

## 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

Kettlebell Deadlift  
12 reps

Reverse Lunges (Alternating)  
12 reps each leg

Kettlebell Swings  
20 reps

## ROUND 2

### UPPER BODY STRENGTH + PUSH/PULL

Single-Arm Kettlebell Row  
10 reps each

Kettlebell Overhead Press  
10 reps

Kettlebell Floor Press  
12 reps

Kettlebell High Pull  
12 reps

## ROUND 3

### CORE STRENGTH + EXPLOSIVE CONDITIONING

Kettlebell Russian Twist  
20 reps

Kettlebell Clean to Squat P  
10 reps

Kettlebell Suitcase Carry  
30 seconds each side

Kettlebell Alternating  
Swings  
20 reps

Kettlebell Snatch  
(or Single-Arm Swing)

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 active dynamic lives for years to come no matter your fitness level

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