

WARM-UP

Hip Hinge Drill 30 sec

Arm Circles 30 sec

Bodyweight Squats 45 sec

Plank Walkouts

Light Kettlebell Deadlift
30 reps

ROUND 1

LOWER BODY POWER & STRENGTH

Kettlebell Goblet Squat
12 reps

Reverse Lunges (Alternating)
12 reps each leg

Kettlebell Deadlift
12 reps

Kettlebell Swings
20 reps

ROUND 2

UPPER BODY STRENGTH + PUSH/PULL

Single-Arm Kettlebell Row
10 reps each

Kettlebell Floor Press
12 reps

Kettlebell Overhead Press
10 reps

Kettlebell High Pull
12 reps

ROUND 3

CORE STRENGTH + EXPLOSIVE CONDITIONING

Kettlebell Russian Twist
20 reps

Kettlebell Suitcase Carry
30 seconds each side

Kettlebell Snatch
(or Single-Arm Swing)

Kettlebell Clean to Squat P
10 reps

Kettlebell Alternating
Swings
20 reps

Kettlebell Thrusters

Stay Fit Build A Strong Body

William E Prentice



Stay Fit Build A Strong Body:

Stay Fit For Life Joshua Kozak,2017-10-05 Restore strength and balance to your everyday movement with 62 functional exercises targeted routines and three four week fitness programmes from exercise guru Joshua Kozak Make 50 the new 40 Stay Fit for Life empowers you to continue to move with the ease and efficiency of youth when performing everyday functional movements such as bending twisting pushing pulling and reaching making daily activities such as gardening or playing with grandchildren both smoother and stronger Unlike traditional resistance training that targets isolated muscle groups the compound movement exercises and activity specific programmes featured in Stay Fit for Life engage multiple muscle groups at the same time helping you lead more a active dynamic lives for years to come no matter your fitness level

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