

# KETTLEBELLS

# DEADLIFTS

## DEADLIFT

START



1



2



3



## DOUBLE SUITCASEB DEADLIFT

START



1



2



3



## SUMO DEADLIFT

START



1



2



## SINGLE- LEG DEADLIFT

START



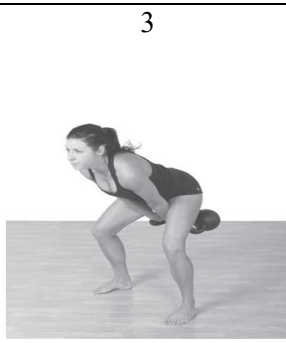
1



2



| SINGLE-ARM SINGLE-LEG DEADLIFT                                                               |                                                                                          |                                                                                              |                                                                                            |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| START<br>   | 1<br>   | 2<br>     |                                                                                            |
| SINGLE BELL IN FRONT                                                                         |                                                                                          | DOUBLE-BELL SINGLE-LEG DEADLIFT                                                              |                                                                                            |
| START<br>  | 1<br>  | START<br> | 1<br>  |
| SWINGS                                                                                       |                                                                                          |                                                                                              |                                                                                            |
| ARM SWING                                                                                    |                                                                                          |                                                                                              |                                                                                            |
| START<br> | 1<br> | 2<br>    | 3<br> |
| ARM SWING                                                                                    |                                                                                          |                                                                                              |                                                                                            |
| START<br> | 1<br> | 2<br>   |                                                                                            |

| ALTERNATING SWING                                                                   |                                                                                     |                                                                                     |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| START                                                                               |                                                                                     | 1                                                                                   |                                                                                      |                                                                                       |
|    |                                                                                     |   |                                                                                      |                                                                                       |
| DOUBL SWING                                                                         |                                                                                     |                                                                                     |                                                                                      |                                                                                       |
| START                                                                               | 1                                                                                   | 2                                                                                   | 3                                                                                    |                                                                                       |
|    |    |   |   |                                                                                       |
| CLEANS                                                                              |                                                                                     |                                                                                     |                                                                                      |                                                                                       |
| CLEANS                                                                              |                                                                                     |                                                                                     |                                                                                      |                                                                                       |
| START                                                                               | 1                                                                                   | 2                                                                                   | 3                                                                                    | 4                                                                                     |
|  |  |  |  |  |

| CHEAT CURL                                                                          |                                                                                     |                                                                                       |                                                                                     |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| START                                                                               | 1                                                                                   | 2                                                                                     | 3                                                                                   |
|    |    |     |  |
| RACK WALK                                                                           |                                                                                     |                                                                                       |                                                                                     |
| START                                                                               | 1                                                                                   | 2                                                                                     |                                                                                     |
|    |    |    |                                                                                     |
| BOTTOMS-UP CLEAN                                                                    |                                                                                     |                                                                                       |                                                                                     |
| START                                                                               | 1                                                                                   | 2                                                                                     |                                                                                     |
|  |  |  |                                                                                     |
| Overhead Presses                                                                    |                                                                                     |                                                                                       |                                                                                     |
| MILITARY PRESS                                                                      |                                                                                     |                                                                                       |                                                                                     |
| START                                                                               | 1                                                                                   | 2                                                                                     |                                                                                     |
|  |  |  |                                                                                     |

| SEEAW PRESS                                                                                  |                                                                                          |                                                                                           |                                                                                            |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| START<br>   | 1<br>   | 2<br>  |                                                                                            |
| BOTTOMS-UP PRESS                                                                             |                                                                                          |                                                                                           |                                                                                            |
| START<br>   | 1<br>   | 2<br>   | 3<br>   |
| PUSH PRESS                                                                                   |                                                                                          |                                                                                           |                                                                                            |
| START<br> | 1<br> | 2<br> | 3<br> |
| SEATED PRESS                                                                                 |                                                                                          |                                                                                           |                                                                                            |
| START<br> | 1<br> | 2<br> | 3<br> |

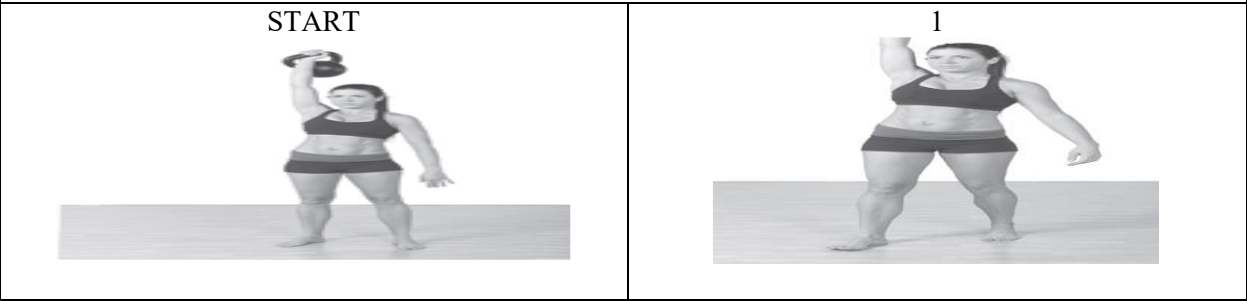
| TALL KNEELING PRESS |
|---------------------|
|---------------------|



HALF KNEELING PRESS



WAITER WALK



Windmills

BODYWEIGHT WIDNMILL



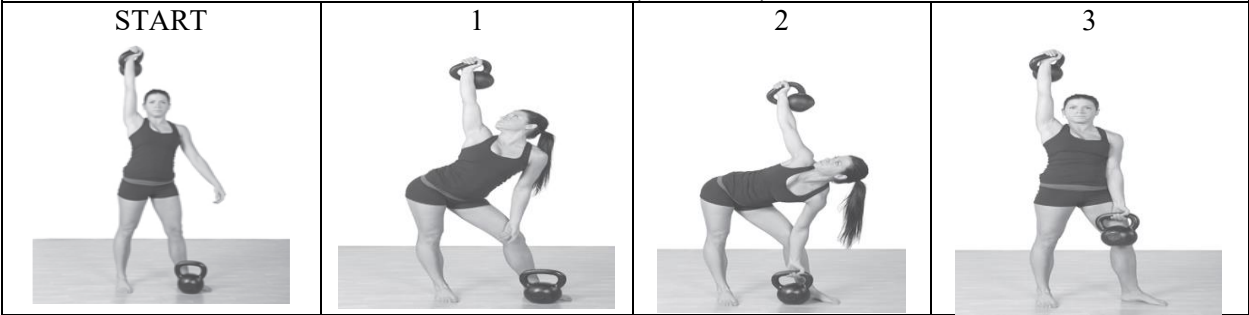
WINMILL(BOTTOM)



WINDMILL(TOP)

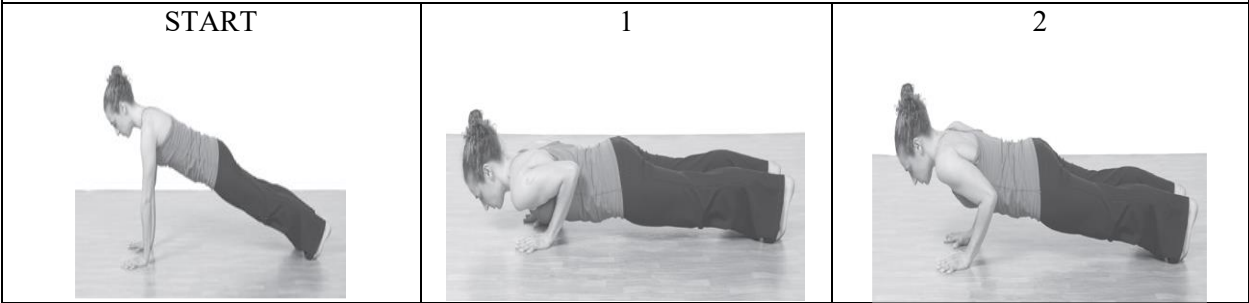


WINDMILL(DOUBLE)



Push-Ups

BODYWEIGHT PUSH-UP



DOUBLE-BELL PUSH-UP ON KNEES

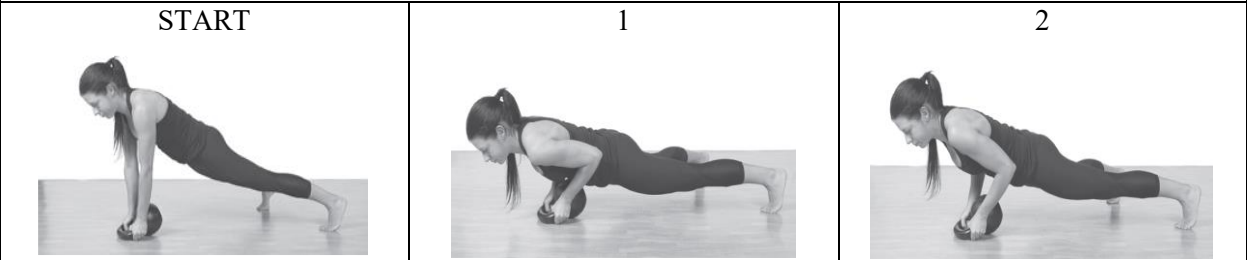




DOUBLE-BELL PUSH-UP



SINGLE-BELL DIAMOND PUSH-UP

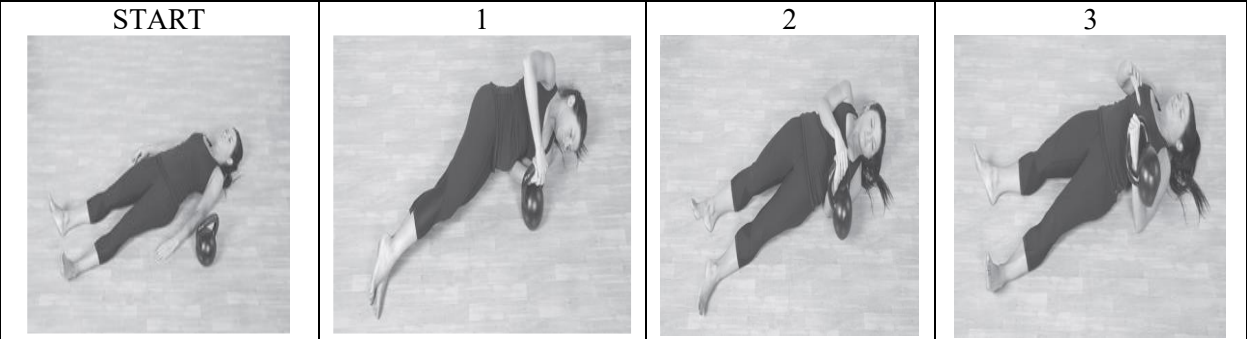


DOUBLE-BELL DIP



## Floor Presses

FLOOR SIDE ROLL PICK-UP METHOD(1 BELL)



FLOOR SIDE ROLL PICK-UP METHOD(2 BELL)

|                                                                                            |                                                                                         |                                                                                           |
|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| START<br> | 1<br>  | 2<br>  |
| 3<br>    | 4<br> | 5<br> |

CHEST PRESS( SINGLE BELL IN THE MIDDLE)

|                                                                                              |                                                                                          |                                                                                            |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| START<br> | 1<br> | 2<br> |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|

ARM FLOOR PRESS

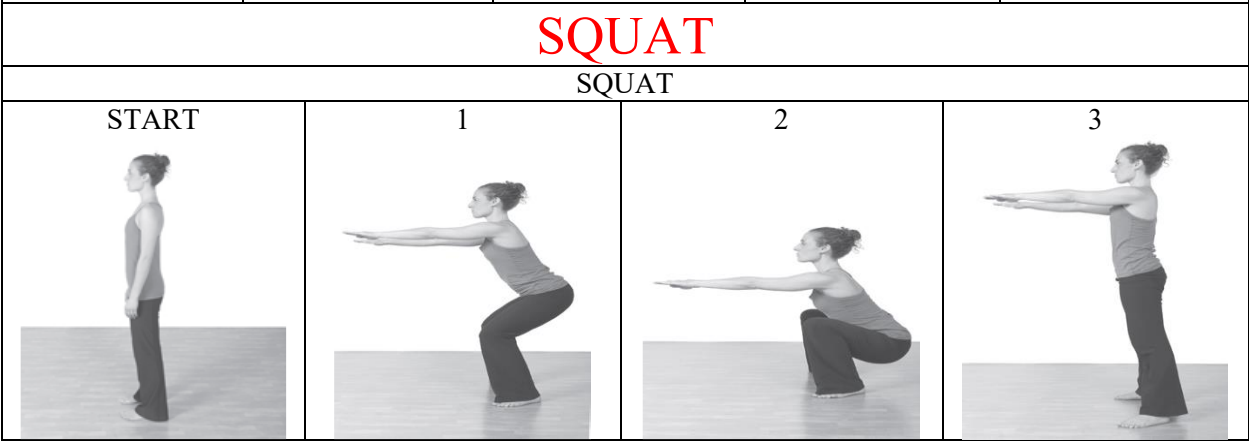
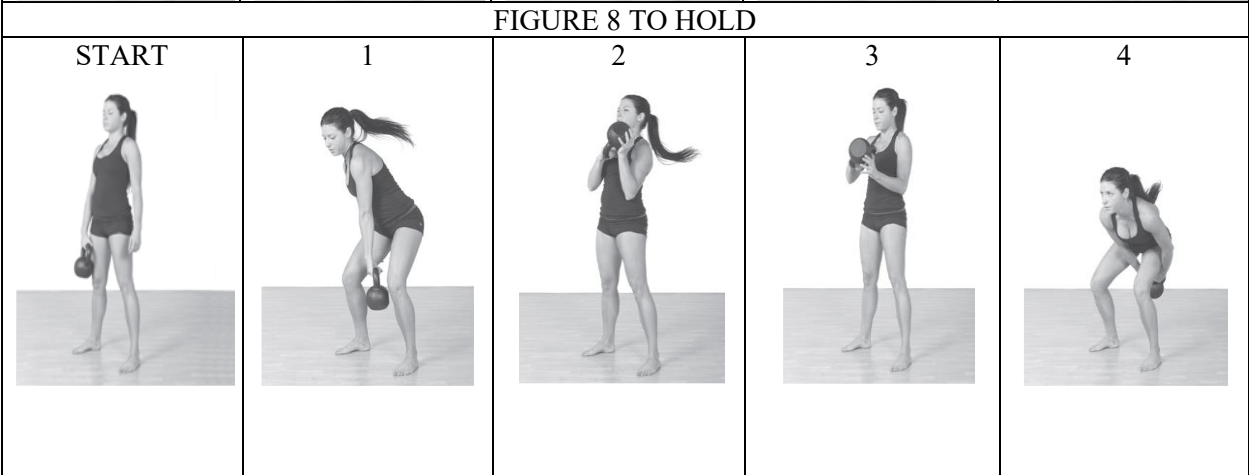
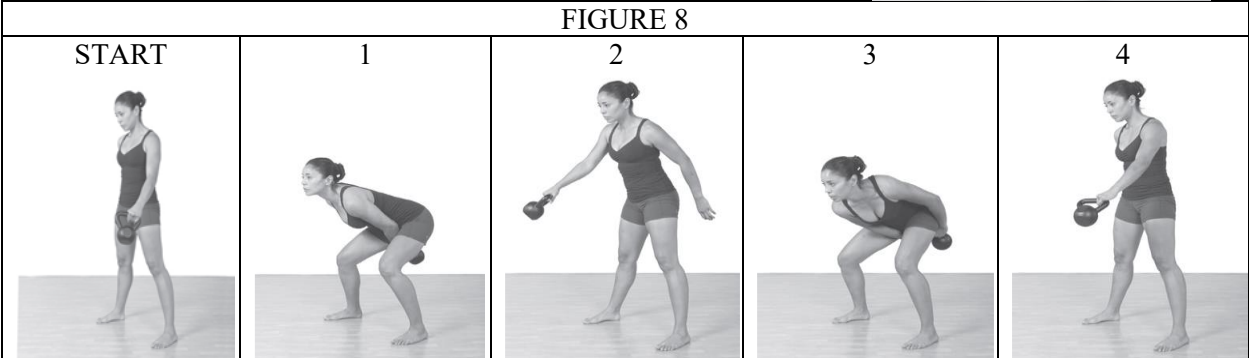
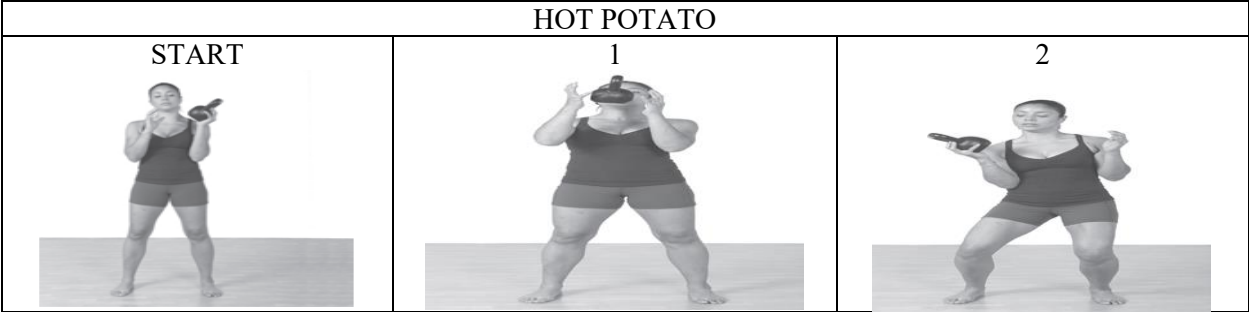
|                                                                                              |                                                                                           |                                                                                            |
|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| START<br> | 1<br> | 2<br> |
|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|

| SEESAW FLOOR PRESS |   |   |
|--------------------|---|---|
| START              | 1 | 2 |

|                                                                                                                   |                                                                                                                                        |                                                                                                                 |                                                                                           |
|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
|                                  |                                                       |                              |                                                                                           |
| <b>Rows</b>                                                                                                       |                                                                                                                                        |                                                                                                                 |                                                                                           |
| RENEGADE ROW PREP                                                                                                 |                                                                                                                                        |                                                                                                                 |                                                                                           |
| STEP 1: WIDE- LEG HIGH PLANK<br> | STEP 2: RENEGADE HOLD (ALTERNATING ONE- ARM PLANK<br> | STEP 3: 1-ARM PLANK HOLD<br> |                                                                                           |
| RENEGADE ROW                                                                                                      |                                                                                                                                        |                                                                                                                 |                                                                                           |
| START<br>                       | 1<br>                                                | 2<br>                        | 3<br> |
| SINGLE-ARM ROW                                                                                                    |                                                                                                                                        |                                                                                                                 |                                                                                           |
| START<br>                      | 1<br>                                               | 2<br>                      |                                                                                           |

| STABILIZED PLANK SINGLE-ARM ROW                                                     |                                                                                     |                                                                                       |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| START                                                                               | 1                                                                                   | 2                                                                                     |                                                                                       |
|    |    |    |                                                                                       |
| DOUBLE BENT-OVER                                                                    |                                                                                     |                                                                                       |                                                                                       |
| START                                                                               | 1                                                                                   | 2                                                                                     |                                                                                       |
|    |    |    |                                                                                       |
| ALTERNATING BENT-OVER ROW                                                           |                                                                                     |                                                                                       |                                                                                       |
| START                                                                               | 1                                                                                   | 2                                                                                     | 3                                                                                     |
|  |  |   |  |
| Arm-Sculpting & -Strengthening Drills                                               |                                                                                     |                                                                                       |                                                                                       |
| TRICEP EXTENSION                                                                    |                                                                                     |                                                                                       |                                                                                       |
| START                                                                               | 1                                                                                   | 2                                                                                     |                                                                                       |
|  |  |  |                                                                                       |
| BICEPS CURL                                                                         |                                                                                     |                                                                                       |                                                                                       |
| START                                                                               | 1                                                                                   | 2                                                                                     |                                                                                       |
|  |  |  |                                                                                       |

|                                                                                              |                                                                                           |                                                                                            |
|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| PULLOVER                                                                                     |                                                                                           |                                                                                            |
| START<br>   | 1<br>    | 2<br>   |
| PULLOVER TO CRUNCH                                                                           |                                                                                           |                                                                                            |
| START<br>   | 1<br>    | 2<br>   |
| Core Exercises                                                                               |                                                                                           |                                                                                            |
| JANDA SIT-UP                                                                                 |                                                                                           |                                                                                            |
| START<br> | 1<br>  | 2<br> |
| SIDE PLANK                                                                                   |                                                                                           |                                                                                            |
| START<br> | 1<br> |                                                                                            |
| RUSSIAN TWIST                                                                                |                                                                                           |                                                                                            |
| START<br> | 1<br>  | 2<br> |





|                                                                                                                     |                                                                                                                    |                                                                                                                              |                                                                                               |                                                                                                |
|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| <p>GOBLET SQUAT<br/>VARIATION</p>  | <p>FRONT SQUAT<br/>VARIATION</p>  | <p>DOUBLE FRONT SQUARE<br/>VARIATION</p>  |                                                                                               |                                                                                                |
| <p>OVERHEAD SQUAT</p>                                                                                               |                                                                                                                    |                                                                                                                              |                                                                                               |                                                                                                |
| <p>START</p>                      | <p>1</p>                         | <p>2</p>                                 |                                                                                               |                                                                                                |
| <p>SINGLE- LEG SQUAT ON BENCH</p>                                                                                   |                                                                                                                    |                                                                                                                              |                                                                                               |                                                                                                |
| <p>START</p>                     | <p>1</p>                        | <p>2</p>                                |                                                                                               |                                                                                                |
| <p>DECK SQUAT</p>                                                                                                   |                                                                                                                    |                                                                                                                              |                                                                                               |                                                                                                |
| <p>START</p>                     | <p>1</p>                        | <p>2</p>                                  | <p>3</p>  | <p>4</p>  |

# Lunges

## STATIONARY LUNGE

START



1



2



## STATIONARY LUNGE WITH BELL

START



1



## REVERSE LUNGE

START



1



2



## FORWARD LUNGE

START



1



2

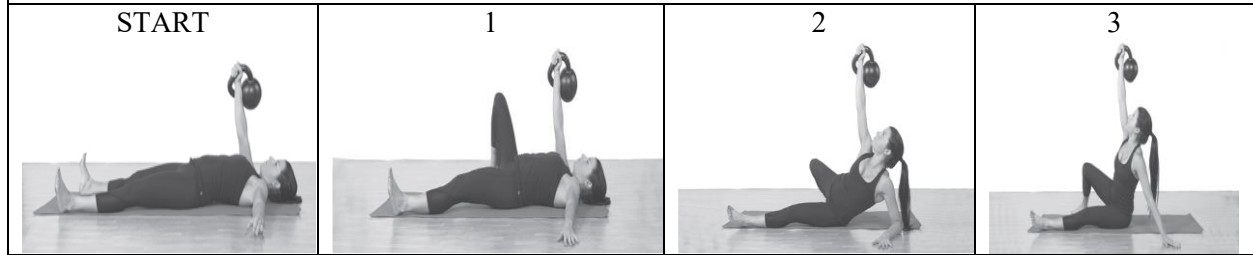




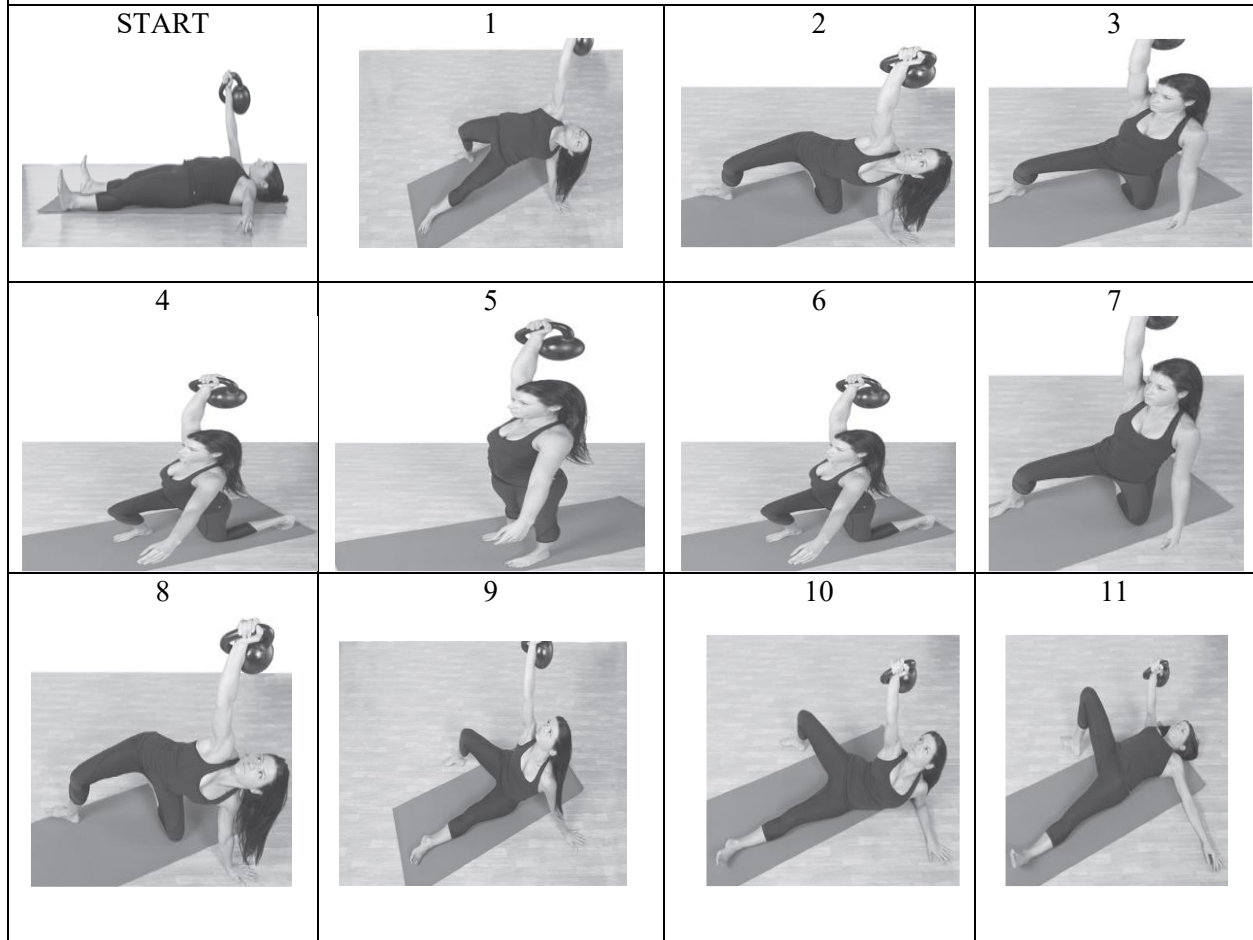
| TACTICAL LUNGE                                                                      |                                                                                     |                                                                                       |                                                                                     |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| START                                                                               | 1                                                                                   | 2                                                                                     | 3                                                                                   |
|    |    |     |  |
| KIKSTANDARD LUNGE                                                                   |                                                                                     |                                                                                       |                                                                                     |
| START                                                                               | 1                                                                                   | 2                                                                                     |                                                                                     |
|   |   |   |                                                                                     |
| High Pull                                                                           |                                                                                     |                                                                                       |                                                                                     |
| HIGH PULL                                                                           |                                                                                     |                                                                                       |                                                                                     |
| START                                                                               | 1                                                                                   | 2                                                                                     |                                                                                     |
|  |  |  |                                                                                     |
| 3                                                                                   | 4                                                                                   | 5                                                                                     |                                                                                     |
|  |  |  |                                                                                     |

# Turkish Get-Ups

## GET UP SIT UP

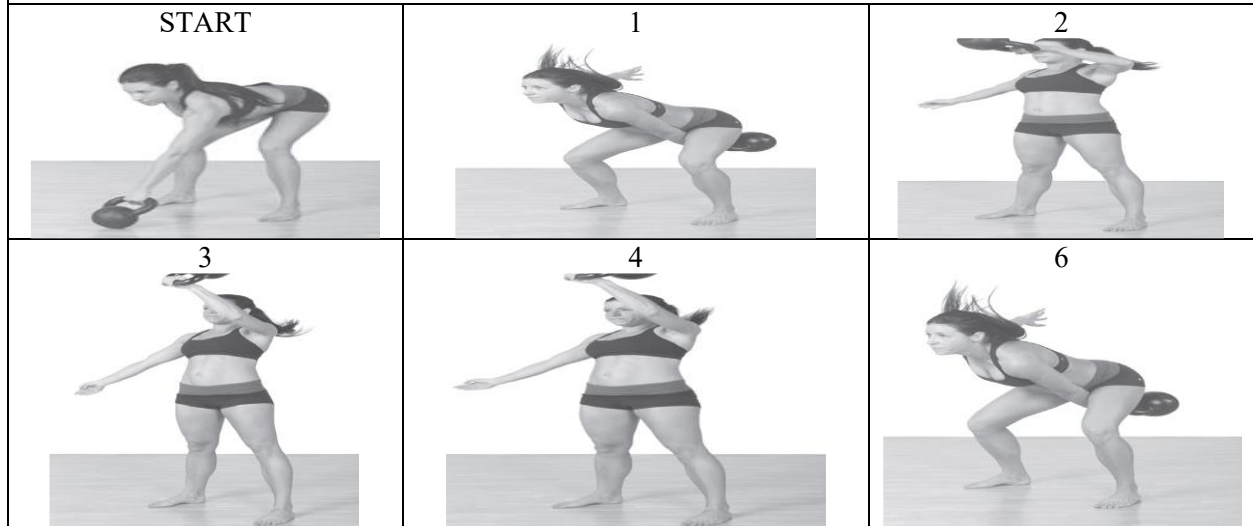


## TURKISH GET UP



## Snatch

### SNATCH

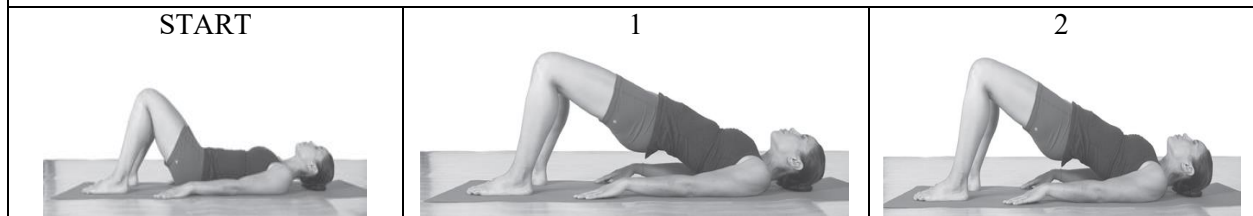


## Warm-Up Exercises

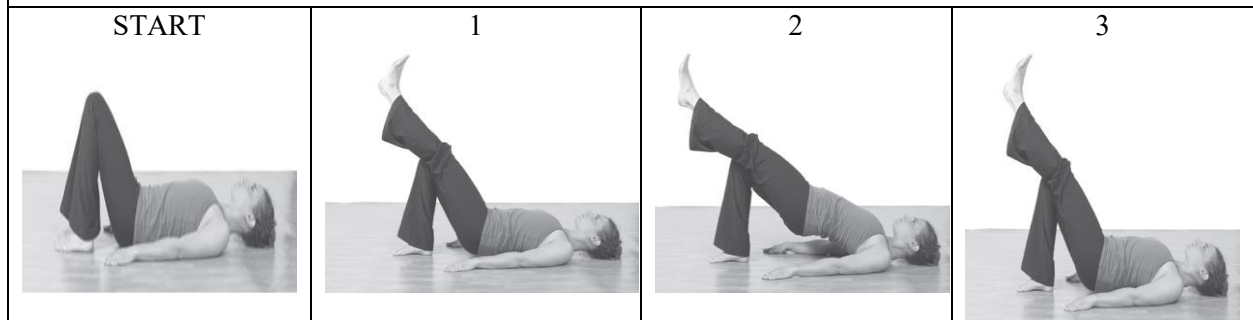
### MINI PLANK



### FLOOR BRIDGE



### SINGLE LEG FOOR BRIDGE



### SQUATTING HIP OPENER

TART



1



START



1



2



3



START



1



2



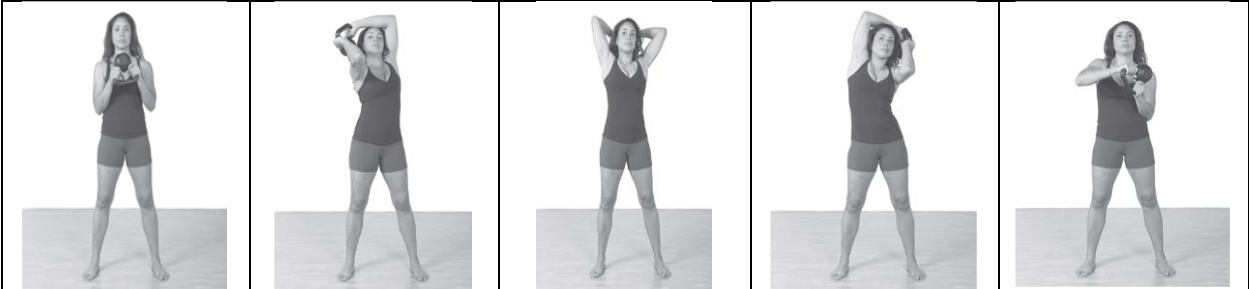
START



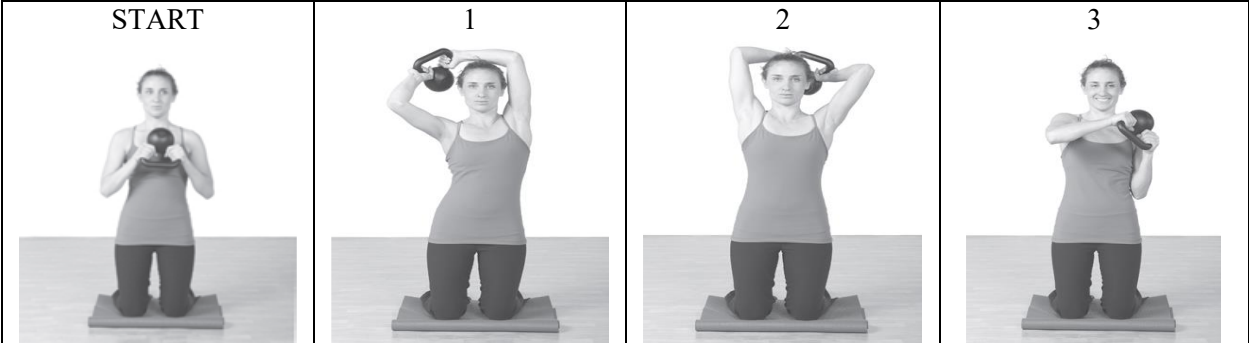
1



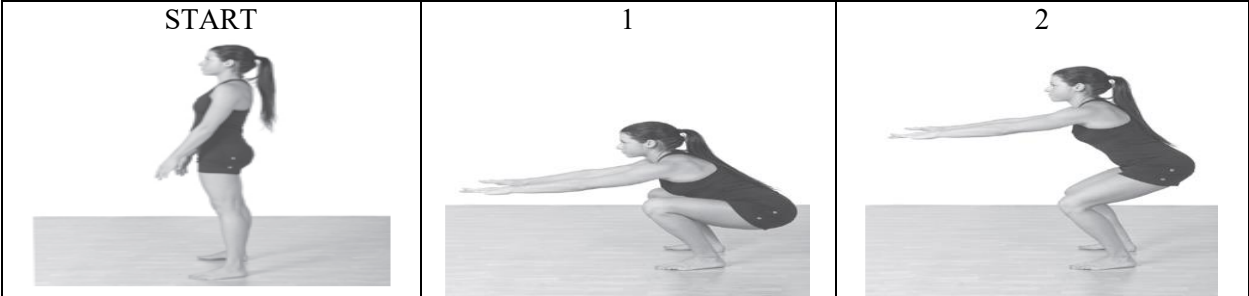
| HALO  |   |   |   |   |
|-------|---|---|---|---|
| START | 1 | 2 | 3 | 4 |



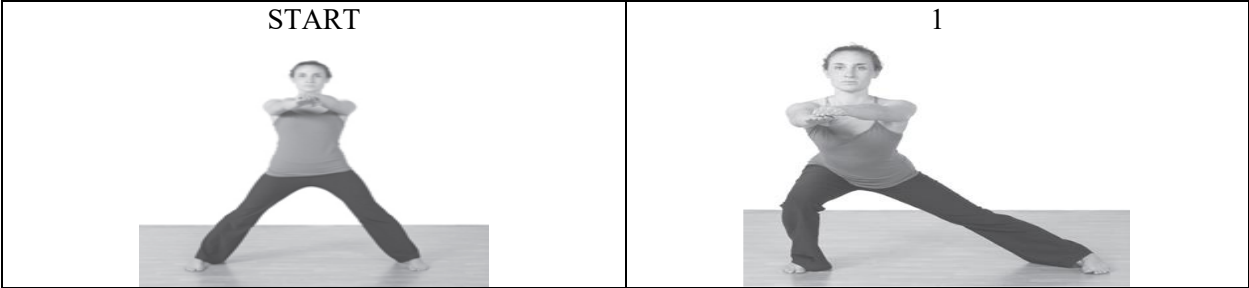
KNEELING HALO



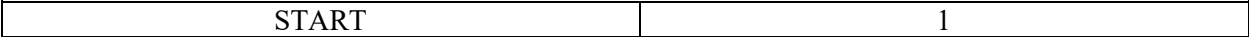
BODY WEIGHT SQUAT

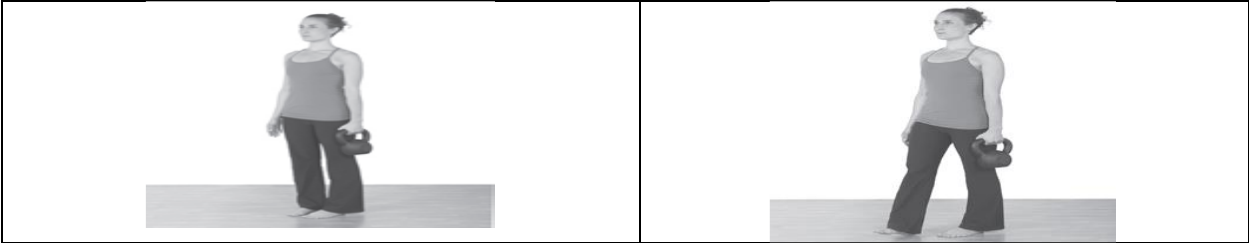


LATERAL LUNGE

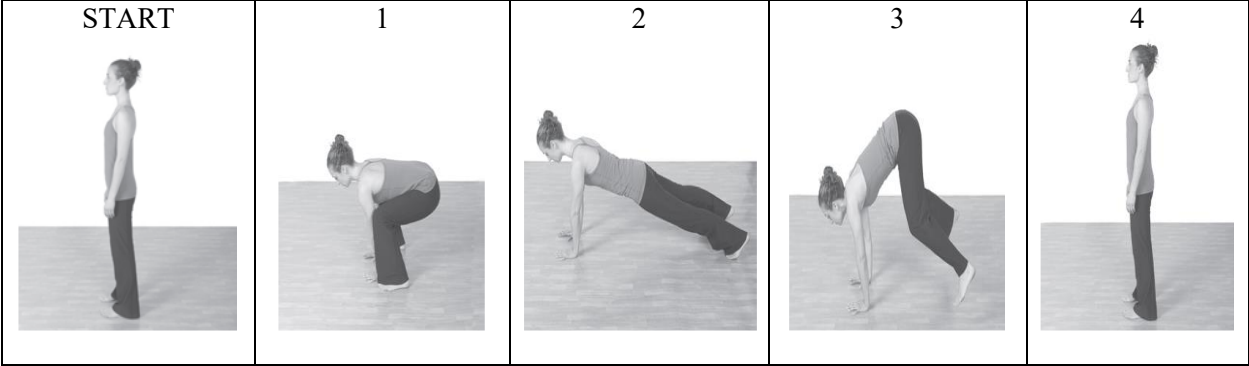


FARMER S WALK

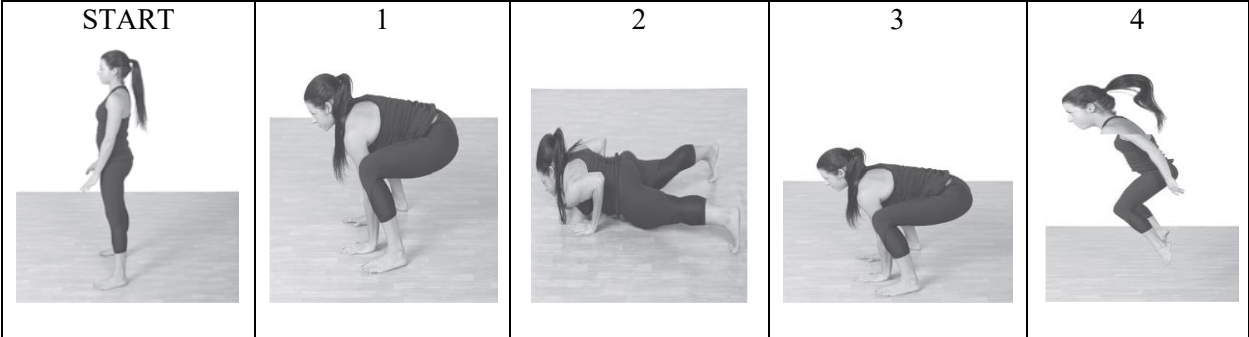




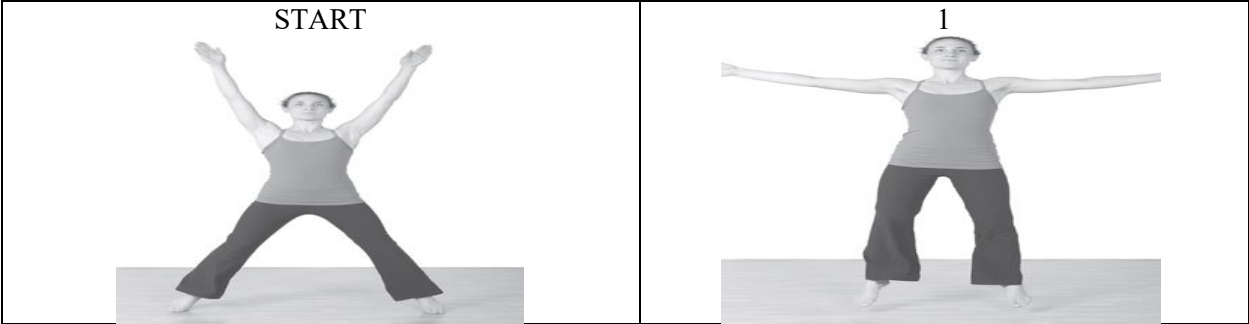
SQUAT THRUST



BURPEE



JUMPING JACKS



HIGH PLANK



## Joint Mobility Exercises

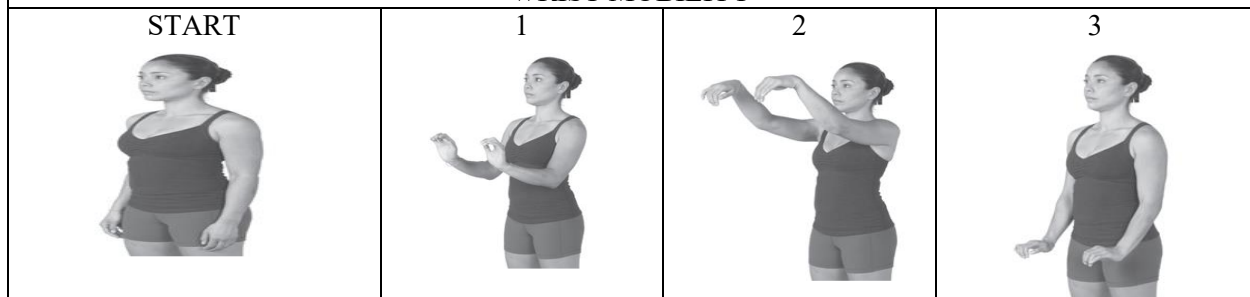
### NECK MOBILITY: SIDE TO SIDE ROTATION



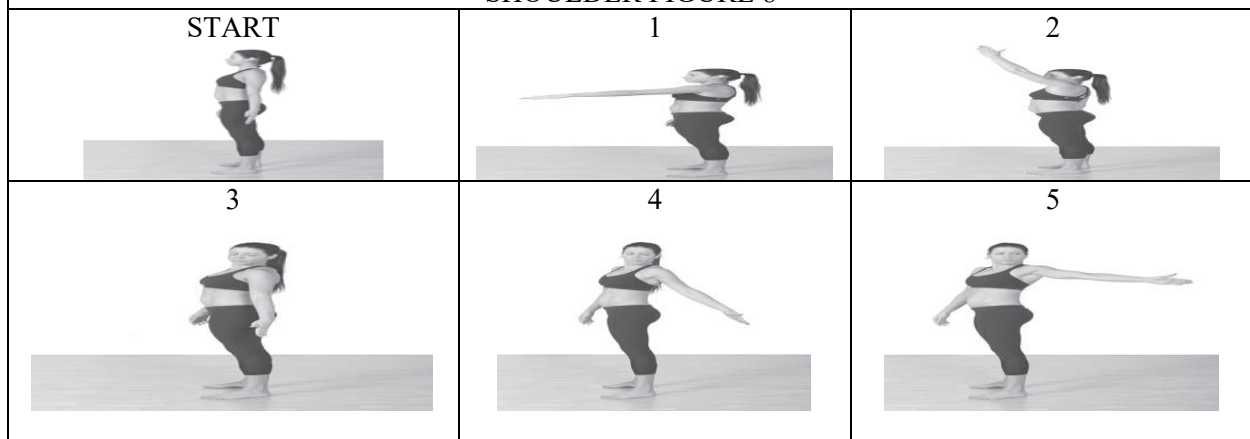
### NECK MOBILITY: EAR TO SHOULDER



### WRIST MOBILITY

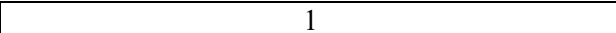


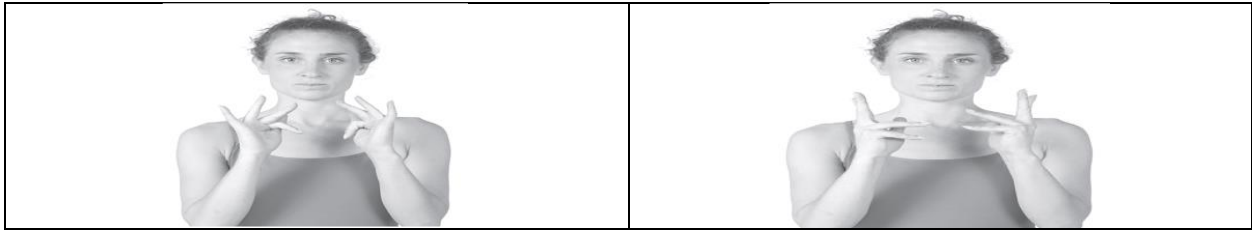
### SHOULDER FIGURE 8





| KNEE LIRDEES                                                                                 |                                                                                          |                                                                                            |                                                                                          |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| START<br>   | 1<br>   | 2<br>   |                                                                                          |
| HIP CIRCLES                                                                                  |                                                                                          |                                                                                            |                                                                                          |
| START<br>   | 1<br>   | 2<br>    | 3<br> |
| PELVIC TILTS                                                                                 |                                                                                          |                                                                                            |                                                                                          |
| START<br> | 1<br>  | 2<br>  |                                                                                          |
| ANCELE CIRCLES                                                                               |                                                                                          |                                                                                            |                                                                                          |
| START<br> | 1<br> | 2<br> |                                                                                          |

| NECK MOBILITY                                                                                |                                                                                           |
|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| START<br> | 1<br> |



## Cool-Down Stretches

CHILD'S POSE AND STRETCH



HAPPY BABY HAMESTRING STRETCH



THORACIC/HIP FLEXOR/ QUAD STRETCH

START



1



2



3



OBLIQUE AND LAT STRETCH

START



1



SQUATTING FIGURE 4 GLUTE STRETCH

