



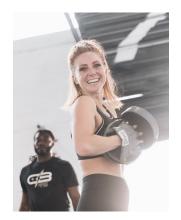






DUMBBELL _____ 25

14 DAY TRAINING PLAN ______ 32





WALK IT OUT



- 1. Bring your upper body to the front
- 2. Touch your toes, keep your knees as extended as possible
- 3. Slowly walk out into a high plank position
- 4. Walk back to the starting position

HIP OPENER

02





- 1. Start in a lunge position
- 2. Slowly pushing your front knee forward
- 3. Stop for 3 seconds, if you feel a stretch in your hip
- 4. Release and repeat

PERFECT STRETCH

03



- 1. Start in a lunge position
- 2. Place your upper body on the inside of your leg
- 3. Bring your elbow to your knee on the same side
- 4. Open up, eyes following your hand

SQUAT TO STAND





- 1. Grab your toes
- 2. Squat down deep
- 3. Press your elbows into your knee from the inside
- 4. Extend your legs, still holding your toes

CAT AND COW





- 1. Knees and hands on the ground
- 2. Slowly arching your back as much as possible
- 3. Slowly moving into a hollow (cow) position

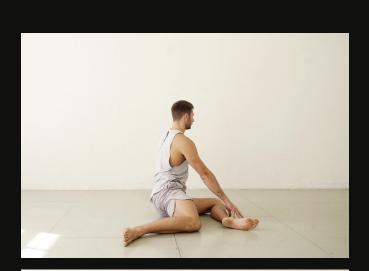
COSSACK SQUAT





- 1. Using a wide stand
- 2. Squating from side to side
- 3. Keeping your chest high and upper body straight

90 to 90







- 1. 90 degree in both knees
- 2. Using the core to rotate to the other side, without using the hands

SLAMBALL



OVERHEAD SLAM





- 1. Feet placed shoulder wide
- 2. Squat to pick the slam ball up
- 3. Press it overhead
- 4. Throw your upper body down as explosive as possible



KETTLEBEL

AROUND THE WORLD

- 1. Grab the Kettlebell with both hands
- 2. Starting position in from of your face
- 3. Rotate the kettlebell around your head
- 4. Only moving your shoulders, keep the core as stable as possible







⁰² HIGH PULLS



- 1. Kneeing starting position
- 2. Arms extended, shoulders rotated to the back
- 3. High pull (elbows high and outside)
- 4. Elbows above shoulder level

SINGLE OVERHEAD PRESS





- 1. Lunge position to start the exercise
- 2. Kettlebell in front rack position
- 3. Knuckles right below your chin
- 4. Engage Core to press over head
- 5. Fully extend your arm

BACKLUNGE

- 1. Kettlebell in front rack position
- 2. Slowly moving one leg into a back lunge
- 3. Knee is touching the ground
- 4. Engage Core to press over head
- 5. Move back into the starting position







DEAD LIFT

- 1. Kettlebell is hanging in front of your body
- 2. Hips starting the movement, going to the back
- 3. Keep your back in on line
- 4. Bend your knees to bring the kettlebell to the ground
- 5. Lift up again into the starting position







KETTLEBELL SWING

- 1. Kettlebell is hanging in front of your body
- 2. Hips going back first
- 3. Using the hip extension to start swinging the Kettlebell
- 4. Bring the Kettlebell to eye level









FRONT SQUAT



- 1. Kettlebell in front of your chest, keeping it close
- 2. Hips starting the movement, moving into a squat
- 3. Keep your Core engaged to stable the movement
- 4. Extend your legs, moving back into the starting position

SINGLE BEND OVER ROW





- 1. Bring your upper body to the front
- 2. Hips moving to the back
- 3. Upper body is in a static position
- 4. Rowing arm extended
- 5. Pulling the Kettlebell towards your belly

SINGLE HANG CLEAN



- 1. Kettlebell in front of your body
- 2. Using a little swing to clean the Kettlebell into the front rack position
- 3. Bringing the Kettlebell back into the starting position, bending your hips
- 4. Rowing arm extended
- 5. Extend your hips to clean into the front rack position again



DOUBLE KNEE OVERHEAD PRESS





1. Kneeling position

- 2. Both Kettlebell in front rack position
- 3. Engage your core to strict press overhead
- 4. Extend your arms fully

HOLLOW BODY HOLD



- 1. Place your lower back on the ground
- 2. Extend arms and legs, holing the Kettlebell on one side
- 3. Static exercise keeping the core tight

DUMBBELL

HIGH PLANK ROW





- 1. Starting in a high plank position
- 2. Wrist below your shoulder
- 3. Pulling your elbows behind your back
- 4. Keeping your body still in one line

DEVILS PRESS

- 1. Moving into a push up with the dumbbells
- 2. Keeping the dumbbells close to your body
- 3. Jump up into a squat position
- 4. Clean the dumbbells to your shoulder
- 5. Push press overhead
- 6. Movement is like a burpee with dumbbells









THRUSTER







- 1. Dumbbell in a front rack position
- 2. Squat and keep your chest up high
- 3. Extend your legs fast, using the explosion to to bring the weight overhead
- 4. Fully extending your arms

BENT OVER ROW

- 1. Bring your upper body to the front
- 2. Hips moving to the back
- 3. Upper body is in a static position
- 4. Pulling the dumbbell towards your belly
- 5. Shoulders rotation backwards, squeezing your upper back



BACKLUNGE CURL

- 1. Bring one leg to the back into a lunge position
- 2. While bringing your leg to the back, biceps curl with the opposite side
- 3. Switch leg and arm after each rep









BRIDGE AND PRESS





- 1. Upper back and heels on the ground
- 2. Extending your hips
- 3. Chest press the dumbbells, extending your arms
 - Hollow body —close
 - Lower back on the ground
 - Legs and arms extended
 - Keep the dumbbells overhead
 - Bring your legs and arms together above your upper body

14 DAY TRAINING PLAN



WEEK 1 / WORKOUT 1

Week 1 / Workout 1

WARM-UP

MOBILITY

2 Rounds of:10 Walk outs10 Perfect stretches10 Squat to stands

ELEVATE HEART RATE

3 Rounds of:20 Air squats20 Jumping jacks20 High knees

Week 1 / Workout 1

MAIN 1

We perform an EMOM (Every minute on the minute) with three exercise for in total 9 minutes. Within the minute, you as an athlete can decide how much your working time will be. We recommend a split of 40 seconds work, 20 seconds rest.

EMOM 9'

Minute 1 Kettlebell around the world

Minute 2 Kettlebell deadlift

Minute 3 Kettlebell frontsquat

MAIN 2

TABATA 5'

20 seconds on/ 10 seconds off 10 Rounds in total

Hollow body kettlebell hold Russian twist

WEEK 1 / WORKOUT 2

Week 1 / Workout 2



MOBILITY

2 Rounds of: Cossack squat Hip opener

Cat and cow

ELEVATE HEART RATE

3 Rounds of:20 Mountain climbers20 Jumping jack20 Glute bridge

Week 1 / Workout 2

MAIN 1

Todays focus is strength. Choose a heavier weight and and perform each exercise with a rest of 45- 60 seconds between each set. Each exercise for 4 Sets with 10-12 reps.

MAIN 2

EXERCISE 1 Single hang clean

Kettlebell back lunge

EXERCISE 2 Kettlebell swing

EXERCISE 3

EXERCISE 4 Dumbbell thruster EMOM 6'

Minute 1 Overhead slam

Minute 2 Hollow body hold

EXERCISE 5

Dumbbell bent over row

WEEK 2 / WORKOUT 1

Week 2 / Workout 1

WARM-UP

MOBILITY

2 Rounds of:10 Walk outs10 Perfect stretches10 Squat to stands

ELEVATE HEART RATE

3 Rounds of:20 Air squats20 Jumping jacks20 High knees

Week 2 / Workout 1

MAIN 1

Todays focus is strength. Choose a heavier weight and and perform each exercise with a rest of 45- 60 seconds between each set. Each exercise for 4 Sets with 10-12 reps.

EMOM 9'

Minute 1

High plank row

Minute 2

Devils press

Minute 3 Bridge and press

MAIN 2

TABATA 5'

20 seconds on/ 10 seconds off 10 Rounds in total

High pulls Russian twist

WEEK 2 / WORKOUT 2

Week 2 / Workout 2



MOBILITY

2 Rounds of: Cossack squat Hip opener

Cat and cow

ELEVATE HEART RATE

3 Rounds of:20 Mountain climbers20 Jumping jacks20 Glute bridges

Week 2 / Workout 2

MAIN 1

Todays focus is strength. Choose a heavier weight and and perform each exercise with a rest of 45- 60 seconds between each set. Each exercise for 4 Sets with 10-12 reps.

MAIN 2

EMOM 6'

EXERCISE 1 Kettlebell front squat EXERCISE 2

Kettlebell swing

EXERCISE 3

EXERCISE 4

Bridge and press

Double overhead press

EXERCISE 5

Overhead slam

Minute 1 High plank row with dumbbell

Minute 2 Hollow Body - close with dumbbell