10s	
Split Squat L			20s	1m	
Repeat 8x					

BW #25

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Run in Place			20s	10s	
Super Plank			20s	10s	
Hip/Leg Thrust			20s	10s	
Side-to-Side Lunge			20s	10s	
Quad Hop		Quad Press	20s	10s	
Squat Stand & Kick			20s	10s	
Side Plank R			20s	10s	
Side Plank R			20s	1m	
Repeat 8x					

BW #26

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Lateral Hop			10s	20s	
1b) Front Back Hop			10s	20s	

1c) Quad Hop			10s	20s	
1d) Wide Out			10s	20s	
Repeat 5x				1m	
2a) Seal Jacks			20s	20s	
2b) Skaters Lunge			20s	20s	
2c) BW Squat Jump			20s	20s	
2d) Super Plank			20s	40s	
Repeat 4x					

BW #27

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Seal Jacks			20s	20s	
Forward Ellipse			20s	20s	
Side-to-Side Lunge			20s	20s	
Bear Crawl			20s	20s	
V-Up			20s	40s	
Repeat 4x				1m	
Split Squat	Alt Lunge		20s r/l	20s	
Backward Ellipse			20s	20s	
Hip/Leg Thrust			20s	20s	
Reverse Punch from Horse Stance			20s	20s	
Repeat 4x					

BW #28

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Alternating Jump Split Squat		Alternating Lunge	20s	20s	
Close Grip Pushup			20s	20s	
Spinal Rock to Straddle			20s	20s	
Side-to-Side Lunge			20s	20s	
Seal Jacks			20s	40s	

Repeat 4x				1m	
Side Plank w/ Hip Lift		Side Plank	20s r/l	20s	
Squat Stand & Kick			20s	20s	
Spiderman Pushup		Pushup	20s	20s	
V-Up			20s	20s	
Repeat 4x					

BW #29

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Dragon Twist			20s r/l	20s	
Pushup Variation			20s	20s	
Unicycle			20s r/l	20s	
Sit Thru			20s	20s	
Seal Jacks			20s	20s	
Repeat 5x				1m	
Squat Stand Kick			20s	20s	
Shuffle			20s	20s	
Quad Press			20s	20s	
Repeat 4x					

BW #30

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Bear Crawl			30s	15s	
1 b) Seal Jacks			30s	15s	
1c) Side Plank	With hip lift		30s r/l	15s	
1d) Jump Squat			30s	15s	
1e) Hip/Leg Thrust			30s	30s	
Repeat 5x				1m	
2a) Unicycle			30s r/l	15s	
2b) Sit Thru			30s	30s	
Repeat 4x					

BW #31

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Wall Sit or Horse Stance			30s	15s	
1b) Spinal Rock			30s	15s	
1c) Mountain Climber			30s	30s	
Repeat 4x				1m	
Quad Hop		Quad Press	30s	15s	
Jab/Cross			30s	15s	Switch lead leg each round
Unicycle			30s r/l	30s	
Repeat 5x					

BW #32

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
V-Up			30s	15s	
Jump Squat			30s	15s	
Pushup variation			30s	15s	
Cossack Squat			30s	15s	
Hip/Leg Thrust			30s	15s	
Reverse Punch from Horse Stance			30s	15s	
Repeat 5-6x					

BW #33

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1-Leg Front to Back Hop			15s r/l	15s	
1-Leg Lateral Hop			15s r/l	15s	
Squat Stand Kick			30s	15s	
Air Swing	Broad jump		30s	15s	
Sit Thru			30s	30s	
Repeat 5x				1m	
Quad Hop			20s	10s	
Repeat 8x					

BW #34

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1) Jump Knee Tuck			10s	10s	
Repeat 6x				1m	
2) Clapping Pushup			10s	10s	
Repeat 6x				1m	
3a) Jump Split Squat R			10s	10s	
3b) Jump Split Squat L			10s	10s	
Repeat 6x				1m	
4a) Unicycle			20s r/l	20s	
4b) Sit Thru			20s	40s	
Repeat 4x					
5a) Seal Jacks			20s	20s	
5b) Jab/Cross			20s r/l	40s	Switch lead leg at 20s
Repeat 4x					

BW #35

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Squat Stand Kick			30s	15s	
V-Up			30s	15s	
Forward Ellipse			30s	15s	
Hip/Leg Thrust			30s	15s	
Cossack Squat			30s	15s	
Side Plank	With hip lift		30s r/l	15s	
Repeat 5-6x					

BODY WEIGHT + DUMBBELLS

BW+DB #1

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Renegade Row			30s	30s	
See Saw Press			30s	30s	
Pullover Crunch			30s	30s	
Goblet Squat			30s	30s	
Hip/Leg Thrust			30s	30s	
Repeat 5-6x					

BW+DB #2

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
DB Thruster			30s	30s	
Super Plank		Plank	30s	30s	
Repeat 4x				1m	
DB 1-Leg RDL			30s r/l	30s	
DB Row			30s r/l	30s	
Repeat 4x				1m	
2-Hand Chest Press			30s	30s	
Side Plank			30s r/l	30s	
Repeat 4x					

BW+DB #3

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
DB Press			30s r/l	15s	
Split Squat	Offset		30s r/l	15s	
Bicep Curl			30s r/l	15s	
Unicycle			30s r/l	15s	
Repeat 4-5x					

BW+DB #4

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
DB Row			30s	15s	
Quad Press			30s	15s	
BW Squat			30s	15s	
1-Leg RDL			30s r/l	15s	
Chest Press with Trunk Curl			30s	30s	
Repeat 4-5x					

BW+DB #5

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Crawling	Spiderman		30s	15s	
Hip/Leg Thrust			30s	15s	
1-Arm Floor Press			30s r/l	15s	
Squat Stand & Kick	Goblet		30s	15s	
Double DB Bent Row			30s	30s	
Repeat 5x					

BW+DB #6

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
See Saw Press			30s	15s	
Dive Bomber			30s	15s	
Offset Lunge		Offset Split Squat	30s r/l	15s	
Unicycle			30s r/l	15s	
Renegade Row			30s	30s	
Repeat 5x					

BW+DB #7

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
DB Double 1-Leg RDL			20s r/l	20s	

DB Double Front Squat			20s	20s	
Pushups	Feet Elevated	Hands Elevated	20s	20s	
Press			20s r/l	20s	
Hip/Leg Thrust			20s	20s	
DB Double 1-Leg RDL			20s r/l	20s	

BW+DB #8

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) DB Front Squat			30s r/l	15s	
1b) DB Floor Press			30s r/l	15s	
1c) Hip/Leg Thrust			30s	30s	
Repeat 3x				1m	
2a) DB Row	DB Renegade Row		30s r/l	15s	
2b) DB 1-Leg RDL			30s r/l	15s	
2c) Up/Down Dog	Dive Bomber		30s	30s	
Repeat 3x				1m	
3a) DB Double Farmer's Walk			30s	15s	
3b) DB Double Press			30s	15s	
3c) DB Double Sumo Squat			30s	30s	
Repeat 4x					

BW+DB #9

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1-Leg Double DB RDL			30s r/l	15s	
Pushups	Spiderman, Clapping, Feet elevated	Hands elevated	30s	15s	
Side-to-Side Lunge			30s	15s	

DB Press			30s r/l	15s	
Unicycle			30s r/l	15s	
Seal Jacks			30s	30s	
Repeat 5x					

BW+DB #10

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Run in Place			10s	20s	Sprint if you have space /outdoors
Repeat 4x				1m	
2a) Sit Thru			30s	15s	
2b) Jab Cross			30s	15s	Switch lead leg each round
2c) Squat Stand & Kick	Hold a KB or DB in goblet position		30s	15s	
2d) Hip/Leg Thrust			30s	15s	
2e) 1-Leg DB RDL			30s r/l	30s	
Repeat 5x					

BW+DB #11

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
DB Goblet Squat			30s	15s	
Pushup Variation			30s	15s	
DB 1-Hand Swing			30s r/l	15s	
Unicycle			30s r/l	15s	
DB Push Press			30s r/l	30s	
Repeat 5-6x					

BW+DB #12

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Double DB Suitcase DL			30s	15s	

Alternating Bicep Curl			30s	15s	
Double DB Split Squat			30s r/l	15s	
Reverse Crunch			30s	15s	
Pushup Variation			30s	15s	
DB Floor Press			30s r/l	30s	
Repeat 5-6x					

BW+DB #13

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Double Floor Press			40s	20s	
Double Front Squat			40s	20s	
Double Press			40s	20s	
Pullover Crunch			40s	20s	
Double DB 1-Leg RDL			40s r/l	40s	
Repeat 5x					

BW+DB #14

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Triceps Extension			30s	15s	
Unicycle			30s r/l	15s	
Double DB Swings			30s	15s	
DB Goblet Squat			30s	15s	
DB Row	Renegade Row		30s r/l	30s	
Repeat 5-6x					

BW+DB #15

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) DB Press			30s r/l	15s	
1b) DB Pushup to Row			30s	15s	
1c) Side-to-Side Lunge			30s	15s	
1d) Side Plank			30s r/l	15s	
Repeat 4-5x					
2a) Squat Stand Kick	Hold a DB		30s	30s	
2b) Unicycle			15s r/l	30s	
Repeat 4x					

BW+DB #16

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Super Plank			30s	15s	
DB Goblet Squat			30s	15s	
DB Row	Renegade Row		30s r/l	15s	
1-Leg 2 DB RDL			30s r/l	15s	
Alternating DB Hammer Curl			30s	15s	
V-Up			30s	30s	
Repeat 5x					
Super Plank			30s	15s	

BW+DB #17

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Double DB Suitcase DL			30s	15s	
1b) DB Pullover Crunch			30s	15s	
1c) Jump Squat	DB Jump Squat		30s	15s	
1d) DB Push Press			30s r/l	15s	

1e) Quad Press	Quad Hop		30s	30s	
Repeat 4x				1m	
2a) Mountain Climbers			30s	15s	
2b) Double DB Swing			30s	15s	
Repeat 4x					

BW+DB #18

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Jumping Jacks			30s	15s	
1b) Double DB Overhead Squat		Double DB Front Squat	30s	15s	
1c) Super Plank			30s	15s	
1d) Cossack Squat			30s	15s	
1e) Jab/Cross			30s	15s	
1f) Hip/Leg Thrust			30s	15s	
Repeat 4x				1m	
2a) Sit Thru			30s	15s	
2b) Pullover Crunch			30s	15s	
2c) Side Plank			30s r/l	30s	
Repeat 4x					

BW+DB #19

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Alternating DB Floor Press			30s	15s	
Double DB Bent Row			30s	15s	
Skater's Lunge			30s	15s	
Hip/Leg Thrust			30s	15s	
Double DB 1-Leg RDL			30s r/l	15s	
Double DB Farmer's Walk			1m	30s	
Repeat 5x					

BW+DB #20

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Alternating Lunge & Curl			30s	15s	
1b) Double Floor Press			30s	15s	
1c) Cossack Squat			30s	15s	
1d) Double DB Swing			30s	15s	
1e) Unicycle			30s r/l	30s	
Repeat 4x					
2a) Pushup Variation			30s	15s	
2b) Renegade Row			30s	15s	
2c) DB Goblet Squat			30s	30s	
Repeat 4x					

DUMBBELL WORKOUTS

DB ONLY #1

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) DB Double Jerk			30s	15s	
1b) DB Double Front Squat			30s	15s	
1c) DB-Leg RDL			30s r/l	15s	
1d) Side Plank	Hip lift or leg raise		30s r/l	15s	
1e) DB 1-Leg Farmer Hold			30s r/l	30s	Hold bell in same hand as up leg
Repeat 4x					

DB ONLY #2

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Alternating Biceps Curls			30s	15s	
2 DB Alternating Lunge			30s	15s	1 DB in each hand
Alternating Floor Press			30s	15s	
Double DB Suitcase DL			30s	15s	
Standing Overhead Triceps Extension			30s r/l	30s	
Repeat 5x					

DB ONLY #3

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
DB Curl			30s r/l	15s	
DB Floor Press			30s r/l	15s	
DB Lunge			30s r/l	15s	
DB Leg Lowering			30s	15s	
DB Row			30s r/l	30s	

Repeat 5-6x					

DB ONLY #4

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
DB Renegade Row			30s	15s	
DB Goblet Squat			30s	15s	
DB Push Press			30s r/l	15s	
DB Alternating Curl			30s	15s	
DB Leg Lowering			30s	30s	
Repeat 5x					

DB ONLY #5

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Double DB Split Squat			30s r/l	15s	
DB Bear Crawls			30s	15s	Each set, travel in a different direction: forward, backwards, laterally
DB Pullover Crunch			30s	15s	
DB Push Press			30s r/l	30s	
Repeat 4x					

DB ONLY #6

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Double DB Walking Lunge & Curl			30s	15s	
DB Pushup to Row			30s	15s	Pushup then row each arm then pushup
DB 1-Leg RDL			30s r/l	15s	
DB Push Press			30s r/l	15s	
Repeat 5x					

DB ONLY #7

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1-Arm DB			30s r/l	30s	

Thruster					
1-Leg 1 DB RDL			30s r/l	30s	
DB T Pushup			30s	30s	
DB Leg Lowering			30s	30s	
Repeat 5-6x					

DB ONLY #8

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
DB Chop Lift			30s r/l	30s	Keep it light!
Double DB Jump Squat			30s	30s	Arms straight bells outside legs
DB Alternating Hammer Curl			30s	30s	
DB Floor Press			30s r/l	30s	
Double DB Swing			30s	30s	
Repeat 5x					

DB ONLY #9

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
DB Overhead Split Squat		DB Split Rack Squat	30s r/l	30s	
DB Low Windmill			30s r/l	30s	
Double DB Bear Crawl			30s	30s	
Double DB Swing			30s	30s	
Repeat 4-5x					

DB ONLY #10

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Double DB Swing			30s	15s	
1b) DB Renegade Row			30s	15s	
1c) DB Squat Stand and Press			30s r/l	30s	
Repeat 3x				1m	
2a) Alternating Lunge			30s	15s	

2b) Alternating Floor Press			30s	15s	
2c) Triceps Kickback			30s r/l	30s	
Repeat 4x					

DB ONLY #11

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Double DB Swing			30s	15s	
1b) DB Renegade Row			30s	15s	
1c) DB Squat Stand and Press			30s r/l	30s	
Repeat 3x				1m	
2a) Alternating Lunge			30s	15s	
2b) Alternating Floor Press			30s	15s	
2c) Triceps Kickback			30s r/l	30s	
Repeat 4x					

DB ONLY #12

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) DB Bear Crawl			40s	20s	
1b) Double DB Swing			40s	20s	
Repeat 5x				1m	
2a) Double DB Thruster			30s	30s	
2b) 1-Leg 1 DB RDL			30s r/l	30s	
Repeat 4x				1m	
3a) Renegade Row			30s	15s	
3b) Double DB Shrugs			30s	15s	
3c) DB Floor Press			30s r/l	30s	
Repeat 4x					

MISCELLANEOUS (BW, BANDS, SLIDERS)

BW+BANDS #1

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Mountain Climber	With Band		20s	10s	
Band Sumo High Pull			20s	10s	
Hip/Leg Thrust			20s	10s	
Band Seated Row			20s	10s	
Band Jacks			20s	10s	
Quad Press	Band around mid back		20s	10s	
Unicycle R			20s	10s	
Unicycle L			20s	1m	
Repeat 8x					

BW+BANDS #2

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Band Squat			20s	20s	
V-Up			20s	20s	
Band Suitcase DL			20s	20s	
Pushup Variation	Band across mid back		20s	20s	
Band Hammer Curl			20s	20s	
Side-to-Side Lunge			20s	20s	
Band Overhead Press			20s	20s	
Repeat 5-6x					

BW+BANDS #3

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Band Jump Squat			30s	15s	
1b) Hip/Leg			30s	15s	

Thrust					
1c) Quad Press	Band across Mid back		30s	15s	
1d) Band Bent Row			30s	15s	
1e) Supine Band Pull Apart			30s	30s	
Repeat 4x				1m	
2a) Band Split Squat			20s r/l	20s	
2b) Super Plank	Band around mid back		20s	20s	
2c) Band Hammer Curl			20s	20s	
2d) Band Push Press			20s	20s	
Repeat 4x					

BW+BANDS #4

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Unicycle			20s r/l	20s	
Band Thruster			40s	20s	
Seated Band Row			40s	20s	
Super Plank			40s	20s	
Band Suitcase RDL			40s	20s	
Repeat 5-6x					

BW+BANDS #5

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Band Split Squat			20s r/l	20s	
Band Overhead Press			40s	20s	
Band Bent Row			40s	20s	
Side-to-Side Lunge			40s	20s	
Walkout			40s	20s	
Repeat 5-6x					

BW+SLIDERS+DB #1

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
DB Jump Squat			30s	15s	
Slider Pike			30s	15s	
DB Curl			30s r/l	15s	
Slider Alligator Crawl			30s	15s	
DB Sumo RDL			30s	15s	
Slider Body Saw			30s	30s	
Repeat 5-6x					

BW+SLIDERS+DB #2

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Slider Mountain Climbers			30s	15s	
1b) Slider Reverse Lunge			30s r/l	15s	
1c) Double DB Swing			30s	15s	
1d) Unicycle			30s r/l	15s	
Repeat 4x				1m	
2a) Double DB Farmer's Walk			1m	15s	
2b) Slider Pushup			30s	15s	Alternate arms
2c) DB Row			30s r/l	30s	
Repeat 4x					

BW+SLIDERS+DB #3

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Slider + DB 1-Leg DL			30s r/l	15s	
1b) Slider Plank Jack			30s	15s	
1c) DB Press			30s r/l	15s	
1d) Side-to-Side Lunge			30s	15s	
Repeat 4x				1m	
2a) Quad Press	Quad Hop		30s	15s	
2b) Jab/Cross			30s	15s	

2c) Double DB Slider Reverse Lunge			30s r/l	30s	
Repeat 4x					

BW+SLIDERS+DB #4

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
Slider Double Knee Tuck			30s	15s	
DB Double Swing			30s	15s	
DB Renegade Row			30s	15s	
DB Double Push Press			30s	15s	
Unicycle			30s r/l	30s	
Repeat 5x				1m	
2a) Slider Mountain Climber			20s	10s	
2b) DB Alternating Curl			20s	10s	
Repeat 5x					

BW+SLIDERS+DB #5

EXERCISE	PROGRESSION	REGRESSION	WORK	REST	NOTES
1a) Squat Stand & Kick	With DB		30s	15s	
1b) Slider Pushup			30s	15s	Alternate arms each rep
1c) Slider Body Saw			30s	15s	
1d) DB Double Floor Press			30s	15s	
Repeat 4x				1m	
2a) Bear Crawl	With DB		30s	15s	
2b) Double DB Swing			30s	15s	
2c) Slider Pike			30s	15s	
2d) Slider Reverse Lunge	With 1 or 2 DB		30s r/l	30s	
Repeat 4x					

Base Switch

1. Face down, hands slightly wider than shoulder-width, feet and knees in line with the hands.
2. Lift knees off floor, keeping back parallel to floor.
3. Pick up your right hand and left leg and rotate the body clockwise so that the right arm goes up and over and the left leg threads between the left arm and right leg. You should now be face up.
4. Pick up the left hand and right foot and rotate clockwise again. The left hand goes up and over the right leg threads between the right arm and left leg. You should now be at the start position.
5. Do steps 1-4 switching to the left hand and right foot to rotate counter-clockwise

Bear Crawls

You can and should move forward, backwards, and laterally. The latter two are a bit tougher than moving forward. If you can't support yourself with your knees off the floor, crawl with the knees on the floor (Baby Crawl).

Bear Crawl—Forward

1. Start face down on hands and feet.
2. Move one hand and the opposite foot forward at the same time keeping the hips a little higher than the shoulders.
3. Move the other hand and foot forward.
4. Repeat.

Bear Crawl—Backwards

1. Start face down on hands and feet.
2. Move one hand and the opposite foot backwards at the same time keeping the hips a little higher than the shoulders.
3. Move the other hand and foot backwards.
4. Repeat.

Bear Crawl—Lateral

1. Start face down on hands and feet.
2. Move one hand and the opposite foot to the right keeping the hips a little higher than the shoulders.
3. Move the other hand and foot to the right keeping the hips a little higher than the shoulders.
4. Repeat.
5. When moving laterally, try to keep the hands and feet in sync; that is, don't let the feet move faster or wider than the hands and vice versa.

Repeat steps 1-4 moving to the left

All the other animal crawls are pretty much the same as the bear with the exception of the Spiderman crawl, where the difference is the body position.

Leopard Crawl

1. Start in a pushup position.
2. Move one hand and the opposite foot forward bringing the knee to the elbow of the trailing arm. Keep the hips and shoulders parallel to the ground at all times.
3. Repeat on the opposite side.

You should also practice this backwards.

Spiderman Crawl

This is almost the same as the leopard crawl but the knee goes outside the arm.

1. Start in pushup position.
2. Move one hand and the opposite foot forward bringing the knee to the outside of the trailing arm. Keep the body parallel to the ground. Make sure you are fully extending the trailing leg.
3. Repeat on the other side.

Practice this moving forward and backward.

Spiderman Crawl with Pushup

1. Start at the top of the pushup position.
2. Move one hand and the opposite leg forward while bending at both elbows.
3. At the same time, bring the knee of the moving leg up to the outside of the trailing arm and place the inner side of the foot on the floor.
4. Push back up and step forward with the opposite hand and leg, bringing the knee up to the outside of the trailing arm and bending both elbows.

Try to keep the body parallel to the floor at all times. Make sure you are fully extending the trailing leg.

This is a very advanced movement. So go easy and build up to it by practicing the leopard crawls and doing lots of pushups.

Crawling with Weights

If you aren't being challenged enough by bodyweight crawling, add in a pair of kettlebells or dumbbells. The movements are all the same except your hands are on the DBs (use hexagonal-shaped DBs) or KBs (use the larger diameter bells if you have them; the smaller ones require a lot more reflexive strength in the arms and shoulder stabilizers). As you move forward or backward, move the bells as you move your hands.

Burpees

Burpees are a classic bodyweight exercise. A lot of trainers use Burpees in their programming, but most "average" clients have no business doing full Burpees to the floor due to knee and hip issues including lack of hip and ankle mobility, core strength issues, upper body weakness, or injury. I have most clients elevate their hands on a short box or aerobics step. The movements are the same regardless of whether the hands are elevated. There are two variations: with or without a jump and with or without a pushup.

Burpee Level 1 aka Squat Thrust

This is a Burpee without a pushup or jump.

1. Start standing tall feet about shoulder-width apart.
2. Squat down and place your hands on the floor or on a step so the hands are between the feet.

3. Jump the feet back until you are at the top of the pushup position. The feet should be hip-width apart. Try to avoid throwing the hips up in the air, which is a sign of week core and/or limited hip mobility.
4. Jump the feet forward so they are about shoulder-width apart, returning to the deep squat position.
5. Stand up.

To make it a little more challenging, and assuming you don't have any issues that preclude jumping, jump up while bringing the arms overhead instead of standing. Land softly, drop back into the squat, and repeat.

Burpee Level II—Add a Pushup

1. Perform steps 1 through 3 above.
2. Do a pushup, then do steps 4 and 5 above, adding a jump if you can do so safely.

Burpee Level III—Land Low

1. Start standing.
2. Instead of squatting, jump the feet back and do a controlled fall to the floor ending at the bottom pushup position. You are landing and catching yourself by absorbing the energy with your chest and upper back.
3. Explode back to the top of a pushup.
4. Bring the feet under you and stand or jump back up.

If you are jumping, as soon as your feet touch the floor, jump the feet back and land in the low pushup position. There is no pause between each rep.

Pushups

First, let's define the pushup position:

1. Get on the floor, face down, on hands and the balls of your feet.
2. Your hands should be slightly wider than shoulder-width apart.
3. Your arms are vertical.
4. Your elbows are pointed backwards, not sideways.
5. Your feet are hip-width apart.
6. Your chin and pelvis are tucked to create a neutral spine.

The pushup is a moving plank, where the whole body moves as a unit by bending the elbows and toes. There should be no change in the back position; that is, the spine stays in neutral throughout the movement.

Now that you are in the right position:

1. Bend the elbows and allow them to rotate outward about 45 degrees from the body. You should look like an arrow when viewed from above.
2. Go as low as you can without losing the plank position.
3. Push into the floor and return to the starting position, again maintaining neutral spine.

While performing the pushup, make sure you squeeze your butt hard, which will do two things: 1) it will cause you to contract more muscle fibers and contract them harder, and 2) it will help keep your core engaged.

Many people, especially women, tend to break at the upper back when going back up. This can be either weak arms and chest or weak core or both. If you can't maintain the plank position and get the chest to within 2 to 3 inches from the floor, you need to elevate your hands.

Close grip pushup – These hit the triceps hard!

1. Get down on your knees.
2. Place hands so the tips of the thumbs and first two fingers touch, forming a triangle.
3. Set up so your hands are directly under your sternum with the legs straight, feet about hip-width apart. The elbows will flare out to 45 degrees.
4. Maintain a good plank position as described above while bending at the elbows on feet.
5. Lower yourself until your chest is close to or touching your hands.
6. Stay tight, maintain neutral spine, and push yourself away from the floor by straightening the elbows.

Hands Elevated Pushups – Hands elevated pushups are a regression. It makes pushups easier. The hands should be elevated on a box, aerobic step, or the like just high enough to allow you to do a proper pushup.

It's important to make sure you, or your client, are set up properly on the box. Most people set up with their hands too far forward and keep their hips up high. The correct

position is a 90-degree angle between the arms and the shoulder, the same as if you were on the floor.

1. Get a box or step and make sure it can't slide or fall over!
2. Place your palms on the top of the box, not the edge.
3. Move your feet back until there is a straight line from the back of your head to you heels (neutral spine). The hips should be lower than the shoulders. Feet are hip-width apart.
4. Maintain a plank position, bend your elbows and keep them pointing about 45 degrees to your back and feet and lower yourself until your chest is almost touching the box.
5. Stay tight and push yourself away from the box or step.

There is a huge tendency for the following mistakes:

a) The butt is up or you hinge at the hips instead of from the feet.
b) The elbows point straight out to the side instead of angled back.
c) The head moves more than the body (head bob).

If you are making any of those mistakes, the box needs to be higher.

Feet Elevated Pushups (Advanced)

Also known as decline pushups, these are much tougher than regular pushups, requiring a lot more upper body and core strength and control. The higher the box, the more challenging these will be.

1. Get a sturdy box and make sure it can't slide or fall over.
2. Place your hands on the floor so they are about shoulder-width apart and vertical.
3. The height of the box determines the body angle. The higher the box and therefore the feet, the lower the hips and shoulders will be. For a 20" inch box, for me, I'm pretty close to parallel to the floor. On a 24" box my hips and shoulder will be lower than the feet with the arms straight. As always there should be a straight line from the heels to the back of your head.
4. Bend the elbows and allow them to point back about 45 degrees from your body. Maintain neutral spine and lower yourself until your nose is almost on the floor. Make sure you are not bobbing the head.
5. Maintain a neutral spine while pushing yourself away from the floor.

Clapping Pushup
This is another advanced pushup variation that requires explosive power as well as the strength to absorb the force of the body falling back to the floor. If you have wonky shoulders, you should not do these or you'll probably make your issue worse.

1. Start in standard pushup position.
2. Lower yourself maintaining plank position throughout.
3. Once you've reached your maximum depth, explosively push yourself away from the floor.
4. As you are going up, lift the hands off the floor and clap them together quickly. If you aren't fast enough, you may face plant!
5. Return the hands to pushup position with a controlled fall to the bottom position and explode back up again. Don't try to catch yourself with straight arms. Just like you should never jump and land with locked knees, the forces involved will eventually cause injuries. You'll never return to the top position with the arms locked in the clapping pushup.

Spiderman Pushup – Another advanced pushup variation, these can also be done with hands or feet elevated. If you need to do them hands elevated, you aren't ready for them

1. Start in standard pushup position.
2. As you bend the elbows, keep the body parallel to the floor and bring one knee up to the elbow on the same side of the body (right knee to right elbow). Allow the hip to internally rotate so the inner thigh is parallel to the floor as it approaches the elbow.
3. Return the leg back to the start position at the same time you are pushing away from the floor.
4. Repeat on the opposite side.

Slider pushup with arm slider out forward
Very Advanced! Slider pushups require tremendous upper body and core strength as well as shoulder mobility. Don't try this unless you are awesome with all the other pushup variations. If you have a shoulder issue, do not try these.

You'll need 1 or two furniture sliders or paper plates.

1. Start in pushup position with the sliders under each hand.
2. As you go down in the pushup slide one arm forward as far as you can go.
3. Push away from the floor with the other arm and draw the extended arm back to the start position.

4. Repeat with the other arm. If you only have 1 slider, do all the reps on one side then switch the slider to the other hand.

Slider pushup with arm slider out to side

This is the same as the Slider Pushup with arm forward except you will slide the arm straight out to the side. All the warnings I gave the arm forward version apply.

1. Start in pushup position with hands on the sliders.
2. As you go down, slide one arm to the side until the arm is straight.
3. As you push back up, draw the arm back to start position.
4. If you have two sliders, alternate arms; otherwise, do all the reps on one side then switch the slider to the other hand.

Pushup with hands on two dumbbells or kettlebells.

This is a standard pushup, but you can get a bit more range of motion. Using kettlebells requires more core stabilization, especially with smaller diameter bells.

1. Grab a pair of hexagonal dumbbells or kettlebells. With KBs, use bigger ones to provide a better base of support. The smaller the KB diameter, the harder these are due to stabilization requirements. KB pushups are much tougher than DB pushups.
2. Set up in standard pushup position with your hands on the DBs or KBs.
3. Lower yourself as far as you can without losing plank position. Elbows should be about 45 degrees off the body.
4. Drive back up.

Walking Pushup

You'll need a kettlebell or medicine ball for this.

1. Setup in standard pushup position with your right hand on the KB or med ball. If you are using a KB, place it on the floor with the handle on the floor facing away from you.
2. Do a pushup.
3. At the top, move the left hand and right foot to the right.
4. Move the left foot and right hand (off the bell to the floor).
5. Place the left hand on the bell or ball. Your whole body should be on the other side of the ball or bell, including the feet.
6. Do a pushup.
7. Move your right hand and left foot to the left.

8. Move the right foot and left hand to the left.
9. Place the right hand on the ball or bell.
10. Do a pushup and repeat.

Pushups with both hands on Kettlebell

1. Place a kettlebell on the floor, handle down and facing forward.
2. Place both hands on the bell and get into pushup position. Your chest should be over the bell.
3. Bend the elbow and touch your chest to your hands, or as close as you can get, while maintaining a neutral spine.
4. Push away from the bell by straightening your elbows. Do not let the torso rise faster than the hips.

Pushup with Band

1. Take a resistance band (not a rehab band) and place it around your mid back with one end in each hand.
2. Go to the floor and get into pushup position.
3. Do a pushup.

Pushup DB T Pushup

Use light dumbbells.

1. Setup in a pushup position with a dumbbell in each hand.
2. Go down to the bottom of the pushup, and as you return to the top, rotate the body at the feet towards the right. As you rotate, pull the right arm up then press it overhead while holding the DB.
3. Bring the DB down and place it back on the floor while returning to the top position.

Repeat on the other side.

Forward Ellipse

This is another pushup variation I learned from Scott Sonnon.

1. Start in pushup position.
2. Moving through the shoulders elbows, and toes, but without moving the hands and feet, rotate the body forward, down back and up. Let the elbows bend as you go forward and down. The body is moving in an ellipse.

Backward Ellipse

Same as above but start by moving backwards then down, forwards and back up.

Dive Bomber

This is a very dynamic arching movement.

1. Start in pushup position.
2. Drive the hips up and back; keep the elbows straight.
3. Drop your body down towards the floor, bending the elbows. Bring the face and chest as close to the floor as possible.
4. Continue the movement by lifting the head, pushing the torso up and arching your back and getting your hips almost to the floor.
5. Reverse the movement by bending the elbows scooping the chest and head back towards the floor then drive the hips back up while straightening the arms.

Cossack Squat

1. Start with feet a little wider than shoulder-width apart.
2. Shift your weight to one side, bending the knee on the side. Sit back into the hips.
3. At the same time straighten the opposite leg and rotate it so you are on the heel with the toes pointed up.
4. Rotate the extend leg back so the foot is on the floor.
5. Shift your weight to the opposite side bending the knee on the side you are moving to and straightening the other leg. Sit back in to the hips and rotate the straight leg so you are on the heels and toes are pointed straight up.
6. You can make this harder by holding a kettlebell with both hands on the sides of the handle at chest level.

Forearm Plank

1. Place your forearms on the floor with the palms down and shoulder-width apart.
2. The chin should be tucked, not sagging and not lifted up.
3. Extend your legs back until the hips are level with the shoulders and the knees are straight. The elbows should be directly under the shoulders.
4. Drive your toes into the floor.

5. Push yourself away from the floor with your arms so you keeping the shoulder blades on the rib cage not winging.

There should be a straight line from the back of the head through the tailbone, which you can check by placing a dowel on your back.

Hold the position for the specified length of time without sagging in the back.

You can make the Plank harder by moving the forearms forward so the elbows are in front of the shoulders.

High Plank – this is simply the top of a pushup position held for time.

1. Hands on the feet slightly more than shoulder-width apart. Arms should be vertical.
2. Legs are straight. You are on the balls of your feet.
3. Push the upper body away from the floor so you are rounding the upper back slightly which sets the shoulder blades in the proper position. Make sure you are not shrugging the shoulders.

There should be a straight line from the back of the head through the tailbone; however, hips should be lower than the shoulders.

Side Plank

1. Get on the floor and place the right forearm on the ground.
2. Extend the hips and knees until the whole body is a straight line. Stack your left foot on top of the right.
3. Lift your hips off the floor and hold the position for time.
4. The entire body and head should be facing forward (to the right). Check for torso and trunk rotation. The head should be aligned with the rest of the body. Keep the free arm on your side or straight up in the air.

Repeat on the left side.

Side Plank on Knees

1. Place the right forearm on the floor.
2. Extend the hips and place the right knee on the floor so the thigh is in a straight line with the torso.

3. Place the left knee on top on the right.
4. Lift the hips and hold for time.

The entire body and head should be facing forward (to the right). Check for torso and trunk rotation. The head should be aligned with the rest of the body. Keep the free arm on your side or straight up in the air.

Repeat on the left side.

Side Plank with Crunch

1. Get into a side plank on the knees and lift the hip.
2. Place the left hand behind your head.
3. Lift the left knee up of the right so they the knees are hip-width apart.
4. Bring the left knee up and the left elbow down so the meet in the middle.
5. Move the left knee back and straighten the torso out by bring the left elbow and torso back to the body is straight. The knees should still be hip-width apart.

Repeat on the left.

Side Plank with Hip Lift

1. Get into side plank position or side plank on the knees.
2. Instead of holding the hips up, move them up and down.

Remember to keep the body straight, no rotation of the torso or hips.

Super Plank

This is a high plank to a forearm plank and up again.

1. Start at the top of a pushup position and maintain neutral spine.
2. Pick up the right hand, bend the elbow and place it on the floor in the same spot the hand was.
3. Pick up the other hand, bend the elbow and place it on the floor where the hand was.
4. Pick one forearm up, place the hand back on the floor in its original place, and straighten the elbow most of the way.

5. Pick the other forearm up, place that hand on the floor where it started, and straighten both elbows.

You should be back at the starting position.

Do not slide the forearms up and down; you will get carpet or mat burn on your elbows
Control the core and hips: There should be little to no side-to-side movement of the body and hips must not shoot up into the air.

Quad Press

1. Get down on your hands, knees, and balls of the feet.
2. Place your hands on the floor slightly wider than shoulder-width apart. Arms should be vertical, not in front of the shoulders.
3. Place your knees in the same line as the hands and slightly behind the hips.
4. The feet should be in line with the hands and knee.
5. Keep your back flat and hips level with the shoulders, lift your knees off the floor with the arms straight.
6. Bend at the elbows, hips, knees and feet until the knees almost touch the floor.
7. Push back up with the arms, hips, knees and feet until the arms are straight.

The hips and shoulders should remain level with each other and parallel to the floor throughout the quad press movement.

The direction of travel should be straight up and down, not up and back.

Quad Hop – Advanced Quad Press Variation

1. Set up the same as the quad press.
2. Instead of just going up and down, be explosive so your hands and feet leave the floor each time you come up.
3. Land softly at the bottom of the quad press position by absorbing the fall with the arms, legs and hips.
4. As soon as you are all the way down, explosively pop back up.

Sit Thru

These can be tricky and require some coordination and practice, so start off slow. As you get better, go faster.

1. Start in Quad Press position.
2. Lift the right hand and left foot.
3. Pivot on the right foot and plant the heel of the right foot on the floor while the entire body rotates 90 degrees to the right. The right hand will come around as the body pivots.
4. As you are pivoting the body, the left leg goes between the left arm and the right leg and stays close to the floor. Make sure the right foot is flat on the floor and pointed to the right. The right shin should be vertical and the knee should be lined up with the toes. The left leg extends fully; think about kicking someone in the ankle.
5. Reverse the pivot bringing the left leg back to the start position while rotating the right foot back to the ball.
6. Repeat this going to the left:
7. Lift the left hand and pivot on the left foot and plant the left heel.
8. At the same time the right leg shoots straight out to the left staying just off the floor.
9. Reverse the pivot and bring the right leg back under and the left hand back to the floor so you are back at the start position.

You should be back at the initial quad press position. Don't let your feet get too close together or your knees get under the hips or too far back, or you won't be able to execute the movement correctly.

To increase the demand for core strength and rotational ability, keep both hands on the floor during the movement.

Front to Back Hop—2 Feet

1. Start standing tall with feet together.
2. Come up on the balls of your feet, bend your knees, and hop forward a short distance.
3. Land softly, staying on the balls of your feet, and hop back to your starting point.
4. Move quickly and stay soft on the landings. There should be no sound on landing.

Front to Back Hop—1 Leg

1. Start by standing tall. Lift one foot slightly off the floor.
2. Bend the knee on the other leg and come up onto the ball of the foot.
3. Hop forward, land softly, and hop right back, all while on one leg.

Move quickly and stay soft on the landings.

Lateral Hops—2 Feet

1. Start standing tall with feet together.
2. Bend your knees and come up on the balls of your feet.
3. Hop to one side, land softly, keep the knees slightly bent, staying on the balls of the feet.
4. Immediately hop back to your start position.

Move quickly, keep the knees bent, and stay on the balls of the feet. Be soft; there should be no sound.

Lateral Hops—1 Leg

1. Stand on one leg with the other slightly off the floor.
2. Bend the knee of the down leg and come up on the balls of your foot.
3. Quickly hop to the side.
4. Land softly keeping the knee bent staying on the balls of the foot.
5. Quickly reverse direction and jump back to the start position

As with all the other jumps, stay soft and move quickly but quietly.

Hip Hinge/Air Swing

The Hip Hinge is the basic movement pattern you or your client must master before doing Romanian Deadlifts (RDLs), Kettlebell Swings, and other KB exercises.

1. Start with the feet about hip-width apart.
2. Place your finger-tips in the crease of your hips.
3. Push the fingers in and move the hips back. The fingers help you guide the hips back as opposed to down.
4. Allow the knees to stay soft. They should bend to 10 to 20 degrees as the hips go back.
5. The spine must remain neutral, no rounding or arching. The head should be in line with the rest of your spine. Do not lift the head. Make sure you are getting your movement from the hips and not the spine.
6. Drive the hips forward, stand up stall and straighten the knees.

Hip/Leg Thrust

1. Lie on your back with legs out straight. Hands can be under the hips to help support the low back or they can be on the floor to the sides.
2. Keep the legs straight and raise them to vertical by folding at the hips.
3. Drive the hips up in the air keeping the legs vertical.
4. Lower the hips.
5. Lower the legs almost to the floor and keep them straight.

An easier version:

1. Lie on your back as above.
2. Pull your knees toward your chest.
3. Straighten the legs so they are vertical and lift the hips off the ground.
4. Lower the hips, bend the knees and bring them back towards your chest.
5. Extend the legs.

Dragon Twist

This is an advanced lunge variation. It can be done stationary or walking.

Stationary

1. Place one foot 8 to 10 inches in front of the other. The heel of the lead foot should be in line with the toes of the trailing leg.
2. Turn the lead foot about 40 degrees out.
3. Twist at the hips and pivot on the ball of the rear foot. At the same time, bend both knees and bring the rear knee as close to the floor as you can get. Your hips and chest should be pointing in the same direction as the feet. The rear knee should be close to the lead ankle.
4. Unwind and stand.

Repeat without stepping.

Walking

Perform steps 1 through 4 above.

5. After you have returned to standing, step forward with the trailing leg so the foot is about 8 to 10 inches in front of the other leg,
6. Turn the lead foot out about 40 degrees with the heel of the lead foot in line with the toes of the trailing foot.

7. Simultaneously rotate at the hips, pivot on the ball of the rear foot, and bend both knees until the back knee is almost on the floor.
8. Unwind and stand up.

Try to keep the torso as close to vertical as you can.

Jump Knee Tuck

1. Start standing feet about hip-width apart.
2. Jump and quickly pull your knees as high as possible.
3. Quickly straighten the legs out and land softly.
4. As soon as you've landed, repeat without stopping.

Split Squat

The Split Squat is an up and down movement where you are trying to maintain vertical spine and lead shin. It is a lunge variation without the step, which most can't do properly.

Alignment of the legs is critical to get the most benefit from this exercise.

1. Go down on one knee. Align the front foot between the big and first toes with the knee aligned with the center of the hip. The shin must be vertical.
2. On the back leg, you will be on the ball of the foot with heel and thigh vertical and the entire leg lined up with the center of the hip. This position is called the 90/90 stance and is the position for all half-kneeling exercises.
3. Stand up without moving the feet. If you aren't strong enough, use your hands on your lead thigh to help.
4. Once you are up, the front shin should be vertical. The lead knee will NOT be straight. The back heel should be vertical or pretty close.
5. Lower your body straight down until the trailing knee almost touches the floor. The rear heel and lead shin should remain vertical.

If you can't go that low, go as deep as you can while keeping the hips under the shoulders and not allowing them to rotate left or right.

Continue to go up and down for the prescribed number of reps or time interval.

Focus on driving off the lead leg, with more glute activation than quads. This is especially important for those with knee issues.

Split Squat Loaded Variations

Loading the Split Squat can be accomplished using kettlebells, dumbbells, bands, or any other weight. The load positions are offset, offset rack, Goblet.

Offset – Hold a DB or KB in the hand on the same side as the rear leg.

Rack – Clean a KB or bring a DB up to shoulder level on the same side as the trailing leg.

Goblet – Hold a KB by the sides of the handle in front of the chest. Hold a DB vertically with the top end held in the palms of both hands.

Band Split Squat

The movement is the same as the other variations; you just need to get the band set up correctly.

1. Go to half-kneeling position.
2. Place the lead foot inside a continuously looped resistance.
3. Take the other part of the band and hold it so the hands are shoulder level and slightly wider than shoulder-width apart. The band should be lying on the collarbones.
4. Stand up.
5. Perform a split squat as described above.

Jump Lunge (Jump Split Squat)

This is a split squat but more dynamic. Follow the setup in the Split Squat and remember to drive off the lead foot.

1. As you come up from the bottom position of the split squat be explosive; both feet leave the ground.
2. Land softly, make no noise and absorb the fall by dropping back down into the bottom of the Split Squat position.

Repeat.

Alternating Jump Lunge (Split Squat)

1. Set up as in the Split Squat.
2. Jump as in the Jumping Lunge.
3. Quickly switch feet in midair.
4. Land softly and drop into the bottom position.
5. Drive back up, jump, switch feet and land again.

This is pretty advanced, so if you can't do a regular lunge, you should not attempt this.

Trying to get feet far enough apart on the landing is tough and takes practice with the Walking Lunge until you instinctively know how far apart the knees need to be.

Jumping Jacks

1. Start standing tall with feet together, hands hanging down by your sides.
2. Quickly jump the feet out to about shoulder-width and at the same time bring your hands together above your head.
3. Quickly jump the feet back together and lower the arms.

Move quickly, stay light on your feet. Stay on the balls of your feet.

Mountain Climber

1. Start in pushup position.
2. Quickly bring one knee under the body as close to the same side elbow as possible without letting the hips go up in the air. Don't let the foot touch the floor.
3. Quickly and repeatedly switch feet.

Mule Kick

1. Get on your hands and the balls of your feet with the knees bent. The knees should be slightly behind the hips.
2. Lift your feet off the floor and kick up and back.
3. Quickly and with control bring the back to their start position.

Naked Half-Getup Hip Lift (from the half-getup position)

This is called "naked" because there is no external load involved.

1. Sit on the floor with the left hand on the floor about 6-12" away from the left hip. It should be about 45 degrees to side, not directly behind the hip.
2. Bend the left leg and place the left foot flat on the floor. The knee angle should be about 90 degrees.
3. Raise the right arm straight up in the air and hold it there.
4. The right leg is straight and moved away from the center line about 30 degrees.
5. Squeeze your butt and lift the hips off the floor as high as you can, extending them fully without arching the back. The right arm remains vertical. The left shin should be vertical as well, and the left heel should be firmly planted on the floor.
6. Lower your hips back to the floor and repeat.

Reverse the hand and foot position to do on the right side.

This is an excellent exercise to strengthen the glutes, arms, chest and upper back.

Jab Cross

1. Stand with the left foot forward and right foot back so they are about the distance of a normal walking stance.
2. Bring the hands up so the left is at chin level and slightly in front of the chin. The right is about sternum level and in the centerline of the body.
3. Quickly punch the left hand straight out (Jab) and retract it.
4. As the left hand is returning, quickly punch cross body with the right hand.
5. As the right hand returns, punch out again with the left.

These should be very fast. Stay relaxed until just before the point of full extension. Do not hyper-extend the elbows or reach with the arms.

Allow the hips to rotate while throwing the punches, especially the right.

Reverse the hands and feet in the description to do a right lead jab/cross.

Reverse Punch from Horse Stance

Horse Stance

1. Stand with feet about 1.5 inches wider than shoulder-width with feet turned out 10 to 15 degrees, knees tracking with the toes.
2. Bend your knees as in a squat, keeping your torso upright. Try to get the thighs parallel to the floor.
3. Make fists with both hands and place them on the sides of your waist, palms face up.

Reverse Punch

1. Quickly punch out with one hand, and as you retract it punch out with the other hand like pistons; one hand punching out at the same time the other is pulling back.

Run in Place

Run as fast as you can without going anywhere. Try to get the knees up high and pump your arms. Think sprinting.

Seal Jacks

These are like Jumping Jacks, but the hands move in front of the chest and behind the back.

1. Jump the feet out to the sides and clap your hands in front of your chest keeping the arms straight.
2. Jump the feet back together, clapping the hands behind the back.

Be light on your feet; stay on the balls of the feet.

Shuffle

This a quick alternating foot movement.

1. Move one foot forward a few inches and the other backwards a few inches.
2. Quickly switch feet.

Stay on the balls of your feet, be light, fast and quiet. Keep the knees bent throughout the movement.

Side-to-Side Lunge

This is a fast lateral movement; try to be explosive.

1. Start standing tall feet together.
2. Step out to the right with the right foot, place it on the floor bending the knee. Push the hips back.
3. The left knee straightens. The foot/toes of the left foot should point forward, the right foot will be angled outward somewhat. Make sure the knees stay aligned with the toes.
4. Explosively push off the floor with the right foot bringing back next to left.
5. Quickly shift your weight to the right and step out to the left with the left foot. The right knee straightens out with the foot pointed forward. The left knee bends foot angled out. The hips go back.
6. Explosively push off with the left foot and move back to the right.

Ideally, this is a very fast movement where you are decelerating by absorbing your movement into the moving leg, then quickly reversing directions by taking the absorbed energy and redirecting to push off the floor with the foot.

Pay attention to foot/knee alignment on the lead leg. Also, make sure the trailing leg straightens out, many people try to turn this into a weird squat.

Skater's Lunge

1. Start standing tall, then pick the right foot slightly off the floor.
2. Jump out to the right by pushing off with the left foot.
3. Land softly on the right foot and allow the knee to bend to absorb the force of the landing.
4. As you land, let the left leg move behind the right, but don't let it touch the floor.
5. Drive off the right foot, moving to the left.
6. Land softly on the left foot, let the knee bend to absorb the force.
7. The right leg moves behind the left, but don't let the foot touch the floor.

At all times, make sure the landing foot points forward and the knee tracks with the toes.

Watch for valgus. If the client can't control it, they shouldn't be doing this exercise.

You can make this a little easier by allowing the trailing foot to touch the floor.

Spinal Rock

This is a great core exercise; if done right it should hit the abs.

1. Sit on the floor with your knees tucked to your chest. Hold your hands at chest level throughout.
2. Roll backwards on to your shoulders, stay off the neck! The head does not touch the floor.
3. Roll back up on your butt, but do NOT un-tuck the knees.

Try to stay round; there should be no banging of any part of the spine on the floor.

To make this easier, you can use the hands to hold the knees to the chest.

Spinal Rock to Straddle Stretch

1. Perform the Spinal Rock as above, but instead of keeping the knees tucked, extend the legs and place the heels on the floor to they are as far apart as possible.
2. Reach out and touch your toes.
3. Pull the knees back to the chest and roll back again.

Repeat.

Squat Stand & Kick

1. Start with feet about shoulder-width apart feet turned out 10 to 15 degrees.
2. Squat down by dropping the hips down towards the floor, not back, and let the knees bend. Keep the torso upright.
3. Quickly reverse the squat, and as you finish standing, lift one knee up high and kick the foot out fast and hard.
4. As the foot comes back in, place it on the floor in the same place it was, and as you are planting the foot, drop back into the deep squat.
5. Stand back up as in step 2 and kick out with the other foot.
6. Place the foot on the floor where it was, quickly sink back into the squat, and repeat with the other leg.

Squat Stand & Kick with KB or DB

1. Do a squat stand and kick and hold a KB by its horns, or a dumbbell by one end of it.

Unicycle

1. Lie on your back, right hand behind your head. Place the left where you find it comfortable.
2. Curl the right shoulder up off the floor. At the same time bring the left knee towards the right elbow. They don't need to touch, but try to cross your center line. The other leg stays extended.
3. Roll the should back to the floor at the same time you extend the left leg, keeping it off the floor.

Repeat.

Switch arms and leg after the specified number of reps or time.

You can make this more difficult by keep the non-working leg off the floor, but that can start to aggravate your low back.

Up/Down Dog

1. Start in pushup position.
2. Push the hips up and back, driving with the arms. Push your heels to the floor as much as possible for a nice calf stretch.
3. Drop the hips to just off the floor. Arch your back. Chest forward, head up. Drive the arms into the floor. Stay on the balls of the feet.
4. Drive the hips back up as in Step 2.

V-Up

1. Lie on the floor with legs straight and arms on the floor, straight, above your head.
2. Sit up and bring the hands feet high up off the floor. Keep the arms and legs straight. Try to touch your toes with your hands.
3. With control lie back down as in Step 1.

Wall Sit

1. Get against a wall.
2. Move the feet out from the wall and bend your knees until the thighs are parallel to the floor. The shins should be vertical. Foot width can vary from hip-width apart or wider. Make sure your knees track with your toes.
3. Stay put for the specified length of time.

The back of the head and the tailbone should be in contact with the wall at all times with a very small gap between the wall and low back, just enough to slide your palm into.

Keep your arms hanging down by your side or out in front. Don't rest them on your legs.
To make this more challenging, hold a DB or KB in goblet position.

Wide Out

This one is tricky to do right; most people cheat.

1. Start standing tall with the feet together.
2. WITHOUT jumping, quickly spread the feet shoulder-width apart and bend your knees so you are in a squat, preferably with thighs parallel to the floor.
3. Without jumping, quickly bring the feet back together so you are standing tall.

The cheat is that most people will jump to initiate this movement, but there is no vertical component.

2-Handed Chest Press

With a dumbbell, hold one end in each hand so the handle is parallel to your chest. With a kettlebell, hold the ball with the hands, handle parallel to your chest and point towards your chin. Place the thumbs in the corners of the handle.

1. Lie on your back holding the DB or KB as described above with the elbows bent and close to the floor. The hands are in the center of the chest.
2. Keep your abs braced and the lower back on the floor.
3. Straighten your arms pushing the weight up. Lock but don't hyperextend the elbows.
4. Pause briefly then with control lower the weight back to your chest.

2 Handed Chest Press with Trunk Curl

This is exactly the same as the 2-Handed Chest press above but we add in one movement: curling the upper back off the floor.

1. Hold the DB or KB as described above.
2. Press the weight up and as the elbows lock lift your mid- and upper-back, shoulders and head off the floor in a curling movement.
3. Once the elbows lock, roll your upper back to the floor and bring the weight back down to your chest.

Keep the lower back on the floor at all times.

Cleans

The Kettlebell Clean is an exercise that looks easy but requires some finesse to perform properly. While not as technical as a barbell clean, there are subtleties to the lift to make it smooth and efficient and to prevent the KB from slamming the forearm.

There are several clean variations: *Dead Clean* (pulling from the floor); *Hang Clean* (off the floor between the lower legs); and the "Swing" or "Pendulum" clean, which I always call the Clean with others being variants. All three can be done with 2 bells (doubles). In addition, the Alternating Clean is a very dynamic exercise that really gets the heart rate up but requires a bit of practice to do correctly.

Once you've learned the Clean, you can create combination exercises like the Clean and Press, Clean and Jerk, Clean and Squat, etc.

I recommend getting some 5- or 6-inch-long terry cloth sweat bands for your wrists. Even with perfect form, the bells can bang you up, especially when learning.

I always teach the clean by starting from the finished position; you need to know where the bell needs to be when the lift is done.

The "Rack" Position

Regardless of the clean variation, the rack is always the same for all single-arm versions and the Alternating Clean. The rack for Double Cleans is slightly different.

1. Take a KB and slip the right hand into the handle.

2. Use both hands to bring it up so the right elbow is against the side of the body and the forearm is lying against the body with the thumb at the level of the collarbone about halfway in. Women may have to keep the forearm a little more lateral to avoid resting the forearm on the breast.
3. The wrist should be straight. The handle of the bell rests on the bone of palm that is in line with the little finger and is angled across the palm to the webbing between the thumb and first finger. The grip should be relaxed and you should be able to open the fingers without the bell changing positions.

The Dead Clean (from the floor)

1. Place the bell on the floor so it is near the instep of the right foot. If you are lifting with the left hand, the bell would go near the instep of the left foot. In either case, it should not be out in front. Many coaches will tell you to keep the bell centered between the feet, but from my many years of coaching, I've found this setup makes people rotate though the low back, which leads to injuries. Keeping it closer to the foot allows the arm to be almost vertical throughout the lift.

   There are a couple of different ways to hold the handle at the bottom: internally rotate the arm so the thumb is pointing backwards, internally rotate the arm so the entire palm faces backwards, or keep the shoulder neutral so the palm faces the opposite leg. In my opinion, the ideal way depends on the lifter and his or her goals and what feels most comfortable. For example, I have a shoulder injury on my right side. Doing Cleans with the thumb back makes it worse, so I go palm facing back. There's no right or wrong way here.

2. With the bell on the floor close to the right foot, squat down and insert your hand into the handle. You may hold it so the palm faces backwards, toward the opposite leg, or so that the thumb points backwards. Keep the grip relaxed.
3. Use the legs and explosively stand. The bell will start to rise as your hips and legs extend. The momentum should make the bell rise higher than the hips.
4. As the bell floats up, quickly bring the forearm up to the rack position, keeping the elbow close to your side. The bell should roll around the forearm as opposed to going over the fist. Think about shoving your hand through the handle.

Keep your grip relaxed, just enough to hang on to the bell. The harder you squeeze the handle, the more friction that leads to blisters and tearing of the hands.

The line of pull is vertical, so the bell should not swing out in front of you. The elbow should not pop out to the side or lift up.
If the bell is slamming your forearm, you are either letting it go over the fist or you are pulling too hard.

Putting the bell down:

The legs do the work when "dropping" the bell as well. They absorb the weight of the bell as it falls to the floor. The fall is controlled but not resisted by the arm. The bell should lightly touch the floor between reps and not make a lot of noise.

1. Internally rotate the wrist and point the fingers towards the floor. The elbow will lift slightly and the bell will start to fall to the floor. Tighten your grip just enough so the handle doesn't slip out of your hand.
2. As the bell approaches waist level, bend your knees so the legs absorb the force. The bell should just kiss the floor before reversing the movement and doing another rep.

The drop is smooth and is controlled by the legs but guided by the arm. There should be no jerking on the arm, elbow, or shoulder as the bell falls. Any jerking is a result of mistiming between the arm and leg. Over time, the jerkiness will result in injury.

Typically, people either let their arm go all the way straight before bending the knees or they bend the knees too soon. This does take some practice and an experienced eye to see where the mistiming occurs.

One other point in regards to starting every rep: Don't squat down more than you need to reach the bell. The arm must be straight at the start of each rep or you will be jerking the arm on the pull. Like a deadlift, there should be no slack in the arm when the lift starts.

Double Dead Clean

This is done the same as the single arm version; you are just doing it with both arms at the same time. The rack position needs to be looked at though, as it is a little

different. When doing a double dead clean or other variation, care must be taken to keep the fingers out of the way as the bells go into rack position. The easiest way to save the fingers is to simply straighten them out as the bells go into rack. The people who do kettlebell competitions may also keep their fingers inside the handle to protect them. Either way is fine.

Hang Clean, Double Hang Clean

The Hang Clean starts with the bell hanging at or below the knee, but the rest of the movement is the same. Hang cleans may be done for 3 reasons: 1) the bell is very heavy and you don't have the power to pull it from the floor, 2) you lack the hip mobility to get down low enough or 3) you have weak abs and tend to twist the back or shift our hips when pulling from the floor. In the latter 2 cases, the hang clean is a regression from the dead clean.

Clean

The standard Clean, which some refer to as the "swing" clean or "pendulum" clean, uses momentum from a rocking motion similar to the swing to generate power. It makes the lift easier but allows you to move more weight that what you might be able to pull from the floor. It will also let you go longer with lighter bells.

Single-Arm Clean

1. Pick up a bell and hold it between your legs with one hand.
2. Use the thumb and forefinger to grip one corner of the handle. The palm can be facing back, towards the opposite leg or towards the same leg (internal shoulder rotation).
3. Rock the bell back between your legs and use the hips to propel it forward.
4. As soon as it passes the legs, bring the forearm up and let the bell wrap around the wrist. You should now be in rack position. Keep the elbow against the body throughout the pulling phase and don't let the bell swing out in front.
5. Rotate the wrist and point the fingers to the floor. As the bell falls, guide it back between the legs, push the hips back a little and slightly bend the knees. The heavier the bell(s), the further back the hips will need to go to absorb the force and to produce enough power to bring the bell(s) back to rack position. The bell(s) should stay high between the legs. The closer to the floor, the more you are loading your back.

Double Clean

These are done exactly the same as the Clean but with a bell in each hand.

As we mentioned in the double dead clean, watch your fingers!
You will have to take a wider stance with the double version, and the bells will be lower than with the 1-arm version, but the bottom of the bells should be about knee level.

Alternating Hang Clean

The alternating clean is a nice, challenging, athletic exercise that hits the core hard due to the anti-rotational nature of the movement and the fact that you are moving the sides of the body in opposite directions at the same time!

2 Step Alternating Hang Clean

This is the beginner version and is a little easier because it requires less coordination:

1. Hold two bells in hang position.
2. Perform a 1-arm hang clean.
3. Return the bell to hang position.
4. Perform a hang clean with the other arm.
5. Return it to the hang position.

Keep doing the 2 step clean switching arms every rep.

1-Step Alternating Hang Clean

The difference between the 1-step and 2-step alternating cleans is the elimination of the distinct stop in the hang position after each rep. In the 1-step variation there is no rest, and the bells are continually moving.

1. Stand holding 2 bells in hang position.
2. Clean one bell.
3. As you drop the first bell to hang position, clean the second at the same time.

Repeat.

As you can see, the reciprocating action of the 1-step alternating cleans puts a tremendous about of torque on the body and hits the obliques and quads exceptionally hard!

Jerks

Jerks are an awesome exercise to build overhead strength and mobility. They also are great for the legs and core, but they are tough to master and require a lot of coordination. The Jerk and the Clean & Jerk (referred to as Long Cycle) are 2 of the 3 lifts contested in the world of Kettlebell Sport. Men compete in the double jerk or double long cycle. Until recently, women could only compete in the 1-arm versions.

The lift has 4 parts: the first dip, the second dip, the stand to lockout, and the return to rack. We'll break down each piece step by step.

The First Dip

This is the initial movement and is used to create the drive necessary to get the bells moving up. The goal is to create as much lift to the bells as possible. The arms will start to straighten as the bells go up and in at the Drop, you will literally drop under the bells to straighten the arms.

1. Bring 1 bell to rack position (in the long Cycle you will clean the bell(s) each rep). Try to get the elbow as close to the hip bone as possible and keep the forearm tight to the body.
2. Drive the knees forward and down quickly while allowing the trunk to lean back about 10 degrees. Note – this is not a squat.
3. As you reach end range of the first dip, explosively reverse the movement and use the hips to drive the bell up. The bell should start to rise both from the hip pushing the arm up and momentum.

To practice just the first dip, let the bell rise, then fall back into rack as you drive into hip, knee, and ankle extension. This movement is called a jerk squat.

The Second Dip

As the bells are rising and you've completely extended the hips, knees, and ankles, quickly drop into a partial squat and straighten the elbows.

- ✓ The elbows MUST be locked out at this point; otherwise, it's considered a push press.
- ✓ The goal is not to push the bells with the arms but to get the body under the bells.

- ✓ Two factors come into play. The more powerful your first dip, the less deep you need to go on the second. Conversely, if your first dip is weak, you will need to move faster and go deeper on the second dip.
- ✓ At this point, your knees are still bent in a partial squat and the elbows are locked out overhead.

Stand up, keeping the elbows locked.

The Drop

Bringing the bells to rack smoothly and efficiently with no banging of the arms is the goal of the drop. It's more than just letting the bells come down; it's also not a slow lowering of the bells.

1. With your arm overhead, let the elbow bend and quickly return it to rack position.
2. As the bell falls and the forearm comes against your body, bend the knees to absorb the fall with the legs rather than the arm.

Before starting the next rep, straighten the knees.

Breathing in the Jerk

There are several inhale/exhales in the jerk, but you should always focus on exhaling; the inhale will happen naturally.

Exhale points:

1. As you hit the bottom of the first dip.
2. As you hit the bottom of the second dip.
3. At the top when the knees lockout.
4. As you catch the bell in rack position.

The breathing cycle is very important in kettlebells sport. If you don't use this or a similar cadence, you will wear yourself out.

Double Jerks

Exactly the same as the 1-arm but with 2 bells in rack position.

1 Arm Clean and Jerk (1 arm Long Cycle)

1. Perform a Clean.
2. Perform a Jerk.
3. After the bell comes back to rack position, re-clean it.

Double Clean & Jerk (Long Cycle)

Same as the 1-Arm Long Cycle except with a bell in each hand, cleaning both each rep.

Clean and Press

This can be done with 1 kettlebell or doubles.

Do a Clean followed by an Overhead Press and repeat.

The clean can be between the legs, hand, or dead.

Double Clean—>Double Front Squat

This can be either double dead, double hang or double cleans and is another combination movement.

1. Clean two kettlebells.
2. Perform a Double Front Squat.
3. Return the Bells to the floor and repeat.

Bicep Curls

A curl is simply bringing one or both arms from an extended position with hands in to the side of the thighs to chest/shoulder level by contracting the biceps and bending the elbows. Typically, they are done with the palms facing forward (supinated) or palms facing across the body (neutral shoulders). The latter is typically called a Hammer Curl because the grip resembles holding a hammer.

1. Hold a dumbbell in one hand or one in each hand with the hand in the middle on the handle.
2. Stand with feet about hip-width apart.

3. With the arms straight down in front and elbows against the body, pull the DB up until the upper arm is against the chest. Keep the wrist straight and elbow against the body. Do not rock the body to get the weight up.
4. To lower the bell, straighten out the arm with control until the arm is hanging straight down slightly outside the thighs. Do not rock forward.

Throughout the curl, use your abs to engage the core and to prevent rocking the body.

Hammer Curl

1. Stand with feet hip-width apart.
2. Hold a dumbbell in one hand or one in each hand, holding the center of the handle.
3. Let the arms hanging straight down and hands just to the outside of the thighs, palm faces inward.
4. Keep the palm facing inward, bend the elbow, contract the bicep and bring the DB up until the end touches your upper chest/shoulder.
5. With control, straighten the elbow and return the DB to the start position.

As with the regular bicep curl, stay tight and don't rock.

Alternating DB Hammer Curl

1. Hold a DB in each hand with feet hip-width apart, palms facing towards each other, with arms hanging down straight and vertical.
2. Perform a Hammer with one arm.
3. As you are lowering the DB to the start position, perform a Hammer Curl with the other arm.
4. Repeat so 1 arm is curling while the other is lowering.

Alternating Dumbbell Curl

1. Stand with feet about hip-width apart with a DB in each hand.
2. Curl one DB.
3. As you are lowering the first DB, curl the second.
4. As you lower the second DB, curl the first.

Keep alternating arms.

Band Bicep Curl

1. Hold one half of a band in your hands, arms down slightly outside the thighs. Palms face forward.
2. Keep feet hip-width apart. Stand on the other half of the band.
3. With the palms facing forward and elbows against your sides, bend the elbows and bring the band up until it is level with the collarbone.
4. With control, straighten the arms and lower the band to the starting position.

Band Hammer Curl

1. Set up the same as the band bicep curl, but instead of the palms facing away, rotate them so they point toward each other.
2. Bend the elbows, bringing the thumbs up toward the collarbone.
3. Slowly lower the arms, straightening the elbows.

Repeat with no bending or swaying.

Kettlebell Curl

1. Hold a kettlebell in both hands by the ball so the handle points down and forward. Legs are straight and hip-width apart.
2. Squeeze the bell and curl it up keeping your elbows close to the body. Keep your abs and glutes tight.
3. Slowly lower the KB until the elbows are straight.

Repeat.

Stay tight and don't rock while performing the movement.

Kettlebell Triceps Extension

1. Hold a bell by the ball in both hands, feet about hip-width apart.
2. Lift the bell overhead.
3. Bend the elbows and bring the KB behind your head.
4. Straighten the elbows so the bell is overhead again.

Repeat by bending the elbows.

Stay tall and tight, using the abs and glutes to prevent back arching. If you have shoulder pain performing the triceps extension, don't do this movement. If you excessively arch your back, use a lighter bell and work on improving your upper back mobility by foam rolling and other movements.

Kettlebell Curl -> Triceps Extension

1. Perform a KB curl.
2. From the top of the curl, press the bell overhead.
3. Perform a KB triceps extension, then bring the bell overhead.
4. Bring the bell back to chest level.
5. Straighten out the elbows so the bell is in front of the groin area.

1-Leg Romanian Deadlift (RDL)

With a KB or DB. There are a few variations for this exercise: holding the bell in the hand opposite the working leg, holding a bell in each hand, or holding a bell on the same side as the working leg. The last is more challenging as it is harder to keep the pelvis level, thereby working the obliques more.

Make sure you are doing a standard hip hinge properly before attempting the 1-Leg RDL.

Opposite Side (Offset or Contra-lateral)

1. Hold a KB or DB in the left hand.
2. Lift the left leg off the floor by bending the knee slightly.
3. Push the hips straight back and let the right knee bend slightly; this is a 1-Leg Hip Hinge. The left arm should hang vertical at all times. Maintain a neutral spine at all times.
4. Reach for the wall with your hips and foot. Think about kicking a hole in the wall. Go slow, take your time.
5. Drive through the foot of the right leg, push the hip forward, and bring the left leg back next to the right foot. You can place the left foot on the floor if you need to when you stand.

The bell arm should travel straight down, directly under where it was when you were standing, typically just outside the little toe. If you find the bell traveling out in front, it indicates you are pushing the lead knee forward as you hinge at the hip. The shin should remain vertical (no ankle flexion).

Try to touch the floor with the bell, but this depends on several things: how tall the bell is, how long your arms and legs are, and your level of hip mobility.

Do not let the shoulders get lower than the hips.

This will test your balance and core control. Avoid rotating the pelvis. Keep the back foot pointed towards the floor.

To do the double variation, hold a KB or DB in each hand while performing the movement. This will be easier as the weight on both sides will balance you.

The same side or ipsilateral version is the same but holding 1 bell on the same side as the standing leg.

1-Leg Slider Deadlift

You will need a furniture slider, a paper plate, or a sock. You will also need 1 or 2 kettlebells or dumbbells.

1. Place the slider under your left foot.
2. Hold a KB or DB in the left hand.
3. Keep the right shin vertical as you push the left leg back. Let the torso incline so the angle of the back matches the left leg. The left heel must lift off the slider (ankle dorsiflexion).
4. Go back as far as you can; maintain an inclined but neutral spine.
5. Push the left foot into the slider and return to standing. Move the entire body as a unit, drive through the mid-foot and heel of the right foot.

Do not keep the torso upright or you may over-stretch the left hip flexor.

Do not allow the right knee to move forward as the left leg moves back.

You can hold the DB or KB in 1 or both hands or 1 bell on same side as the stationary leg.

Band Suitcase Deadlift

1. Stand with your feet about hip-width apart on top of a resistance band.
2. Hold 1 end on the band in each hand.
3. Sit down into your hips.
4. Stand up tall.

5. Push the hips down and back.

Repeat.

Band Suitcase RDL

1. Stand with feet about hip-width apart on top of a resistance band.
2. Hold one end of the band in each hand.
3. Push the hips BACK (a hip hinge) maintain neutral spine. Knees bend slightly.
4. Stand up, drive the hips forward, and stand up.

Maintain neutral spine at all times.

Band Sumo RDL

1. Stand inside a resistance band with feet about shoulder-width apart.
2. Push your hips back and bend your knees slightly (hip hinge).
3. Hold the band in each hand so that the arms are hanging vertical, about shoulder-width apart.
4. Stand up by driving the hips forward while holding the band.
5. Repeat by pushing the hips back.

Band Sumo High Pull

1. Stand inside a resistance band, feet about shoulder-width apart.
2. Grab the band in each hand so the arms are shoulder-width apart.
3. Bend the knees so the hips are down and there is minimal tension in the band.
4. Stand up quickly and as the hips extend, pull the band with the hands until it is level with the collarbone. If you have shoulder issues only pull to chest level.
5. Let the band come down with control, bend the knees until there is minimal tension in the band.

Repeat.

Sumo RDL

Can be done with 1 or two KBs or two DBs (it's awkward to do this with 1 DB).

1. Stand with feet about shoulder-width apart.

2. Place a kettlebell on the floor so it is between the ankles.
3. Push your hips back and bend the knees slightly (hip hinge).
4. Hold the kettlebell with both hands on the top of the handle.
5. Drive the hips forward and stand tall, extend the hips but don't shrug or bend the elbows.
6. Repeat by performing a hip hinge.

When hinging back, stay in control. When driving up be fast and explosive but stay in control.

Try to touch the kettlebell(s) to the floor, but don't bend the knees or allow the shoulders to get lower than the hips. If you are using DBs, try to get your back parallel to the floor and maintain neutral spine.

To perform the double version, hold a KB or DB in each hand and follow the steps above.

Suitcase RDL

Can be done with 1 or 2 KBs or DB.

1. Hold a KB or DB in one or both hands.
2. Perform a hip hinge. Try to get the back parallel to the floor. Maintain neutral spine.
3. Drive the hips forward and stand tall.

As with all the RDLs, maintain neutral spine at all times and don't let the shoulders get lower than the hips.

Farmer's Hold, Walks, and variations

Farmer's Hold, Walks, and variations are great for strengthening the obliques and mid and upper back. You should be able to maintain perfect posture at all times, especially with the 1-arm variations.

If you find you have to hold the opposite arm away from you to balance, the weight in your hand is too heavy. In addition, if you are leaning forward, especially on the Double Farmer's walk, or laterally on the single, the weight is too heavy.

Farmer Hold Single

1. Hold 1 KB or DB, feet about hip-width apart.

2. Stay tall, no side bending. If you have to hold the other arm out for balance, the weight is too heavy.

Double Farmer's Hold

1. Hold a bell in each hand with the hands outside the thighs, feet hip-width apart.
2. Slightly shrug the shoulders to hit the mid back.

Stay tall and look forward.

Double Farmer's walk KB & DB

1. Hold a KB or DB in each hand.
2. Walk. Stay tall. Shoulders shrug slightly. Look straight ahead not down. Maintain good posture. Take short steps.

Double Rack Walk

1. Clean two KBs and hold them in rack position.
2. Stay tall and walk. Take short steps. Shrug the shoulders slightly.

Floor Press

You can use 1 or 2 KBs or DBs

Getting a KB or DB into the proper position:

1. While lying on your back, place a bell near your right hip.
2. Insert the right hand into the handle, palm up, so it lies diagonally across the palm from the webbing between the thumb and forefinger and the bone at the base of the palm under the little finger.
3. Roll your body towards the bell and curl into a fetal position.
4. Place and keep the right elbow on the floor.
5. Reach over with the left hand and place it on top of the handle and wrapping over the right hand.
6. Use your body to roll face up. You are leveraging the bell into place not curling it up.
7. The forearm should be vertical, the elbow bent to 90 degrees and by your side at the bottom ribs. The palm should face across your body not to the feet.
8. Straighten the legs.

With a DB: Everything is the same except Step 2 above; instead, hold the DB in your right hand palm up before going into fetal position and bringing the left hand over.

The start position for the actual press starts at Step 8.

The Floor Press

1. Stay tight and keep the low back on the floor.
2. Keep the palm facing across the body and press the bell up. The forearm travels in a straight line. When the elbow is extended, the hand should still be above the lower ribs, not over the chest or shoulder.
3. With control, lower the arm and touch the triceps to the floor with the elbow at 90 degrees.

When switching sides with 1 bell, set it on the floor and use both hands to drag it around your head on the floor to the other side. Do not drag or carry it across the body.

The double version is the same from Step 8. Getting two bells up can be tricky, especially when going heavy.

Double Floor Press

1. Place one KB or DB by each hip.
2. Start with your weaker side and place you hand in the handle (KB) or hold the handle, palm up, on a DB.
3. Roll into fetal position and use the other hand to assist while you roll back to face up.
4. Grab the second KB or DB, roll to that side into fetal position and leverage the bell up.
5. Both elbows should be down near the lower ribs with the elbows bent about 90 degrees. Palm face inward.
6. Press both bells up at the same time.
7. With control lower the arms until the triceps touch the floor.

Repeat.

To lower, roll to one side and set the bell on the floor. Roll to the other side and set that bell down as well.

Alternating Floor Press

1. Start the same as the Double Floor Press.
2. Press one bell up.
3. As you are bringing that arm down, press the other one up.
4. Keep alternating like a piston.

Core Engaged Leg Lowering

With a KB or DB. Leg lowering is typically done as a corrective, but you can lower it for those who are ready and make it a nice ab exercise.

1. Lie on your back.
2. Hold a KB or DB in your hand and raise it up over the chest.
3. 3 Raise both legs up until vertical. If you can't keep the knees straight, start with them bent at 90 degrees.
4. Keep the elbows straight and lower the bell until the arms are about 45 degrees from the floor above the head.
5. Exhale and slowly lower /extend 1 leg until the heel is almost to the floor.
6. Pause.
7. Inhale and bring the leg back its starting position.
8. Bring the bell so the arms are vertical.
9. Repeat and lower/extend the other leg.

Focus on the breathing, slow and controlled. The exhale should last for a 5 to 6 count. Then pause for a 3 count and the inhale and raising of the leg for a 3 count.

Make sure the ribs don't flare up and the low back stays flat.

Lunges

Before doing lunges, especially the weighted Walking Lunges, make sure your split squats are spot on. Any issues in the split squat will be amplified in the lunge.

Until you learn your step distance, it's best to start in half kneeling.
Once you set up in half kneeling, stand without moving your feet and note the distance between the feet. That is how far forward you should step when doing the forward lunge.

Forward Lunge

1. Stand with feet hip-width apart.
2. Step out with the right foot. Lead with the heel. The feet should still be hip-width apart laterally. The forward distance should be close to what you established from the half-kneeling position.

3. As the lead foot plants, bend both knees. Try to get the front thigh parallel to the floor, but don't sacrifice form for depth. Only go as low as your range of motion allows for.
4. Push back with the lead foot and return to standing.

You can either repeat with the same leg or switch to the other leg.

Offset Lunge

Offset refers to holding a weight in the hand opposite the lead leg. This is also referred to as contralateral. When holding a load offset, you will do all reps with the same leg. When you switch lead leg, you will move the load to the other hand.

The load can be down by the leg or held in rack position (KB), at shoulder level (DB), or overhead (KB or DB). The movement is the same regardless of where the load is held. The further away from the floor, the lighter the load should be. If you have poor shoulder mobility, don't do the overhead lunge.

1. Choose your load and where you want to hold it.
2. Do a forward lunge as directed above.
3. Return to standing.

When you have completed all the reps or time interval on one side, switch lead legs and move the load to the other hand.

Goblet Lunge

Hold a KB or DB in goblet position and lunge as detailed above. Since the load is centered, you may alternate the legs instead of doing all on one side.

Walking Lunge

The Walking Lunge is simply a lunge followed by stepping out with the other foot into another lunge as opposed to stepping back to standing each rep. These are harder than a forward lunge as they require more control over the core especially when fatigued and require you to maintain an upright torso and vertical lead shin. If you have trouble with the Forward Lunge, you should not do the Walking Lunge. You should also know exactly how far to step. If distance between the feet is too close, you won't be able to keep an upright torso and shin. If they are too far apart, you will have trouble stabilizing.

1. Stand tall feet hip-width apart.
2. Step forward with one leg to the appropriate distance. Lead with the heel.

3. When the foot is firmly planted, bend both knees until the lead knee is almost to the floor.
4. Push forward off the lead leg and bring the trailing leg forward.
5. Step forward with the other leg. Lead with the heel, plant the foot, and bend the knees until the rear knee is almost to the floor.
6. Drive forward, stand tall and step out with the first leg.

You can do Walking Lunges loaded the same as the forward lunge, offset or double, racked, overhead, goblet, etc.

Reverse Lunge

1. Set up in a half-kneeling position and note where the rear foot is. When doing the reverse lunge, the stepping foot should go to that spot.
2. Start standing feet hip-width apart.
3. Stay tall and reach back with the right foot. Lift it off the floor slightly.
4. Plant the ball of the foot on the floor when the foot reaches the spot you identified in step 1.
5. Bend both knees until the right knee is almost to the floor, or as deep as you can go and maintain proper alignment.
6. Push off the right leg and return to standing.

Keep the shoulder stacked over the hips; the upper body shouldn't fold forward.

Lunge and Curl

1. Hold a dumbbell in each hand.
2. Step into a forward lunge as described above.
3. As you are bending the knee, curl one or both DBs up.
4. Lower the DBs as you return to standing.

Alternating Lunge and Dumbbell Curl

Same as the Lunge and Curl but alternate the stepping leg and the curling arm.

When doing this curl, the arm on the same side as the trailing leg. If you are stepping with the right leg, curl with the left arm and vice versa.

Band Jumping Jacks

1. Stand inside a continuously looped resistance band.
2. Hold the top half of the band so it is across the collarbones. Lift the elbows up and to the sides.
3. Jump the feet out wide and back together like a Jumping Jack.

Band Overhead Shrug

1. Stand inside a continuously looped resistance band.
2. Hold the top half of the band so it is across the collarbones. The hands should be outside the shoulders.
3. Press the band up and out so the arms form a "Y"; the angle should be about 45 degrees on each arm. Keep the low back flat by engaging the glutes and abs.
4. Shrug the shoulders up and hold for a 2 count.
5. Lower the shoulders but keep the band up. Keep the elbows straight.

Band Supine Pull Apart

1. Lie on your back with a resistance band in your hands. Hold both parts of the band. The distance between your hands on the band depends on the strength of the band and the strength of your arms and back.
2. Keep the elbows straight and pull the band apart until the arms and sides of the hands touch the floor. Keep the low back on the floor at all times. The band should be across the chest, not the throat.
3. With control, bring the arms back up. Maintain tension in the band at the top; that is, don't bring the hands so close together that you have slack in the band. Don't let the band snap your arms back up. Stay controlled and resist it.

Chop Lift

With a kettlebell or dumbbell. Can be done from half kneeling or tall kneeling.

Tall Kneeling – Place both knees on the floor so the center of the knees are directly under the center of each hip. Keep the glutes tight to maintain neutral spine.

1. Hold a light kettlebell by the ball in front of your chest. Handle is up. For a dumbbell, hold the handle in one hand and wrap the other hand around it. When you lower the bell in front of the thigh, the fists point down.

2. From half-kneeling position, lower the bell so it is in front of the down side leg. The handle should be down.
3. Bend the elbows and bring the bell to the chest.
4. Continue to move the bell up and across the shoulder of the up leg.
5. Rotate the torso and head; look at the bell with your eyes as you press it up. The bell is moving at an angle. The top point will vary based on your shoulder mobility. Ideally both arms will be straight.
6. Bring the bell back to the center of the chest; rotate the torso and head back to the front.
7. Lower the bell so it is in front of the down side leg and repeat.

Go slow; this is a shoulder mobility drill and should be done in a slow, deliberate, controlled manner.

If you are doing these from half kneeling, switch the up leg and repeat going the other way.

The movement from tall kneeling is the same as from half kneeling.

Figure 8 with a Tap

This is a dynamic kettlebell exercise. It requires a good degree of anti-rotational core strength.

1. Stand with the feet about shoulder-width apart and toes forward.
2. Hold a KB with the right hand by the corner of the handle; palm faces back.
3. Rotate the handle so the open corner points behind the left leg.
4. Push the hips straight back and let the knees bend slightly. As you are doing that, bring the bell between the legs and behind the left thigh.
5. Grab the bell behind the left thigh with the left hand. Both hands are on the handle for a split second.
6. Let go of the handle with the right hand.
7. Pop the hips forward and, using momentum, bring the KB up so it's in front of the chest on the right side. As the bell is coming up, bring the right hand up to stop the bell from touching your body. At this point the handle should be parallel to your chest and the bell should be in contact with the right palm. The right hand acts as a stop so the bell doesn't slam against you.
8. With the bell still in the left hand, let in fall between the legs and direct it behind the right thigh.
9. Bring the right hand behind the thigh and grab the handle. Again both hands are on the handle briefly.

10. Use momentum; bring the bell from behind the right thigh up to the left side of the chest and bring the left hand up to intercept. The handle is parallel to your body. The left hand is touching the ball and faces away from you.

The movement should not be felt in the biceps. It's all about snapping the hips and whipping the bell around and up. This movement takes some practice to do smoothly, so be patient.

Getup Sit Up

You can use a dumbbell or kettlebell.

1. Lie on your back.
2. With a DB, grab the handle and bring the elbow to the floor so it is touching the body at the level of the lower ribs. The elbows should be bent to 90 degrees.
3. Press the DB up, keeping the hand over the start position, not over the shoulder
4. Sit up; keep the arm vertical.
5. Lower yourself back to the floor with control.

If the DB is too heavy, you may have to anchor one foot with something heavy.

To do the Getup Sit Up with a KB:

1. Sit on the floor and position a bell near you by the lower ribs on the right side.
2. Lie on your back.
3. Insert the right hand into the handle palm up.
4. Roll towards the bell and grab the handle with the left hand.
5. Keep the right elbow next to the body and on the floor.
6. Roll back to face up and let go with the left hand.
7. Press the bell up so the hand is over the start point, not over the shoulder.
8. Keep the arm vertical and sit up.
9. With control, lower yourself to the floor. Keep the arm vertical.

If it's too heavy, the foot opposite the hand will come up. We will stick a KB on that foot as an anchor.

Halo

This can be done half kneeling, tall kneeling or standing. This is a shoulder mobility exercise, so keep it light and move with control.

1. Once you've determined your stance, grab a KB by the sides of the handle. Hold the bell in front of the chest like you are going to do a goblet squat. Keep the shoulders down.
2. Rotate the right forearm and shoulder so the right forearm is parallel to the floor. At the same time, lift the arms so the right forearm goes over your head. It should just brush the hair.
3. Continue rotating the shoulders and forearms and bring the bell behind the neck.
4. Continue the movement and bring the bell the rest of the way around your head until it's back in front of the chest. As the bell passes the right ear, the left forearm should be just above the head and parallel to the floor.

Keep the glutes and core active. There should be no movement of the head or body; only the arms and shoulders move.

If you are doing half kneeling, switch legs when you change directions. You can move away from the up leg or towards the up. I tend to move away from it as that requires a little more stability.

Hot Potato

This is a core exercise targeting the obliques.

1. Stand tall with feet together knees straight.
2. Hold a kettlebell upside down with the handle perpendicular to the body at chest level. Make sure it is not touching you.
3. Shift the hands slightly so you are holding the bell by the ball in one hand. Toss the bell to the other hand which should be in front of the shoulder.
4. Toss it back to the other hand.

If you keep the hands close together, you won't get any benefit from this exercise. The further you have to toss the bell, the more the obliques have to kick in to keep you tall and prevent rotation.

Pullover Crunch

Can be done with kettlebell, dumbbell, or med ball.

1. Place a KB on the floor.

2. Lie down so the KB is just superior to the head.
3. Bend your elbows and hold the bell by the corners.
4. Bend your knees so the feet are flat on the floor.
5. Quickly pull the bell over. Keep the elbows bent and bring them towards the front hip bones (ASIS). As you are pulling the bell over, sit up to a 45-degree angle. Do not round the neck.
6. Roll your back down to the floor while you bring the bell back to the floor above your head.

Make sure the feet and hips stay on the floor throughout. Try not to arch the back when placing the bell on the floor.

The movement with a DB or med ball is the same. With a med ball, hold it in both hands. With a dumbbell, wrap one hand around the handle then wrap the second hand over the first. The DB handle will be vertical when you are on your back.

Slingshot (aka Around the World)

Another anti-rotation core exercise.

1. Stand tall with feet together.
2. Hold a KB by the handle with the right hand in the corner. The arm should be by the right thigh. Palm faces back.
3. Pass the bell around the front of the body. When it reaches the centerline, grab the left corner with the left hand. Palm faces back.
4. Bring the bell around the left side and behind. At the same time, move the right hand to the right and behind. When the bell is in the center, between the butt cheeks, grab the corner of the handle with the right hand.

Keep passing the bell around the body, switching hands at the front and rear centerlines.

Don't let the body bend, twist, or turn. The arms must be straight when the bell is in front of the body. They will bend slightly behind the body.

Once you get moving, you may notice you are swaying. This is normal and OK as long as it is coming from the ankle, not the hips, waist, or shoulder. The sway is your body counterbalancing the weight.

Make sure you have a clear space when you do this. Also, protect the floor, especially if you are on hardwood or tile. You WILL miss and the bell will go flying. Keep the area clear. I have many divots in my flooring from clients missing the hand-off.

Standing Band Chest Press

1. Take a resistance band and get inside.
2. Stand tall feet hip-width apart. You can also do this from a staggered stance as well: one foot forward, both feet pointed straight ahead, hips under the shoulders.
3. Place the band so it is chest level.
4. With the hands shoulder-width apart, hold the band in each hand.
5. Press the hands straight forward.
6. Bring the hands back in next to the chest.

If it's too easy, gather up slack in the band in each hand to increase tension.

1-Arm Press

Can be done with a kettlebell or a dumbbell.

Kettlebell Variation 1

1. Using a kettlebell, bring the bell to rack position as described in the section on Kettlebell Cleans.
2. With the feet about hip-width apart, drive the arm holding the bell straight up until the elbow is locked out but not hyperextended. The knees stay straight throughout.
3. Actively pull the KB back to rack position.

Kettlebell Variation 2 – aka the Arnold Press

1. Bring a kettlebell to rack position as described in the section on Kettlebell Cleans.
2. With the feet about hip-width apart, start driving the arm with the bell up.
3. As you start to press the bell up, move the arm out to the side about 45 degrees from the body.
4. As the elbow straightens, bring the arm back so the hand is over the shoulder.
5. Pull the bell straight down, back to rack position.

Dumbbell Variation 1

1. Hold a dumbbell in the center of the handle and bring it to shoulder level with the forearm against the side of the body. Feet are hip-width apart. Palm faces across the body.
2. Drive the arm straight up until the elbow is straight but not hyperextended.
3. Pull the DB back to the start position.

Dumbbell Variation 2- aka the Arnold Press

1. Hold a dumbbell in the center of the handle and bring it to shoulder level with the forearm against the side of the body. Feet are hip-width apart. Palm faces across the body.
2. As you start to push the DB up, move the arm out to about 45 degrees from the body.
3. As the arm straightens and approaches vertical, bring the DB in so it is over the shoulder, elbow straight but not hyperextended.
4. Pull the DB back to the start position.

Double Press

The same as the 1-Arm Press but holding either two kettlebells in rack or 2 dumbbells at shoulder height. You can do either variation as well.

1-Arm Push Press

1. Start with a kettlebell in rack position or a dumbbell at shoulder height as described in the 1-Arm Press.
2. As you start to press, bend the knees slightly then explosively straighten them. The knee drive gives a little bump to the press. It's a cheat but will let you get used to working overhead with heavier weights.
3. Pull the KB or DB back to starting position.

Double Push Press

1. Start with 2 KB in rack or 2 DB at shoulder height.
2. As you start to press, quickly bend the knees then reverse it to bump the weights overhead.
3. Straighten the knees as the elbows lock.
4. Pull the weights back to start position.

Half-Kneeling Bottoms Up Press

Half-kneeling position

1. Get down on one knee.

2. The front knee should be bent to 90 degrees and the shin vertical. The first and second toes should be in a straight line with the knee and the knee should be in a straight line with the *center* of the hip joint. The rear thigh should be vertical. You should be on the ball of the trailing foot, and it should be in line with the knee, which is in line with the center of the hip on the rear. Do not allow the trailing leg to kick in.

Bottoms Up

1. Grab a light bell.
2. Hold it in the center of the handle so that the bottom points up. Your elbow should be against your side, hand about level with the collarbone. Forearm stays vertical at all times.
3. Stay tight, keep the pelvis tucked under a little. The shoulders should be stacked directly over the hips.
4. Press the bell up, and squeeze the handle hard.
5. Bring it back down with control until the arm returns to the start position.

Keep it light. No arching, side bending, or leaning.

Band Overhead Press

Use a continuously looped resistance band designed for strength, not rehab.

1. Hold one part of the band in your hands arms hanging down in front. Palms facing towards your body.
2. Place the other part of the band on the floor and place your feet on it about shoulder-width apart, band under the instep.
3. Bring your hands up so the palms face forward and the band in across the collarbone. Hands should be slightly wider than shoulder-width apart. The band should be across the palms and the webbing between the thumb and forefinger.
4. Stay tight and drive the band overhead with the arms.
5. With control, lower the band back to your collarbone. Do not let it snap back down.
6. Make the band is securely in your hands. It can slip out, and it hurts!

Band Overhead Push Press

Use a continuously looped resistance band designed for strength, not rehab.

1. Hold one part of the band in your hands arms hanging down in front. Palms facing towards your body.

2. Place the other part of the band on the floor and place your feet on it about shoulder-width apart, band under the instep.
3. Bring your hands up so the palms face forward and the band in across the collarbone. Hands should be slightly wider than shoulder-width apart. The band should be across the palms and the webbing between the thumb and forefinger.
4. Stay tight, bend your knees slightly then explosively straighten them while pushing the band overhead.
5. With control, lower the band back to your collarbone. Do not let it snap back down.

See Saw Press

Use a pair of kettlebells or dumbbells.

1. Hold a pair of KBs in rack position or a pair of DBs shoulder height.
2. Feet should be hip-width apart, knees straight.
3. Keep the knees straight and press one of the KBs or DBs up.
4. As soon as the elbow locks out, start to bring it back to the start position.
5. As you are bringing one bell down, press the other up.

Keep alternating arms, moving like a piston.

Reverse Crunch

This is a challenging core exercise. You will need a kettlebell, dumbbell or something heavy, on the floor, to hold onto. It could even be the leg of a weight bench.

1. Place a kettlebell or other moderately heavy on the floor.
2. Lie down so the KB is on the floor above your head.
3. Hold the handle or the ball with both hands.
4. Tuck your knees to your chest and keep them tucked.
5. Roll up onto your shoulders while maintaining the knee tuck.
6. Roll back until the hip are almost touching the floor.

The lighter the anchor weight, the harder the exercise.

Don't allow the knees to come un-tucked.

Don't roll onto the neck.

Rows

With a kettlebell or dumbbell. These are a bit different than traditional DB rows with the leg or knee on a bench. Instead, you'll be using your body to support you.

With a Kettlebell

1. Place a kettlebell on the floor in line with your left shoulder while you are standing. The handle should be parallel to the right foot.
2. Step the left foot back as far as possible and bend the right knee.
3. Rest the right forearm on the right thigh. The hip and shoulders should be squared up. You may need to move your left leg more to the left to allow the hips to squared up. Your stance should be long and the hips should be below the level of the shoulders.
4. Use the left hand and grab the corner of the handle furthest away and tip the KB towards the left leg.
5. Retract the shoulder blades and pull the KB to your hip.
6. Slowly return it to the floor in line with the left leg and forward of the right foot.

Keep the spine neutral, look down and slightly forward with the neck. Keep the body stationary, no movement except the shoulder retraction and arm movement.

Keep the pull smooth with no jerking.

With a Dumbbell

Everything is the same except for the grip.

Setup the legs as described above in Steps 2 and 3.

1. Hold the center of the handle.
2. Pull the bell to your hip like you are putting it in your pocket.
3. Slowly return the DB to the start position.

Bent Row – 2-handed

With a Kettlebell

1. Place a bell on the floor.
2. Stand with feet about shoulder-width apart.
3. Grab the bell by the ball with both hands.
4. Push the hips back like in a hip hinge, until the shoulders are slightly higher than the hips. Keep the abs tight.

5. Pull the bell to your mid torso by squeezing the shoulder blades together.

Keep the spine neutral, including the neck.

With a Dumbbell

Hold one end of a DB in each hand.

1. Stand with feet about shoulder-width apart.
2. Push the hips back like in a hip hinge, until the shoulders are slightly higher than the hips. Keep the abs tight.
3. Pull the bell to your mid torso by squeezing the shoulder blades together.

Band Bent Row

1. Stand with both feet on a continuously looped resistance band, feet about hip-width apart.
2. Push the hips back and bend the knees slightly (hip hinge). Your torso should be almost parallel to the floor.
3. Grab one end of the band in each hand.
4. Without changing back position, pull the band up towards your lower ribs.
5. With control, straighten the elbows. The hands should be near the ankles, still holding the band.

Band Seated Row

1. Sit on the floor, feet hip-width apart.
2. Place both parts of a continuously looped resistance band around the feet.
3. Grab an end in each hand.
4. Sit up tall, keeping the knees slightly bent. Keep the heels on the floor at all times.
5. Pull the band towards your waist by pulling through the upper back.
6. With control, let the arms straighten until the hands are back at the start position.

You can adjust the tension by moving the feet further apart.

Renegade Row

Can be done with 2 dumbbells or two kettlebells. Using KBs is much more challenging because it is harder to stabilize the body on them. Smaller diameter bells are harder than larger ones.

1. Place two hexagonal dumbbells of the same size and weight on the floor shoulder-width apart. For Kettlebells, use 2 of the same size bells. For both, the handles should be parallel to your body.
2. Get into a pushup position with the hands on the DBs or KB. Move the feet wider to make it easier, but ideally feet should be hip-width apart.
3. Focus your energy into driving one hand through the DB or KB and into the floor.
4. Pull one of the DBs or KBs toward the same side hip.
5. Lower the DB/KB back to the floor in the same spot it started.
6. Row the other side.

Don't let the hips lift or any part of the body rotate. Maintain a plank position at all times.

Dumbbell or Kettlebell Pushup to Row (Pushup with Renegade Row)

Can be done with 2 dumbbells or two kettlebells.

1. Start the same as the Renegade Row above.
2. Do a Pushup with your hands on the bells.
3. At the top of the pushup, focus your energy into driving one hand through the DB or KB and into the floor.
4. Pull one of the DBs or KBs toward the same side hip.
5. Lower the DB/KB back to the floor in the same spot it started.
6. At this point you can either row the other side or do another pushup then row the other side.

When you are doing the row, don't let the hips come up or rotate. Maintain a plank position throughout.

Double Bent Row

This can be done with two kettlebells or two dumbbells.

1. Hold a KB or DB in each hand by the handle.

2. Push the hips back with slight knee bend until the torso is almost parallel to the floor. Make sure to keep the spine neutral. If you can't, go as far as you can but maintain good back position.
3. Keep the core braced.
4. Pull both bells towards the chest pull from the back.
5. Return the bells to the start position.

This can get into your lower back, so don't go too heavy, especially when doing timed intervals.

Slider Body Saw

You will need a pair of sliders, paper plates or socks on a wood floor. This is a fairly advanced core exercise.

1. Place the sliders under the feet.
2. Go to the floor and get into the forearm plank position.
3. Maintain plank while pushing the legs back with the upper arms.
4. Go as far back as you can but don't let the low back arch.
5. Pull the body forward by using the upper arms. Keep plank position, and don't let the hips pop up.

Slider crawl (alligator)

1. Place a pair of sliders under your feet.
2. Go to a pushup position.
3. Using the hands only, walk the body forward. Keep the knees straight. The legs trail behind.

Slider Double Knee Tuck

1. Place a pair of sliders under your feet.
2. Go to a pushup position.
3. Pull both knees towards the elbows. Keep the hips level with the shoulders.
4. Extend the legs back and return to pushup position.

Slider Hamstring Curl

1. Lie face up on the floor.
2. Place sliders under the heels with the legs straight.
3. Pull both feet in towards the glutes while lifting the hips off the floor.
4. Slide the feet back out and lower the hips.

Make sure to maintain a neutral spine, especially as the hips are lifted.

Slider Jacks

1. Place a slider under each foot.
2. Go to a pushup position or forearm plank.
3. Keep the legs straight and move the feet apart. Maintain a neutral spine with no hip movement.
4. Slide the feet back together.

Slider Mountain Climber

1. Place a slider under each foot.
2. Go to a pushup position.
3. Pull one knee under the torso.
4. Slide that leg back and at the same time slide the other knee under.
5. Repeat alternating legs and move quickly. Keep a neutral spine with the hips and shoulders level

Slider Pike

1. Place a slider under each foot.
2. Go to the floor into pushup position.
3. Keep the knees straight and pull the feet towards the hands folding at the hips which will go up. You should look like an inverted "V."
4. Slide the feet back returning to pushup position.

This is very advanced.

Slider Reverse Lunge

1. Place a slider under the right foot.
2. Stand tall and slide the right foot back and bend both knees until the right knee is almost touching the floor.
3. Drive through the left heel, pull the right foot back under you and stand up tall.

If you have limited range of motion in the hips or have trouble doing a split squat, you should avoid this movement.

Snatch

Snatches are one of the most technical kettlebell lifts up there with Turkish Getups and Jerks. There 2 primary approaches to the snatch: hard and fast and slower for longer sets. The latter is the style use for Kettlebell Sport. You have to snatch for 10 minutes straight with only 1 hand switch allowed and the bell may not rest anywhere except overhead. Without proper technique and pacing, it is almost impossible to last unless you are using a pretty light bell.

The other method, which some call “hard style,” is more aggressive and is suited for lower reps and heavier weight. There’s no right or wrong style; pick the one that suits your goal. If it is fat loss, either style will work; if you are after power and performance with heavier loads, go “hard style”; if you are after power/endurance, go kettlebell sport style.

When I teach the Snatch, I start with hard style because it tends to be easier for people to learn. I also start with the dead snatch, which, like the dead clean, starts and ends with the bell on the floor.

The snatch, regardless of style or version, is an overhead lift and requires good shoulder and thoracic mobility as well as shoulder strength and stability and the ability to generate adequate power from the hips.

Dead Snatch

The Dead Snatch movement is almost the same as the Dead Clean. The difference is how high the bell is being lifted. The overall idea of using the legs, driving through the feet, knees, and hips to generate power is the same. Obviously, you must generate more power doing a dead snatch than a dead clean assuming you are using the same weight for both lifts.

1. Place a kettlebell on the floor between the ankles.
2. Reach down and grasp the handle in the right hand. Hold the far corner of the handle using the thumb and first two fingers for the majority of the grip. Loosely wrap the other finger around the handle.
3. Sit down into the hips. Keep the elbow straight.
4. Stand up quickly and pull the bell vertically using momentum not brute force from the arm.
5. When the elbow gets higher than the shoulder, raise the forearm up then straighten out the wrist as the elbow locks out. Your knees, shoulders and elbow should be locked out.

To return the bell to the floor:

1. Bend the wrist and rotate it so the thumb side of the hand points down. The elbow will also bend. Let the bell roll off the forearm.
2. As the bell falls and passes chest level, begin to bend the knees.
3. Keep dropping the hips. Allow the arm to straighten and place the bell on the floor between the ankles.

Hang Snatch

The Hang Snatch, like the Hang Clean, starts off the floor about level with the knees.

1. Hold a KB in one hand with the bell between your knees.
2. The grip is the same as the dead snatch: Hold the far corner of the handle using the thumb and first two fingers for the majority of the grip. Loosely wrap the other finger around the handle.
3. Bend your knees a little and explode straight up pulling the KB up.
4. As the elbow goes higher than shoulder, lift the forearm vertically. As the elbow locks out so should the wrist.

The ankle, knees, hips, shoulder, elbow and wrist should all be locked out at the same time.

To return the bell to hand position:

1. Bend the wrist and elbow and let the bell roll off the forearm.
2. As the bell falls and passes chest level, begin to bend the knees.
3. As the arm and wrist straighten bend the knees more to absorb the weight. The bell should stop just below the knees.

The Snatch

This version is what most people think of when talking about kettlebell snatches. The Dead & Hang Snatches are variations of the Snatch.

The bottom of the snatch is a swing; make sure you can do a one-handed swing well before attempting the snatch.

There's a lot more going on in the snatch than the dead and hang versions due to the swing phase of the movement. The swing allows you to get more momentum and more power into the movement. This lets you lift heavier and for more reps.

1. Grip the corner of the bell with the right hand, mostly using the thumb and first two fingers.
2. Swing the bell back between the legs. Keep the bell high between the legs.
3. As the bells passes forward through the legs, start to pull the bell vertically, the way as in the dead snatch. The path of travel is a "J."
4. Keep the thumb side of the hand pointed back towards your body. As the elbow gets higher than the shoulder, let the forearm move vertically.
5. As the elbow straightens, so should the wrist, knees, hips and ankles. The thumb side of the hand should be pointed backwards anywhere from straight back to about 45 degrees forward. The palm of the hand should **not** be facing straight ahead. The bell should rest diagonally across the palm from the webbing between the thumb and forefinger to the base of the palm below the little finger.

To drop the bell:

1. Rotate the hand so the thumb is pointing down. Bend the wrist and elbow.
2. Let the bell roll off the forearm. Guide the bell down and back through the legs while doing a hip hinge (the swing).
3. Let the hips absorb all the energy of the bell. Don't try to stop it with your arm or you will get some pretty nasty blisters, at the very least.
4. Once you've absorbed the energy of the falling bell, pop the hips forward, bring the bell through and do another rep.

Things to avoid:

a) The arm should be locked out at vertical. Don't let the bell pull the arm back. This is a function of pulling the bell straight up after it passes through the legs.
b) Stop briefly after lockout. In Kettlebell Sport, the arm must be "fixated" with no movement anywhere in the body.
c) Don't hold the bell with a death grip. Keep the grip relaxed, just enough to hold on.

d) The bell should not bang your forearm on lockout. If it is, you are probably letting the bell flip over the hand. The bell should roll.

Squats

All the squats in this section are done the same; the difference is the type of equipment used to create external load and where that load is carried. These are all front-loaded squats and so we want the torso to remain upright as much as possible and the shins close to vertical.

Basic Bodyweight Squat

1. Stand tall with the feet about shoulder-width apart and feet turned out about 15 degrees.
2. Lower the hips down and bend the knees. Make sure the knees are aligned with the toes.
3. Go as low as possible paying attention to the knees and hips. Ideally, you should get the hips lower than the knees but you must have good ankle and hip mobility as well as core strength to get below parallel and keep the body properly aligned.
4. Drive through the heels and stand up tall. Do not arch the lower back or neck.

If your knees are falling in, think about spreading the ground apart with your feet to get more glute activation to help prevent the knee collapse (valgus).

Keep the torso upright as much as possible and the shins vertical. If you find yourself folding over at the waist or hips, stand with your feet about 4 to 6 inches in front of a wall and practice the Bodyweight Squat. Focus on upright torso. No part of the body should touch the wall. Don't turn the head or lift the chin to avoid contact with the wall. Over time, you should be able to move in closer as your mobility and stability increase.

If you have trouble with the Bodyweight Squat, you shouldn't do any of the loaded movements.

Goblet Squat

These can be done with a kettlebell or a dumbbell.

1. Grab a kettlebell by the sides of the handle and bring to chest level. Keep the elbows down and against your belly. With a dumbbell, hold both hands under one of the ends so the DB is hanging vertically.
2. Stand and perform the Bodyweight Squat while holding the DB or KB.

Stay tall and tight; you should feel abs, glutes and quads being utilized.

Jump Squat

1. Follow the steps in the Goblet Squat. Be more explosive as you stand and jump off the floor as you finish standing up. Land softly and drop back into the next rep.

If you have a tough time with Goblet squats or your knees cave in, don't do any jumping squats.

Front Squats

These can be done with one or two kettlebells or dumbbells

1. Hold a KB in rack position (see the section on Cleans) or two if you are doing doubles. If you are using dumbbells hold one (or both) at shoulder level, palms facing in.
2. Squat down as in the Body Weight Squat.
3. Drive through the heels and stand up. As with all squats, make sure the knees stay line up with the toes.

With 1 KB or DB, you must use the obliques to control rotation. Your body will want to rotate when loaded on one side, especially if the load is too heavy.
If you are using KBs and you find the bells are falling off the arms, check for these things:

a. The weight(s) is too heavy.
b. You are collapsing/folding at the waist.
c. You are twisting.
d. All of the above.

Front Jump Squats

With 1 or 2 KB and 1 or 2 DBs.

1. Start as you did in the Front squat.
2. As you stand be explosive and jump off the floor. Keep the KBs in rack or the DBs at shoulder level.
3. As you land, be soft and absorb the energy by squatting again.

Sumo Squats

These are squats but with a wider stance and with the bell being lifted from and to the floor each rep rather than being held in Goblet or rack position. They are easier and can be loaded heavier due to decreased range of motion. However, they are also easy to cheat and many people will try to do RDLs instead of squat. Technically this can be

considered a deadlift but I prefer to call them squats because it gives people a different mental image of the movement.

1. Place a heavy kettlebell between your ankles, handle parallel to the torso.
2. Place your feet slightly wider than shoulder-width, toes pointed out 10 to 15 degrees. Make sure the knees track with the toes.
3. Sit down, let the arms hang straight and keep the torso vertical. Spine is neutral.
4. Grab the KB with both hands on the handle.
5. Stand up and lock the hips and knees.
6. With control lower the bell to the floor.
7. As soon as the bell touches the floor, stand back up.

Remember, hips down, not back.

Doing Sumo Squats with 1 DB is a little odd, but it can be done.

1. Start standing. Hold each end of the DB in each hand.
2. Squat down.
3. Stand up.

Remember, the movement pattern is the same regardless of load or location of load.

Double Sumo Squat

With KB or DB. You'll need a slightly wider stance that for the single Sumo squat; other than that, everything is the same.

With a Kettlebell

1. Place 2 KBs on the floor between the ankles, handles parallel to the body.
2. Sit down into the hips and grab a handle in each hand.
3. Stand up holding the KBs.
4. Squat down, torso upright, hips down. Lower the bells to the floor. Keep the elbows straight.

With a Dumbbell

1. With a dumbbell, start by standing up and hold a DB in each hand.
2. Squat down by bending the knees. Keep the torso upright. Go as deep as you can without pitching forward or otherwise compromising your back position.

Maintain neutral spine; keep the elbows straight at all times.

Sumo Jump Squat

Follow the instructions above for the Sumo Squat variation of choice (1 or 2 KB or DB).

1. As you stand up, be explosive and jump off the floor. Keep the arms straight.
2. Land softly; sink back into a squat and repeat.

Band squat

The movement pattern is the same with a band as bodyweight or load with a KB or DB.

1. Stand inside a continuously looped resistance band. Feet about shoulder-width apart, same as a goblet or front squat.
2. Hold the other part of the band in both hands, palms face rear. Hands are slightly outside the thighs.
3. Bring the band up so it is across the collarbones, palms facing forward. Lift the elbows to the sides.
4. Keep the band in place and squat.
5. Stand up.

Once the band is across the collarbone, it stays there until you are done.

Band Jump Squat

1. Setup the same as the Band Squat above and do a squat.
2. As you come up, be explosive and jump off the floor. Keep the band across the collarbone.
3. Land softly and sink back into the squat.

Squat Thrust ->Double Sumo RDL

This movement is pretty tough, as you are combing the Squat Thrust (Burpee with no Pushup) and a Deadlift

1. Place two kettlebells about shoulder-width apart, handles parallel to each other.
2. Feet are a just outside the bells, and the bells are next to the ankle bones.
3. Squat down and place your hands on the KB handles.
4. Kick the feet back to a pushup position.
5. Jump the feet back so they are in their original place.
6. Rotate the KBs so the handles are parallel to the body.
7. Lift the hips so you are in the hip hinge position.
8. Hold the handles and stand up.
9. Push the hips back and place the bells on the floor.
10. 10 Rotate the handles 90 degrees.

Repeat.

Maintain neutral spine during the RDL portion. If you don't have the mobility to hold the handles of the bells with a neutral spine, don't do this combo.

2 Hand Vertical High Pull

Using 1 KB only. This is very ballistic; move fast. While it is an arm movement, most of the power comes from being explosive when coming out of the squat.

1. Set up as in the Sumo Squat.
2. Perform a Sumo Squat.
3. As you quickly stand, use momentum and pull the bell up until the handle is just below your chin. The bell should be just under the chin at the same time the hips have finished rising.
4. As soon as you hit the top position, let gravity do its thing. Let the bell drop to the floor. Bend the knees and use the legs to absorb the energy.

The bell should not be held at the top position; it is there due to momentum, not muscle. When the bell starts to fall, the timing between the bell, arms and legs must be perfect. The legs are catching the bell dropping, not the arms. There should be no jerking of the arms nor should the arms try to slow the bells descent.

Swings

Swings should be done with KBs, but they can be done with dumbbells; however, using DBs doesn't give the same feel or effect. The offset load of the KB makes the grip and forearms work much harder and hits the hamstrings and glutes more than a DB swing will.

All swing variations are built off the Hip Hinge/RDL movement pattern. If you don't have that down, do not try to do swings or you risk hurting your back.

2-Handed Swings

There are two ways to start this movement: start with the bell on the floor a little out in front of your feet or hold the bell in your hands groin height and start rocking the hips and the bell forward then backwards.

Starting Method 1

1. Place a kettlebell on the floor about a foot in front of you.

2. Do a hip hinge and place your hands on the handle. The grip should be relaxed. The handle should be across the bottom of the fingers not in the palm of the hand.
3. Hike the bell back between the legs like a football. When the bell is at the end of the hike, the arms should be high between your legs, bell behind your and slightly lower than the glutes.
4. Drive the hips forward; this will bring the bell back through the legs. Don't pull with the arms; let the momentum of the hips bring the arms forward.
5. The arms should travel in an arc. Keep the shoulders in and down, use your lats to keep the shoulders in place.
6. At the top of the swing, you should be standing tall, glutes engaged, spine neutral. The bottom of the bell should be pointing forwards, not up or down.
7. The bell should hang, with no effort, briefly before gravity takes over. If you were to let go, it would hang in the hair a split second.
8. Guide the bell back between the legs with the arms reversing the arc. Wait until the triceps touch the body before hinging at the hips. Premature hip hinging will cause the bell to go too low between the legs, excessively loading the low back.
9. Let the hips absorb the weight in the back swing, don't try to stop it with the arms. As soon as the hips have reached their end range, pop them forward again for another rep.

Starting Method 2

I use this for people who hinge enough to reach the bell but otherwise have a good hip hinge.

1. Stand with the feet a little more than hip-width apart, just wide enough for the bell to get between the legs.
2. Hold the bell in both hands arms straight.
3. Rock the hips forward a little, then back a little.
4. Each time you push the hips back, go a little deeper, which will make the bell come up a little high each time.

Once you get going, everything is the same as Steps 5-10 above.

When you have finished the set, let the bell come back through the legs, bend the knees a little more and set the bell on the floor behind you.

A note about how high the bell should be swung. It depends: The height of the swing is controlled by the power in the hip snap and by the weight of the bell. A light bell with moderate snap should easily bring the bell to shoulder level. A heavy bell with low power will barely bring the bell to the navel. A heavy bell with full power may reach chest level.

Don't force the bell higher than what the hips can drive. Lifting with the arms or arching the back are both improper technique and will leads to back issues.

I do not advocate the "American" swing at all. It requires a high level of motor control and thoracic and shoulder mobility which most people lack. If they go overhead, typically they use the arms to finish, shove their head forward and arch the back.

Always maintain neutral spine.

1-Hand Swing

The 1-hand swing is done the same as the 2-handed version.

Use either starting method as above, but hold the bell in one hand. To keep the torso square, I place my free hand on the forearm of the working arm. This prevents rotation in the torso.

There are a few variations in the 1-handed swing for more advanced lifters or those training for Kettlebell Sport competitions, but those are beyond the scope of this book. I've written about them extensively in my earlier book, *The Ultimate Kettlebell Workbook*, published by Ulysses Press and available on Amazon.

1-Hand Dumbbell Swing

I'm not a big fan of using dumbbells for kettlebell lifts, but I also know that most people don't have access to kettlebells.

Hold the DB by handle with the palm facing inwards.

The movement is the same as the 1-Handed KB swing above; it just feels a lot different.

Hand-to-Hand Swing (H2H)

The hand-to-hand swing is a one-handed swing with a hand switch at the top of the swing. Learning how to switch hands dynamically is important and you will be using it when doing not only swings but cleans and snatches as well.

There are a two ways to make the transition:

a) Place the free hand on the bell then remove the first hand – While doing the swing, slip the free hand onto the handle then release the other hand. You'll never actually let go of the bell. This is the easiest way to learn to switch.
b) Release the bell at the top of the swing and grab it with the other hand while the bell is motionless for that brief moment before it starts falling. With this variation,

bend the elbow a little as the bell goes up. This will make the bell go up instead of away from you when you let go of the bell. Quickly grab the handle with the other hand and keep swinging.

Regardless of how you switch, it should be smooth and there should be no break in the rhythm of the movement or your breathing.

2-Hand High Pull

This is a swing variation that adds a horizontal pull at the top of the swing.

1. Do a 2-handed swing, and as the bell reaches shoulder level, pull the shoulder blades back and bring the hands towards your forehead. The back of the thumbs should almost touch the forehead. The bottom of the bell should point forward, not up or down. The elbows should be slightly higher than the shoulder and flared out to the side.
2. Push the bell forward and at the same time let it arc back down and through the legs. The arms should be completely straight by the end of the backswing.

1-Hand High Pull

This is a 1-hand swing with a pull at the top, similar to the 2-hand high pull. Other than the fact that it is done 1 handed, the major difference is that the hand should be to the outside of the head rather than in front of the forehead.

1. Do a 1-hand swing. As the bell reaches shoulder level, pull the shoulder blade back and bring the elbow back making a 90-degree bend at the elbow. The forearm should be slightly higher than the shoulder, wrist straight. I use the cue of "hitting someone in the head with your elbow" to get the shoulder and elbow in the right place.
2. Push the bell forward and let it fall back through the legs in the arc of a regular 1-hand swing. There's a tendency to let the bell go too low between the legs. The arc should be the same as any other swing.

Both the 2-hand and 1-hand high pull are much more metabolically demanding than the 1- or 2-hand swings. High pulls get the heart racing very quickly!

With the 1-handed version, many people let the bell bottom drop at the top or bend the wrist. The bottom of the bell should always point straight ahead.

If your grip is relaxed, as it should be, you may feel the bell shift a little in the hand as the momentum from the pull ends and you start to move the arm forward again. This is normal, but people sometimes get anxious when they feel it and either stop the

movement altogether, bend the wrist or let the bell flop around. Keep it smooth and actively guide the bell through the proper arc.

Double Swings

These can be done with KBs or DBs.

1. Using a wide stance, hold a KB or DB in each hand. The stance needs to be wide enough to allow the bell to pass between the legs.
2. With a DB, the handles should be parallel to each other. With KBs, the handles should also be parallel to each other as it makes it much easier to get the bells between the legs.
3. Do a swing.

Repeat.

The wider stance means you'll be able to produce less power. You may be able to swing a 32 kilos (70lb) bell to chest level with 2 hands but struggle to get two 16k (35lb) bells to the same height as the 32 even though the load is the same.

Walking Swings

Walking Swings are exactly that: You swing, take a step with each foot, then swing again. You can walk forward, backwards, or laterally. You can do 2 handed, 1 handed, doubles, or even hand to hand.

Forward

1. Swing the bell up. At the top when the bell hangs, take a quick step forward with each foot. Make sure they are properly positioned: the feet should be parallel to each other and far enough apart that the bell can get through.
2. After you've stepped, the bell should arc back down and through the legs.
3. Swing it back up and quickly step again.

When stepping, I like to vary the lead leg.

Backwards

Everything is the same as the Forward Walking Swing, but step back quickly with each foot when the bell reaches the top of the swing.

Lateral

This one is a little trickier than Forward/Backwards Walking Swings. It's important to move the trailing leg in towards the lead leg first. Stepping first with the lead leg can

sometimes lead to a smashed knee because of bringing the trailing leg to close to the lead leg.

1. Swing the bell. As the bell is going up, bring the trailing leg in to meet the lead. The width and placement of the feet should be the same as the start position, just wide enough for the bell to get through and parallel.
2. At the top of the swing, step out with the lead leg.
3. Let the bell fall back to its regular arc.

Thrusters

Thrusters are a high-intensity exercise that combine a squat with an overhead press. They will work you hard. If you have any shoulder issues or don't squat well, I do not recommend these.

Thrusters can be done with 1 or 2 KBs, 2 DBs or a resistance band; the movement is the same regardless of the equipment (including with a barbell).

1. Hold 1 or 2 KBs in rack position or 1 or 2 DBs at shoulder level. With a band, set up as described in the Band Squat.
2. Squat down deep, and while you are coming up, press the weight up overhead. The hips, knees, ankles elbows and shoulders should all lock out at the same time.
3. Start to lower the bells from overhead while squatting. The weight or the band should be back in its original position when you hit the bottom on the squat.

Move fast. This is not an exercise to go heavy on; keep it light.

Triceps Kick Back

This can be done from the Bent Row position, using a bench or your leg for support.

Bench

1. Place the left hand and knee/shin on a bench. The elbow should be straight.
2. Hold a dumbbell in the right hand with the hand pulled next to your side in line with the middle ribs.
3. Straighten the elbow by lifting the hand to the rear.
4. Bend the elbow and return the hand to the starting position.

Bent Row Position

1. Hold one or two DBs in the hands.
2. Sit back into the hips with the torso angled forward. Maintain neutral spine.

3. Lift the bell(s) behind you by straightening out the elbow(s).
4. Bend the elbows and return the bells to the start position.

Body Supported Triceps Kickback

1. Take a long stance with the hips and shoulders pointing straight ahead. Right leg is forward.
2. Place the right forearm on the right thigh.
3. Take a DB in the left hand.
4. Pull the DB up in line with the middle ribs.
5. Straighten the elbow.
6. Repeat.

Windmills

Windmills are an excellent full-body movement that combines lateral hip movement, oblique training, hip mobility, and, in the case of the overhead or double variations, shoulder mobility and stability.

All three variations are the same movement; the difference is where the load is.

Low Windmill

1. Set the feet the same as your squat stance.
2. Place a kettlebell on the floor next to the instep of the left foot.
3. Turn both feet about 45 degrees to the left.
4. Push the hips to the right, keeping both knees straight but not hyper-extended.
5. Reach down with the left hand and hold the KB handle. Keep the spine straight. If you are bending, elevate the bell until you can maintain neutral spine.
6. Raise the right arm overhead so it is vertical.
7. Stand up tall while holding the band. The right arm remains vertical.
8. With control, push the hips to the right and place the bell back on the floor next to your left instep. Keep the right arm up vertically overhead.

To lift with the right hand:

1. Place the bell by the right instep.
2. Angle the feet 45 degrees to the right.
3. Raise the left hand overhead.
4. Reach down with the right hand, keeping the spine neutral.
5. Stand up holding the bell.
6. Push the hips back to the left and with control lower the bell to the floor. Keep the left arm vertically overhead.

Overhead Windmill

1. Place the feet squat stance apart.
2. Get a kettlebell overhead (press, snatch, push press, etc.) with the right arm.
3. Angle both feet to the left about 45 degrees.
4. Push the hips to the right, hinging at the hips. While hinging, look up at the right hand and focus on keeping the arms vertical. There may be a little motion in the shoulder, especially if the bell is heavy. Focusing on the bell helps to stabilize it.
5. While you are hinging, make sure the spine stays neutral.
6. Slide the left hand down the inside of the right leg and try to touch the floor with the fingers or, if you are flexible enough, the palm
7. Drive the hips back to the start position and stand up.
8. Keep the right hand up and do another rep.

Do the same with the bell in the left hand overhead; hips move to the left.

Double Windmill

This is done with two bells: one in the Low Windmill position and one overhead in the Overhead Windmill Position. Everything else is the same.

If the right hand is overhead, the hips move laterally to the right and the feet angle to the left. If the left is overhead, the hips move left and the feet angle to the right.

Burpee→Dead Snatch

Similar to the Burpee→ Dead Clean; you are doing a dead clean after each Burpee alternating arms each rep

1. Place a kettlebell between your ankles. Feet are shoulder-width apart.
2. Squat down and place your hands on the floor to the sides of the KB.
3. Kick back to a pushup position.
4. Bring the feet forward to their start position.
5. Grab the handle of the bell and do a dead snatch.
6. Return the bell to the floor.

Repeat.

Chest Touch

1. Start in pushup position.
2. Slowly bring one hand off the floor and touch the opposite side chest or shoulder.

3. Slowly return the hand to the floor.
4. Repeat with the other arm.

Keep it slow, holding the touch for 1 second. Try to avoid shifting in the hips; keep the abs and glutes tight.

Plank Reach

1. Start in forearm plank.
2. Slowly extend one arm straight ahead until the arm is completely straight.
3. Slowly bring the arm back to the start position.
4. Repeat with the other arm.

Do not allow the hips to shift, rotate or lift.