

YOURFLOW



E-book

TABLE OF CONTENTS

MOBILITY _____ 03

SLAMBALL _____ 11

KETTLEBELL _____ 13

DUMBBELL _____ 25

14 DAY TRAINING PLAN _____ 32



MOBILITY



01

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



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

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



07

90 to 90

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



SLAMBALL



01

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



KETTLEBELL



01

AROUND THE WORLD

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



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



03

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, holding the Kettlebell on one side
3. Static exercise keeping the core tight



DUMBBELL

01

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 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

WARM—UP

MOBILITY

2 Rounds of:

10 Walk outs

10 Perfect stretches

10 Squat to stands

ELEVATE HEART RATE

3 Rounds of:

20 Air squats

20 Jumping jacks

20 High knees

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

WARM—UP

MOBILITY

2 Rounds of:

Cossack squat

Hip opener

Cat and cow

ELEVATE HEART RATE

3 Rounds of:

20 Mountain climbers

20 Jumping jack

20 Glute bridge

MAIN 1

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

EXERCISE 1

Single hang clean

EXERCISE 2

Kettlebell swing

EXERCISE 3

Kettlebell back lunge

EXERCISE 4

Dumbbell thruster

EXERCISE 5

Dumbbell bent over row

MAIN 2

EMOM 6'

Minute 1

Overhead slam

Minute 2

Hollow body hold

WEEK 2 / WORKOUT 1

WARM—UP

MOBILITY

2 Rounds of:

10 Walk outs

10 Perfect stretches

10 Squat to stands

ELEVATE HEART RATE

3 Rounds of:

20 Air squats

20 Jumping jacks

20 High knees

MAIN 1

Today's focus is strength. Choose a heavier weight 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

WARM—UP

MOBILITY

2 Rounds of:

Cossack squat

Hip opener

Cat and cow

ELEVATE HEART RATE

3 Rounds of:

20 Mountain climbers

20 Jumping jacks

20 Glute bridges

MAIN 1

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

EXERCISE 1

Kettlebell front squat

EXERCISE 2

Kettlebell swing

EXERCISE 3

Double overhead press

EXERCISE 4

Bridge and press

EXERCISE 5

Overhead slam

MAIN 2

EMOM 6'

Minute 1

High plank row with dumbbell

Minute 2

Hollow Body - close with dumbbell