

MEDICINE BALL/KETTLEBELL/RESISTANCE BANDS

This month's workout is designed to increase your metabolism, burn a lot of fat, and get in great shape. This workout is intended to move quickly in and between exercises. It's an explosive workout so use 80% of your normal weight.

MEDICINE BALL WARM-UP CIRCUIT: Repeat 2-3 times. Rest 0-60 seconds between sets

- Wood chop 20 reps
- Standing pivoting rotation - 20 reps 10 each side
- Step back lunge press overhead - 20 reps alternating legs
- Lateral step reach down, press overhead - 10 reps each side

Rest 30-60 seconds before starting the Kettlebell Circuit

KETTLEBELL CIRCUIT: 30 seconds or less between exercises. Repeat 2-3 Times.

- KB swings - 20 reps
- Goblet squat - 20 reps(optional press overhead)
- One arm row - 20 reps each side.

Rest 0-60 seconds between circuits

RESISTANCE BANDS CIRCUIT: Rest 0 to 30 seconds between sets. Repeat 2 to 3 times.

- Squat push press 20 reps
- Firehose pull 20 reps
- Step back reach down(Dumbbell weight optional) 20 reps 10 each leg.
- Lateral step and Reach down 20 reps 10 each side

GOOD JOB!