



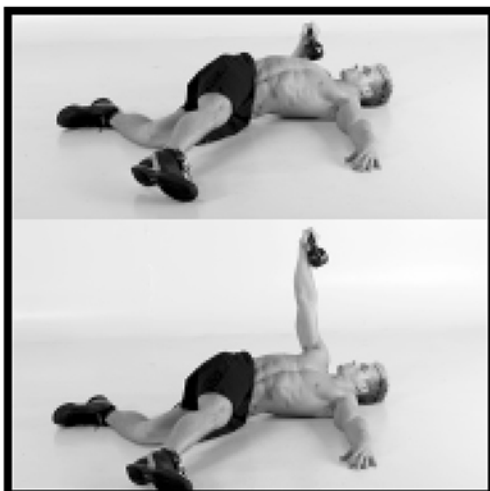
### **Squat** **Muscle Emphasis- Gluteus** **Maximus, Quadriceps,** **Hamstrings**

1. Begin with both the kettlebells positioned on top of your shoulders.
2. Stand with both feet wider than shoulder width.
3. Slowly lower your body into a squat position. Do not allow your knees to extend beyond your toes.
4. Slowly return to the starting position in a slow and controlled manner.



### **Standing Figure 8** **Muscle Emphasis- Core,** **Abdominals, Obliques**

1. Begin by bending over from the waist and positioning one kettlebell between your legs.
2. Take a wide stance, pushing your butt out and keeping your back straight.
3. Pass the kettlebell between your legs, alternating from hand to hand.



### **Cross Legged Floor Press** **Muscle Emphasis- Pectoral**

1. Begin by laying on the ground and crossing one leg over the other.
2. Keep your back flat on the floor and position the kettlebell at chest level.
3. Raise one kettlebell by completely extending your arm up and allowing your shoulder to raise off the ground.
4. Slowly return to the starting position in a slow and controlled manner.
5. Alternate body positioning and repeat exercise after you have finished a complete set.



#### **WARNING, PLEASE READ BEFORE EXERCISING:**

When working out, do the following for each exercise: 1. Select a weight that you feel comfortable with. 2. Exhale while exerting/lifting the weights, and inhale while returning to the starting position in a slow and controlled manner. 3. Read all caution and warning labels before using this exercise apparatus. 4. Before use, inspect weights for worn or cracked parts. If in doubt, do not use the weights until the parts have been replaced. 5. Bystanders must keep clear of weights and all moving parts. 6. Children should never be permitted to use the weights. 7. Prior to beginning any exercise program, we strongly recommend that you have a complete physical examination and obtain your physician's approval of your conditioning program. 8. We recommend that you always exercise with a partner or someone who can assist you should the weights become too heavy for you to lift on your own. 9. We recommend that you always wear a weight lifting belt or back support for safety and stability when lifting weights.

#### **GETTING STARTED:**

Always warm-up your muscles before exercising. Easy stretching (without bouncing) and a light cardio workout for 15 minutes is recommended to prepare your body. A "repetition" is defined as one complete movement from the starting position, through the full range of motion, and back to the starting position. A "set" is defined as a series of continuous repetitions. Start your exercise program conservatively. Select a weight for each exercise that is easily performed for the full range of your motion. Learn to feel your body's responses and change your program accordingly. The number of repetitions for each set should range between eight and fifteen. As a general rule, the lower the number of repetitions performed (eight to ten), the heavier the resistance of weight used. While heavy resistance increases muscular strength, the full range of movement is necessary to achieve maximum muscle strength and development. Rest between each set of repetitions long enough to catch your breath. Work up to three or four sets for each isolated exercise. When you can perform the desired number of repetitions at a given weight, increase the resistance moderately. There may be a number of exercises isolating the same muscle. These exercises should be grouped together and performed on the same day, followed by a day of rest for that particular muscle.

#### **EXERCISE PROGRAM SUGGESTION #1**

Exercise the complete body every other day, up to three times a week. The one day rest enables the body to recover from the previous workout.

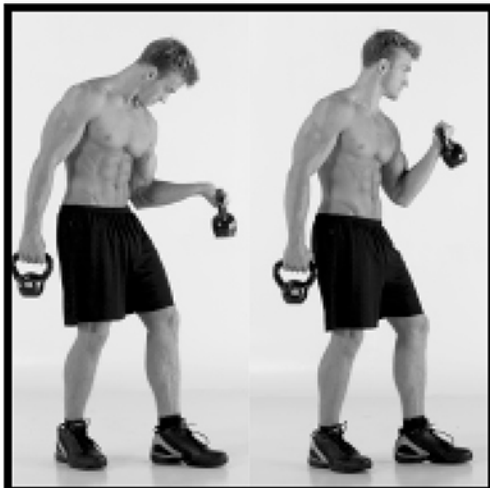
#### **EXERCISE PROGRAM SUGGESTION #2**

Alternating your daily workouts. One day isolate the upper body exercises, and the next day perform the lower body exercises. To reduce lactic acid build-up and consequently reduce muscle soreness, end each exercise with an increased number of repetitions at a lighter weight. Also, stretching the muscles is recommended upon completion of your weight resistance program.



### **Oblique Abdominal Crunch** **Muscle Emphasis-** **Abdominals, Obliques, Core**

1. Begin with the kettlebell positioned on your chest.
2. Raise your upper torso by crunching your abdominal muscles and gently twist your waist to either side as you lift your shoulders off the floor.
3. Slowly return to the starting position in a slow and controlled manner.
4. Alternate sides with every repetition.



### **Alternating Bicep Curl** **Muscle Emphasis- Biceps**

1. Begin with both the kettlebells positioned near your outer hips.
2. Raise one kettlebell to shoulder height and slowly lower it to the starting position in a slow and controlled manner.
3. Repeat exercise with the opposite arm.
4. Alternate each arm with every repetition.



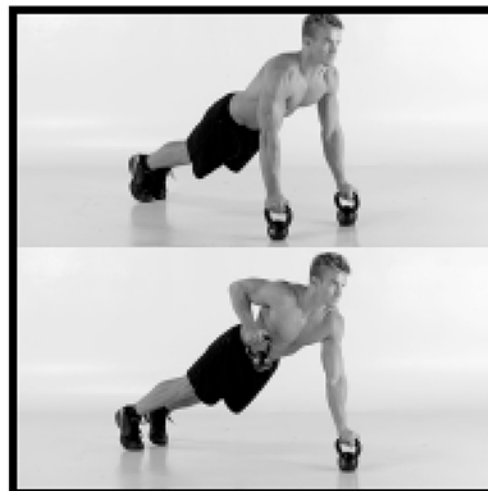
### **Lunge** **Muscle Emphasis- Gluteus Maximus, Quadriceps, Hamstrings**

1. Begin by holding the kettlebell with both hands, away from your body at arms length and stand with your feet together.
2. Step forward, lowering your rear knee to stop 3-4 inches off the floor.
3. Return to the starting position by pushing your body up with the forward leg and repeat exercise with the opposite leg in a slow and controlled manner.



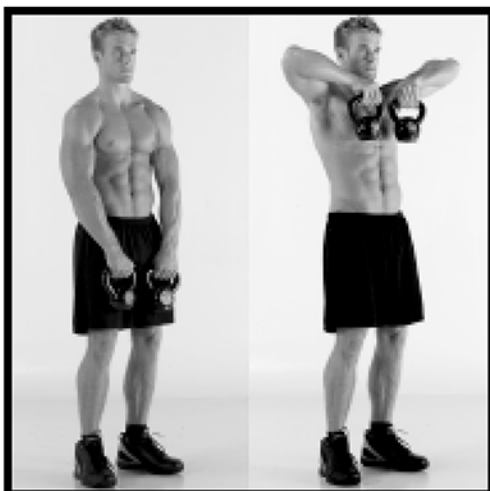
### **Two-Arm Tricep Extension** **Muscle Emphasis- Triceps**

1. Begin with both the kettlebells positioned behind your head.
2. Keep your elbows raised throughout the entire exercise.
3. Raise both kettlebells above your head by extending your forearm from the elbow and slowly return to the starting position in a slow and controlled manner.
4. You can alternate each arm with every repetition to vary your workout.



### **Renegade Row** **Muscle Emphasis- Lats, Bicep**

1. Begin with your body in a push up position and place both the kettlebells on the floor at shoulder width.
2. Raise one kettlebell to chest height and slowly return to the starting position in a slow and controlled manner.
3. Repeat exercise with opposite arm.
4. Alternate each arm with every repetition.



### **Two-Arm Upright Row** **Muscle Emphasis- Deltoids, Traps**

1. Begin with both the kettlebells positioned near the front of your thighs.
2. Raise the kettlebells to shoulder height and slowly lower them to the starting position in a slow and controlled manner.
3. You can alternate each arm with every repetition to vary your workout.



### **Two-Arm Row** **Muscle Emphasis- Lats, Biceps**

1. Begin with body in a crouched position. Take a wide stance, pushing your butt out and keeping your back straight.
2. Place both the kettlebells on the floor, between your feet.
3. Raise one kettlebell to your waist and slowly return to the starting position in a slow and controlled manner.