**Exercise Instruction**
- 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.
- Perform every exercise 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.
- 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.

**KETTLEBALLS**

**LUNGE PRESS**

**Start:** Stand with feet slightly wider than shoulder-width apart and legs straight; grasp handle with one hand and straighten arm directly above same-side shoulder. Straighten opposite arm along side of body; tighten core muscles and position head directly above hips.

**Finish:** Slowly reach arm down along side of leg while bending at the waist in the same direction with legs straight, ball above shoulder and head rotated in same direction. Slowly straighten body, return to start position and repeat.

**SQUAT**

**Start:** Stand with feet shoulder-width apart and legs straight; grasp handle with two hands and straighten arms directly in front of body. Tighten core muscles and position head directly above shoulders and hips.

**Finish:** Slowly bend legs with knees over feet, push hips back and hinge slightly forward at the waist with low back slightly arched, chest high and arms straight directly below shoulders. Straighten legs, push hips forward and slowly return to start position.

**SQUAT HIGH PULL**

**Start:** Stand with feet shoulder-width apart, legs bent with knees over feet; grasp handle with one hand and straighten arm between legs with ball off floor. Hinge slightly forward at the waist with a slight arch in low back and tighten core muscles.

**Finish:** Straighten legs and push hips forward while raising heels off floor, bending arm and leading upward with elbow while raising arm up and away from side of body with ball at chest height. Slowly return to start position and repeat.

**DEAD PRESS**

**Start:** Stand with feet slightly wider than shoulder-width apart and legs straight; grasp handle with one hand and straighten arm directly above same-side shoulder. Straighten opposite arm along side of body; tighten core muscles and position head directly above hips.

**Finish:** Slowly reach arm down along side of leg while bending at the waist in the same direction with legs straight, ball above shoulder and head rotated in same direction. Slowly straighten body, return to start position and repeat.

**DEAD SWING**

**Start:** Stand with feet shoulder-width apart, legs slightly bent with knees over feet; grasp handle with one hand and straighten arm between legs with ball off floor. Hinge forward at the waist with back straight, head up, and core muscles tight.

**Finish:** Straighten legs, push hips forward and straighten upper body with head and shoulders aligned with hips while swinging arm up and in front of body with ball between waist and chest height. Return to start position and repeat.

**DEAD CLEAN**

**Start:** Stand with feet shoulder-width apart, legs bent with knees over feet; grasp handle with one hand and straighten arm between legs with ball off floor. Hinge slightly forward at the waist with a slight arch in low back and core muscles tight.

**Finish:** Straighten legs and push hips forward while shrugging shoulder, bending and raising arm up and away from side of body and catching ball along outside of bent arm at shoulder height. Return to start position and repeat.