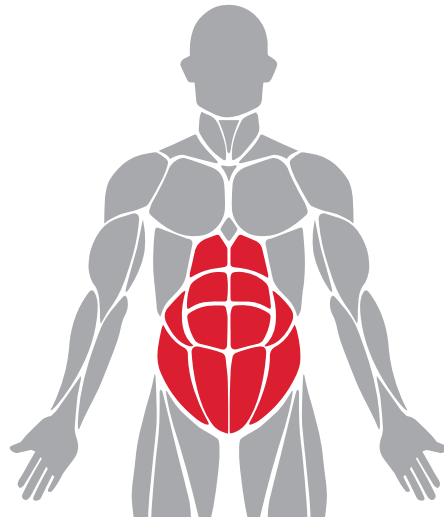


# MUSCLE SQUAD

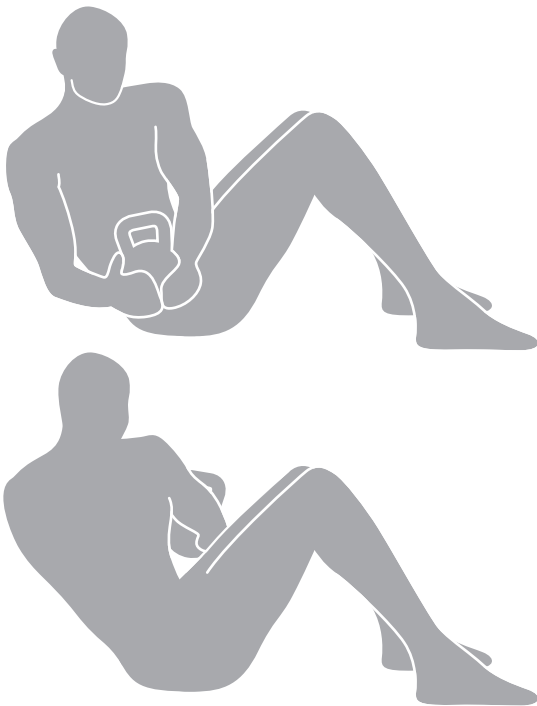
## CRUNCHING YOUR CORE

### IMPORTANCE OF THIS MUSCLE PLAN

Training your core muscles helps improve your stability, leading to better balance and posture. This plan is a little more than a few sit ups, hitting those muscles deep inside your core to build strength and power. Keep an eye out for Intensifiers, a more advanced version of the exercise using additional equipment.



### RUSSIAN TWIST



#### Equipment required: Kettlebell

Sit on the floor with your knees bent, lean back until your core is engaged. Hold the kettlebell above your stomach with your elbows tucked into your sides. Start to move the kettlebell from side to side to rotate your core. The kettlebell should not touch the floor. Look to do this for a set time period or specific rep range. Each movement should take around 2 seconds.

To intensify this exercise raise your feet from the floor.

### SIT UP

#### Equipment required: Kettlebell

#### Intensifier: Bench

Lay on your back, knees bent with your feet flat on the floor. Support the kettlebell on your chest. Support your back by pulling your shoulders in. Bring yourself up to a sit up position to fully engage your core. Hold this position for 1 second before slowly lowering back down to the start position. Pay attention to your head and neck position, not allowing the head to roll forward.



## KETTLEBELL CRUNCH



### Equipment required: Kettlebell

Lay on your back with your arms and legs extended. Hold the Kettlebell above your chest by the handle in both hands. With a small bend in your arms and knees, simultaneously bring your knees to your chest whilst you lift your upper back off the floor to create a crunching motion. Bring the kettlebell to meet your knees and hold for 1 second. Slowly return back to the start position.

## V UP TO OVER HEAD



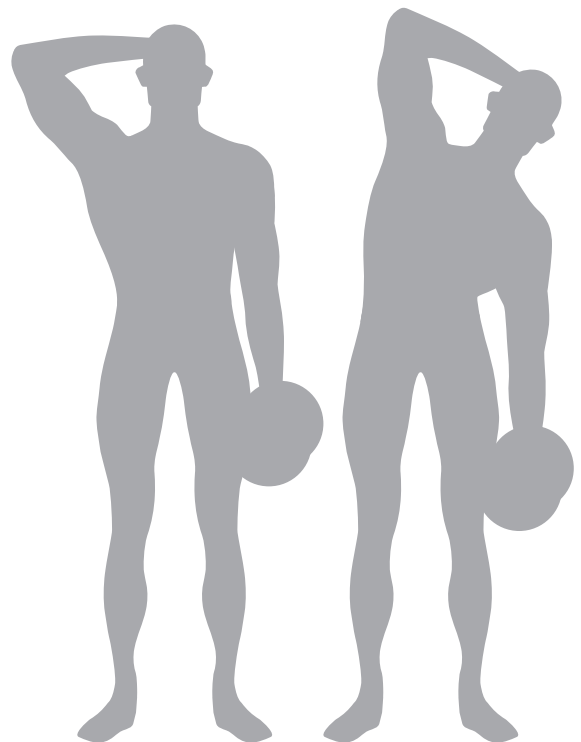
### Equipment required: Kettlebell

Lay on your back with your arms and legs extended. Hold the kettlebell in both hands above your head. Keeping your legs straight at all times, simultaneously raise your legs and arms to bring the Kettlebell towards your feet. Hold the position for 1 second before returning back to the start position.

## WEIGHTED SIDE BEND

### Equipment required: Kettlebell

Stand with your feet hip width apart pulling your shoulders back. Place a kettlebell in one hand to the side of your body. Slide the Kettlebell down your leg towards the floor, as far as you can comfortably go. You should feel the stretch down the opposite side. Keep the movement smooth and engage your core to pull yourself back to the start position. Repeat 10 times on each side.



**WARNING:** Before beginning this or any other exercise programme, we recommend you consult your doctor. This is important for people with pre-existing health problems or those returning to exercise after some time. We assume no responsibility for personal injury or property damage sustained by or whilst using this product.

We recommend the following: 1) Work out in a clear 2m x 2m area 2) Exercise indoors on a level surface using a mat in order to protect floors and carpets 3) Keep children under the age of 16 and pets away from the equipment at all times, the equipment is designed for adult use only 4) Wear appropriate clothing when exercising, loose clothing may get in the way of equipment or get caught 5) If you feel faint or dizzy while exercising stop immediately and cool down

## CONTACT INFORMATION

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