

EXERCISE GUIDE

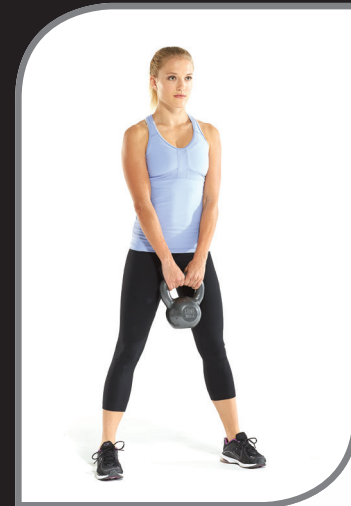
- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each arm/leg to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions.

—OR—

- If unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

Before beginning this or any other exercise program, you should always consult with your doctor or physician.

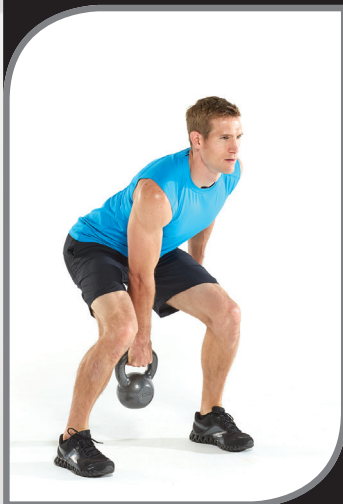
SQUAT



Start: Position feet shoulder-width apart. Grasp handle with both hands and straighten arms in front of body. Bend knees and push hips back with chest high.

Finish: Straighten legs and push hips forward with chest high and arms remaining straight in front of body. Return to start position and repeat.

DEAD SWING



Start: Position feet shoulder-width apart. Grasp handle with one hand, straighten arm in front of body, and lean slightly forward at the waist. Bend knees and push hips back with chest high.

Finish: Straighten legs and raise bell-arm up and forward just above the same-side shoulder. Keep knees aligned with feet and drive hips forward with chest high and head directly above hips. Return to start position and repeat.

LUNGE PRESS



Start: Position feet hip-width apart with knees slightly bent. Grasp kettlebell, bend arm and position bell across back of forearm at shoulder height.

Finish: Step backward, bend knees and straighten bell-arm up and slightly backward directly above shoulder, with wrist straight and palm of hand facing forward. Return to start position and repeat.

EXERCISE GUIDE

OVERHEAD WINDMILL



Start: Stand with feet slightly wider than shoulder-width apart and legs straight. Grasp handle with one hand and extend arm directly over same side shoulder.

Finish: Keep legs and arms straight and side bend away from extended bell arm while rotating head and looking upward at bell. Return to start position and repeat.

SQUAT HIGH PULL



Start: Position feet shoulder-width apart. Grasp handle with one hand, straighten arm in front of body, and lean slightly forward at the waist. Bend knees and push hips back with chest high.

Finish: Straighten legs, bend arm and raise bell up to chest height with elbow high. Keep knees aligned with feet and drive hips forward with chest high and head directly above hips. Return to start position and repeat.

DEAD CLEAN SQUAT



Start: Position feet shoulder-width apart. Grasp handle with one hand, straighten arm in front of body, and lean slightly forward at the waist. Bend knees and push hips back with chest high.

Finish: Partially straighten legs while bending arm, tucking elbow inward toward side of body and bringing bell upward to shoulder height. Immediately bend knees and push hips back with bell resting against back of forearm. Return to start position and repeat.