



January Workout: Week # 3

Kettlebell/Weighted Workout

HIIT (High Intensity Interval Workout) with 50 seconds on, and 10 seconds off

NOTE: If you do not have a kettlebell, please use a dumbbell (5-20lbs), soup cans, water bottles, or anything weighted that would work with this workout. If you're traveling and do not have access to any of these options, you can simply follow the exercises and put added focus into your muscle contraction/squeezing, so you reap the benefits of the workout.

Kettlebell Swing – Standing with your feet a little further than hip distance apart, drop the weight in-between your legs, and 'swing' it up with straight arms, ending in the same line as your shoulder level. Be sure to keep your arms straight here! Look forward during the whole exercise so you do not round your back. This is awesome for your core, arms, legs, and cardio if done properly. Pay attention to your body, and drop the weight to continue without it if your lower back hurts *at all*.

Bent-Over Back Rows (Right Side) – Lunging deep into your left leg, and resting your left elbow on top of your thigh, row the weight with your right arm up to your torso. Keep your arm tight towards your right side, and bend your elbow 90 degrees to get the squeeze through your shoulder blades. FOOT POSITIONING: Here your left foot is pointing in the same direction as your lunging left knee, while your right back leg is straight and your foot is pointing out on a 45 degree angle. Be sure to have both feet planted on the ground! This exercise is brilliant at shaping your back, shoulders, legs, and arms, while also helping to create a strong posture with great upper body and core strength.

Bent-Over Back Rows (Left Side) – Lunging deep into your right leg, and resting your right elbow on top of your thigh, row the weight with your left arm up to your torso. Keep your arm tight towards your left side, and bend your elbow 90 degrees to get the squeeze through your shoulder blades. FOOT POSITIONING: Here your right foot is pointing in the same direction as your lunging right knee, while your left back leg is straight and your foot is pointing out on a 45 degree angle. Be sure to have both feet planted on the ground! This exercise is brilliant at shaping your back, shoulders, legs, and arms, while also helping to create a strong posture with great upper body and core strength.

Straight-Leg Deadlift – With your feet hip distance apart, and holding the weight in the center front of your body, lock your knees and allow your torso to drop with your back as straight as you can to a 90 degree angle at your hips. Watch the video to ensure you have proper form here! NOTE: Keep your chin up and try to look towards the ceiling as you come down to a 90 degree angle. This will help to keep your back as straight as possible. This exercise is amazing for the back of your thighs (your hamstrings), while it also works your core & back strength. All you're looking for is a stretch in the back of the thighs, and trust me, you'll feel this in two days' time.

Push-Ups – With your hands a little further than shoulder distance apart, drop your chest in-between your hands to work your chest muscles and burn more calories. If your face is dropping in-between your hands, you will be working your shoulders more and burning less calories. My point: Push your body forward and work your chest muscles! NOTE: Do not let your hips sag on this exercise, keep them up and use your knees for assistance.