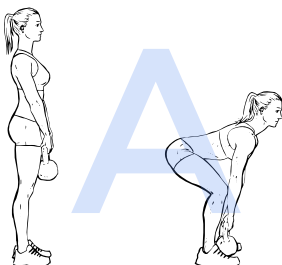


Lifting + Run Day2

Glutes, Abs, Back, Chest, Legs

Dynamic Warmup: 16-20 min. Main 25 min. Cooldown: 3-5 min.

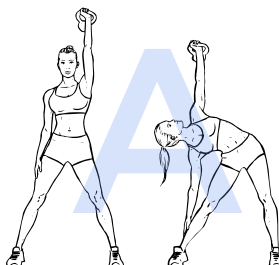
Kettlebell Deadlifts



4 sets 6 reps

Superset A1 · @75%-85% difficulty | 3-1-3-1 tempo (lower for 3 counts, pause, raise for 3 counts, pause)

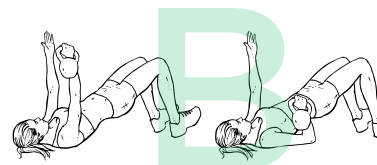
Kettlebell Windmills



4 sets 2 reps

Superset A2 · Use no or very low weight like a shoe or

Single-Arm Floor Glute Bridge Press



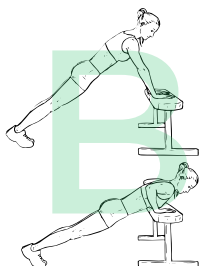
0:30
rest

0:30
rest

4 sets 6 reps

Superset B1 · @75%-85% difficulty | 6 reps each side

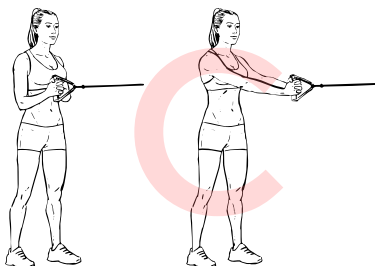
Incline Push-ups



4 sets 8 reps

Superset B2

Palloff Press

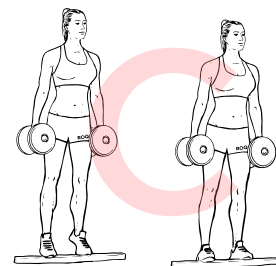


0:30
rest

2 sets 8 reps

Superset C1 · 8 reps each side

Standing Dumbbell Calf Raises



0:30
rest

2 sets 8 reps

Superset C2 · 5/1/1/1 tempo eccentrics - lower heel towards the floor for 5 counts, pause

Kettlebell Deadlifts

Primary muscle group(s):

Abs, Hamstrings, Lower Back

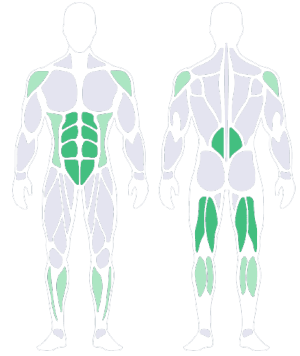
Secondary:

Calves, Obliques, Shoulders

Place a kettlebell on the ground. Step over the kettlebell so that it is in the center beneath you. Move your feet to shoulder-width or just outside of shoulder-width. Tighten your core and keep your chest up.

Begin by kicking your hips back and slightly bending your knees. Extend your arms down to grab onto the kettlebell.

Holding on to the kettlebell, drive your hips forward to stand back up. Slowly, reverse the movement by kicking your hips back and slightly bending the knees. Do not let your lower back arch.



Kettlebell Windmills

Primary muscle group(s):

Abs, Obliques

Secondary:

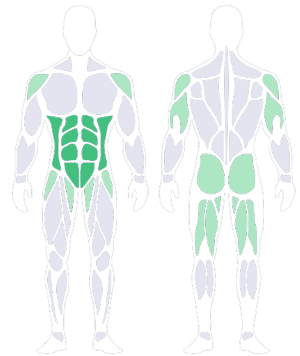
Glutes & Hip Flexors, Hamstrings, Shoulders, Triceps

Safely clean and press a kettlebell overhead.

Keep the kettlebell above you. Your elbow should be locked out.

Now push your butt toward the arm with the kettlebell. Bend from the hips, reaching for the floor with the opposite hand. Keep your gaze on the kettlebell during the movement.

Once you touch the floor, pause, make sure the arm is still locked out, and return to the starting position.



Single-Arm / Floor Glute Bridge Press

Primary muscle group(s):

Chest, Shoulders

Secondary:

Abs, Glutes & Hip Flexors

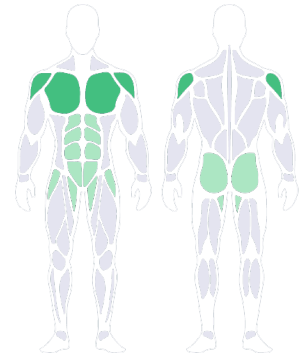
Start by laying down on the floor with your feet grounded, knees bent, and with the kettlebell resting on your chest being supported by two hands.

Lift your glutes off the ground and thrust your pelvis towards the ceiling until you find yourself in a fully extended glute-bridge position.

Take the handle of the kettlebell with one hand and transfer it so that its base rests on your bicep.

Use your chest to push the kettlebell directly up towards the ceiling.

Slowly lower the kettlebell back towards your bicep to complete the repetition.



Incline Push-ups / Pushups

Primary muscle group(s):

Chest

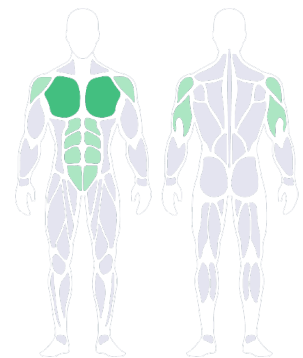
Secondary:

Abs, Shoulders, Triceps

Set up a bench or stable elevated surface. Begin with both hands on the bench at shoulder-width or just outside of shoulder-width.

Place your feet straight behind you while you tighten your abs and engage the hips. Your hips should not dip or elevate too high during the movement.

Slowly lower yourself towards the bench. Once your upper arms are parallel with the floor, pause, and return to the starting position.



Palloff Press / Oblique Iso Hold

Primary muscle group(s):

Abs, Obliques

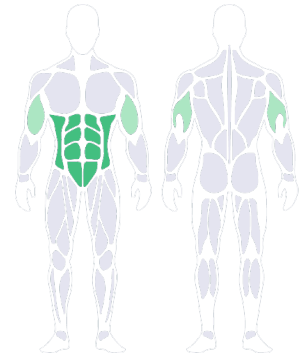
Secondary:

Biceps, Triceps

Stand with your left side next to a cable machine (you can also tie a resistance band to a wall). You should be side by side with the cable or band. Take the handle in your left hand.

Stand tall with a tight core and flat back. Your feet will be shoulder width apart. Clasp the handle with both hands. Begin by pushing the handle out in front of you.

Feel the tension in your abs and obliques. Hold this position for the prescribed amount of time. Slowly bring the handle back towards your body.



Standing Dumbbell Calf Raises

Primary muscle group(s):

Calves

Place an exercise step or something similar on the floor in front of you. It should be two or three inches high.

Holding a dumbbell in each hand, place your toes and the balls of your feet on the step. Make sure the arches of your feet are not on the step and your heels are on the floor.

Raise your heels as high as possible by pushing through the balls of your feet and toes while extending your ankles. Hold for a count of one.

Return to the starting position by bending your ankles until you feel a stretch in your calves.

Repeat.

