

Squat with Overhead Reach (Warmup 30 secs)

- Stand with feet hip width apart and with hands in front of shoulders. Squat as low as you can and as you stand up reach both hands up above the head. Repeat for time or reps allocated.



Complete 3 sets of repetitions. Rest between sets.

Punch Rotations - Warmup Exercise

- Punch out to the left and right by rotating the upper body. Partial squat in the middle of the exercise.



Complete sets of repetitions. Rest between sets.

Lunge with Arm Circles (Warmup 30 secs)

- Start with body in a lunge position with back knee as close to ground as possible. Holding this position move arms in a running motion at side of body with elbows bent. Continue for allocated time.



Complete 3 sets of repetitions. Rest between sets.

Crouch KB Rows

- Using one or two kettlebells with a weight you can do 12-16 reps with good posture. Take feet out wider than hip width apart and crouch right down maintaining a straight back and core engaged. With kettlebells on the floor between your legs pull one up off the ground in a rowing action and drive elbow as high as you can. Return kettlebell to floor and repeat on other side for time or reps allocated



Complete 3 sets of 16 repetitions. Rest 30s between sets.

Kettlebell Swing - Both Handed

- Stand with feet shoulder width apart
- Hold kettlebell with a straight arm
- Keeping eyes forward
- Swing kettlebell back between legs by moving into a partial squat
- Propel kettlebell up by thrusting hips forward and shoulders upward
- Lower the kettlebell on the same path
- Maintain normal spinal curvatures
- Seek coaching on this exercise



Complete 3 sets of 20-25 repetitions. Rest 30s between sets.

Pushup KB Reach

Place kettlebell in front of you and far enough away that you need to reach out to touch it. Perform a Pushup on knees or toes then reach out with one hand and touch kettlebell. Perform another Pushup and reach out with the other hand. Repeat for time or reps allocated.



Complete 3 sets of 16 repetitions. Rest 30s between sets.

Upright kb Row

- Standing up tall and holding a weighted kettlebell that you can do between 12-16 reps with good posture. Start with Straight arms in front of your hips and pull the kettlebell upwards in straight line until hands are just below chin with elbows flared up as high as possible. Return kettlebell to the start position and repeat for time or reps allocated.



Complete 3 sets of 16 repetitions. Rest 30s between sets.

Lunge with Kb pass

- Holding a kb in your left or right hand and standing up tall. Start by lunging back with the same leg on the same side as the kettlebell you are holding. As you get to the lowest part of the lunge pass the kettlebell under the front leg to the opposite hand and then return to standing start position. Repeat on the other side until you complete the set number of reps or time.



Complete 3 sets of 16 repetitions. Rest 30s between sets.

kb press up

- Lying on the floor holding a kettlebell to the chest with both hands. Lifting hips up and holding them up for the duration of the exercise. Start by pressing the kettlebell up and down over chest with control for time or reps allocated.



Complete 3 sets of 16 repetitions. Rest 30s between sets.

Half Turkish Get Up with Kettlebell

- Lie face up with right arm extended towards ceiling and left arm at 45 degrees to the side
- Keep right arm extended upward throughout
- Bend the right knee to 90 degrees
- Extend through the right hip to roll the body onto the left side, push up on to the left forearm and hand
- Move the right leg under the body and move into a kneeling lunge position, pause
- Reverse the action to return to the start position
- Repeat exercise and then change sides

Complete 3 sets of 6 e/s repetitions. Rest 30s between sets.



Goblet Squat - Kettlebell

- Stand with feet wider than hip width apart
- Hold a kettlebell by the horns
- Squat down into a deep squat position
- Pause, stand and repeat
- Maintain strong, upright posture throughout



Complete 3 sets of 16 repetitions. Rest 30s between sets.

kb pull through

- Start in a plank position on your hands and either knees for beginners or toes for advanced. With the kettlebell on one side of the body use the opposite hand to grab the kettlebell and pull in through to other side. Swap hands and repeat action again for set number of reps or for time allocated.



Complete 3 sets of 16 repetitions. Rest 30s between sets.

Hip & Low Back Stretch - Lying

- Lie on back
- One leg straight, other leg bent
- Roll bent leg across body, assist with opposite hand
- Shoulders remain flat on floor



Hold for 20s hold seconds. Repeat 2 times.

Glute Stretch

- Fold one leg over the knee of the bent leg and hold for 20 secs. Lift bent knee off ground for increase stretch in glute. Remember to breathe to improve stretch. Repeat on other side.



Complete 2 sets of 20s hold repetitions. Rest between sets.

Groin Stretch

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- Sitting on floor bring soles of your feet together. With knees flared out gently push elbows down on inside of thigh to increase stretch. Remember to breathe to improve stretch. Hold for 20-25 secs.



Complete 1 sets of 20s hold repetitions. Rest between sets.

Childs Pose

- Kneeling on floor with feet together and knees apart. Reach hands out in front of you extended. Sit back into your heels to increase stretch. Remember to breathe to improve stretch. Hold for 20-25 secs



Complete 1 sets of 20s hold repetitions. Rest between sets.

Hip Flexor Stretch with Lateral Flexion

- Kneel in lunge position
- Hand of kneeling leg stretched overhead
- Laterally flex toward other side
- Keep hips facing the forward



Hold for 20s hold seconds. Repeat 2 times.