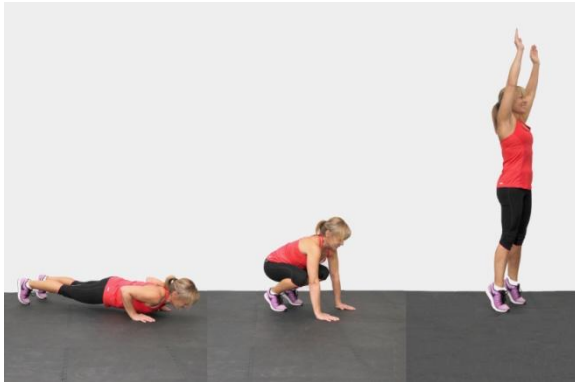




CLICK FOR TIMER

WEEK 2

EXERCISE 1



BURPEES

- ▶ Stand straight with your feet shoulder width apart and hands by your sides. Start Position.
- ▶ In one smooth motion, squat down and place your hands the floor in front of your feet.
- ▶ Lean forward, so your weight is on your hands, at the same time jump your legs out behind you until they are fully ended in the push up position.
- ▶ If you can; complete 1 full push up.
- ▶ Jump your feet back to your hands push through your heels and jump up to the Start Position.
- ▶ Repeat for the minute.

Demo Video

EXERCISE 2



SUMO KETTLEBELL DEAD LIFT

- ▶ Stand with your feet shoulder-width distance apart and your toes slightly pointed out.
- ▶ Brace your torso and push your hips backward as if to sit into a chair, lower your bottom until you can reach the kettlebell . (If you do not have a kettlebell reach for the ground.)
- ▶ Drive into your heels, keep your chest forward, and press into your heels to the standing position.
- ▶ Immediately lower back down, repeat for the minute.

Demo Video

EXERCISE 3



RUSSIAN TWISTS

- ▶ Begin in a seated position on the floor with knees bent. Holding a weigh is optional.
- ▶ Keeping core tight and shoulders back, rotate to the right as far as you can. See if you can tap the kettlebell/finger tips on the floor.
- ▶ Pause, then reverse your movement, twisting through the centre and to the left as far as you can, tapping kettlebell/finger tips on the floor.
- ▶ Repeat for the minute.

Demo Video