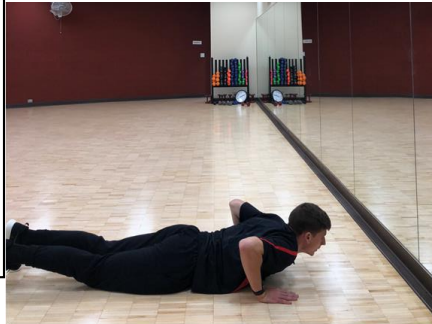




Push up

Muscles used: Pectorals, Triceps, and Deltoids

Keep head, back, and neck straight.



Sit up

Muscles used: Abdominals

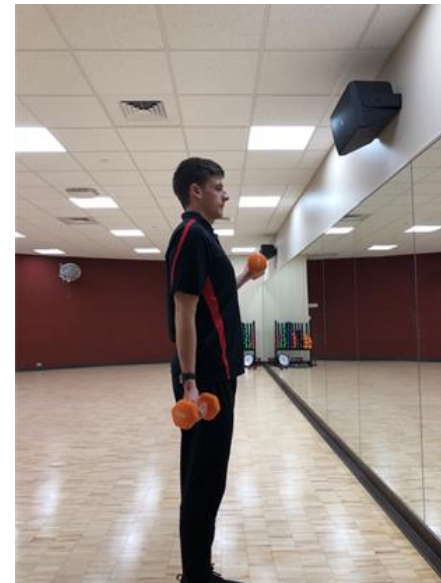
Keep knees bent, the back and neck should be straight throughout the exercise.



Bicep Dumbbell Curl

Muscles used: Biceps

Standing tall, isolating elbow flexion for each arm.



Alternating lunge

Muscles used: Quadriceps, Glutes, and Hamstrings.

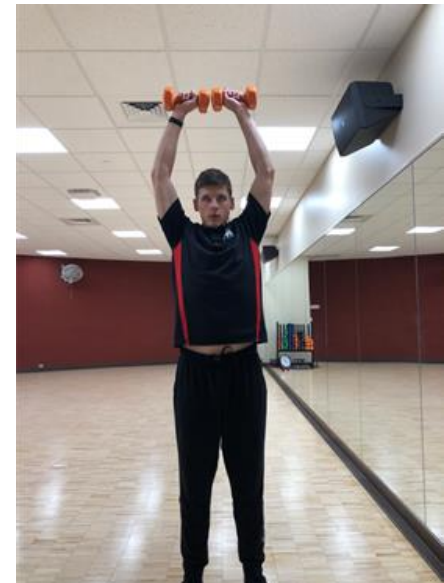
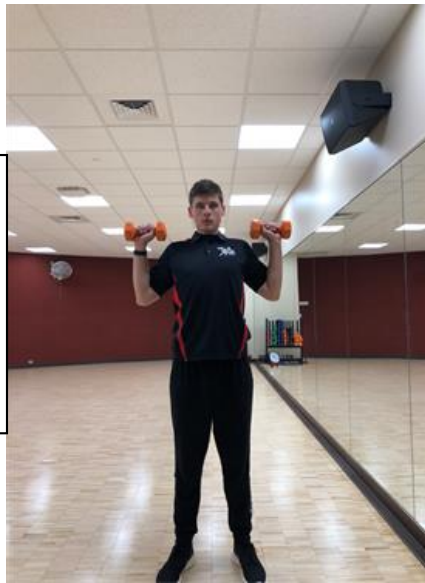
Keeping the back and head straight also ensure that each knee is bent at 90 degrees for optimum range of motion.



Shoulder Dumbbell Press

Muscles used: Deltoids

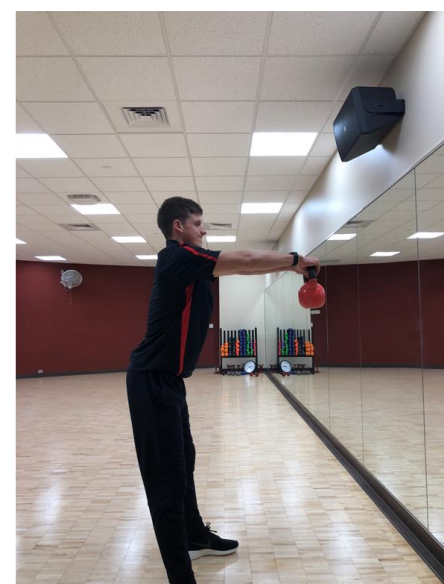
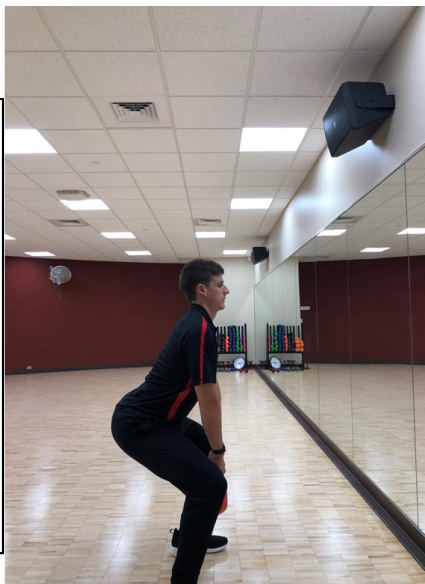
Start with elbows at a 90 degree bend, then work to extend the arms above the head.



Kettlebell Swing

Muscles used: Quads, Glutes, Deltoids.

Starting in a deadlift/squat position, use the upward momentum of the squat to throw the kettlebell at the same level as your head.



Isometric Plank

Muscles worked: Abdominals and Oblique's.

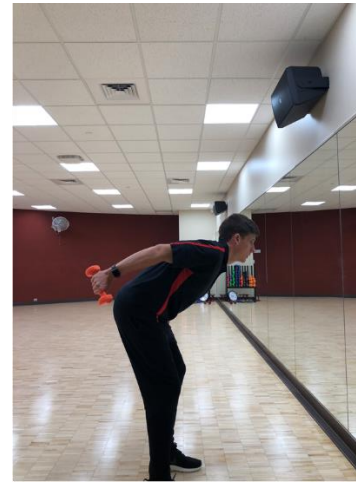
Keep the back and glutes flat. Keep the neck down in a neutral position.



Triceps Extension Kickbacks

Muscles worked: Triceps

Keep a slight bend in the knees, keep the back flat and bend at the hips. Start the arm at about 90 degrees and work to a full extension.



Goblet Squat

Muscles worked: Quads, glutes, and hamstrings.

Just how you would perform a regular squat ad a dumbbell for extra resistance. Keep the dumbbell close to your chest and keep the head up.



Kettlebell Deadlift

Muscles worked: Glutes, hamstrings, and back extensor muscles.

Be sure to not round the back, bend at the waist to ensure the power of the workout is coming from the legs.

