



12-WEEK HOME WORKOUT PROGRAM

— NOELLE TARR —

COPYRIGHT

The entire contents of **Coconuts and Kettlebells: 12-Week Home Workout Program** and the technology underlying, including but not limited to text, graphics, images, audio files, videos, digital downloads, data compilation, or code is copyrighted as a collective work under the United States and other copyright laws, and is the property of Coconuts & Kettlebells, LLC and is protected by copyright and other intellectual property or proprietary rights. **This fitness plan may not be copied, distributed, republished, uploaded, posted, or transmitted in any way without the prior written consent of Noelle Tarr of Coconuts & Kettlebells, LLC.** All contents are: Copyright © 2020 Coconuts & Kettlebells, LLC. All rights reserved.

BEFORE YOU START

All information, material, and content found in Coconuts and Kettlebells: 12-Week Home Workout Program is strictly informational. It is **general information that may not apply to you as an individual, and it is not intended to serve as a substitute for your own primary care provider, physician, specialist, nurse practitioner, or other applicable medical professional's recommendations, care or advice.** Any and all medical care provided to you in connection with any medical or health-related diagnosis should be administered by your own primary care provider, physician, specialist, nurse practitioner, or other applicable medical professional.

Accessing this program, reading the material contained in this program, or otherwise using the program does not create, nor is it intended to create a physician-patient relationship. You further agree that you shall not make any medical or health-related decision based in whole or in part on anything contained in this program. **None of the opinions, recommendations, or information contained in this program have been independently evaluated by the FDA.** Before following any particular recommendations, protocols, or suggestions presented in this program, you agree to consult your primary care provider, physician, specialist, nurse practitioner, or other applicable medical professional. **NO information in this program, or presented on Coconuts & Kettlebells® website(s), should be used to diagnose, treat, prevent or cure any disease or condition under any circumstances.**

All forms of exercise pose some inherent risks. By participating in this program, you understand that there exists the remote possibility of adverse changes occurring during exercise, including (but not limited to), abnormal blood pressure, dizziness, fainting, disorders of heart rhythm, and very rare instances of heart attack, stroke, or even death. Because of increased risk, you must have a complete physical examination prior to any activity if you are over 40 years old, overweight, sedentary, have high cholesterol, high blood pressure, or diabetes, or if an immediate family member has been diagnosed with heart disease. This program is designed specifically for those over eighteen (18) years of age and is not recommended for children. You hereby acknowledge and agree that by participating in this program, you are at least eighteen (18) years old.

If you are experiencing an acute or chronic medically diagnosed condition, you must maintain treatment as prescribed by your physician. In the case of medical diagnoses, it is vital to work in concert with your physician to determine the best course of action.

Full medical clearance from a licensed physician should be obtained before beginning or modifying any diet, exercise, or lifestyle program. This program is not intended to serve as a substitute for any exercise routine, treatment or dietary regimen that may have been prescribed by your physician.

Please be aware of your limits when it comes to fitness, and respect them. Make sure your equipment is well maintained. This program does not provide any equipment, nor does it make any representations or warranties regarding the fitness for use of your own equipment. Do not perform exercises that are beyond your ability level, or without proper instruction from a professional. If you start to feel abnormal pain, dizziness, shortness of breath, chest pain, or fatigue while exercising, stop what you are doing and consult a medical professional immediately.

The opinions expressed herein are not necessarily those of the Coconuts & Kettlebells® team, are strictly the author's personal opinions, and should not be construed as the opinion or policy of an employer, college or any associations of which she is a member.

MEET NOELLE

I'm Noelle—and as you probably guessed, I have a thing for coconuts and kettlebells. I'm a wife, mom of two, Nutritional Therapy Practitioner (NTP™), and a NSCA Certified Personal Trainer (CPT). In addition to managing coconutsandkettlebells.com, a thriving health and fitness blog, I'm the author of [Coconuts and Kettlebells: A Personalized 4-Week Food and Fitness Plan For Long-Term Health, Happiness, and Freedom](#).

I'm also the host of the incredibly entertaining, top-ranked health podcast, [Well-Fed Women](#). I've been featured in national magazines including *Men's Fitness*, *Paleo Magazine*, and *Willow and Sage*, and have participated in multiple summits, conferences, and podcasts as an expert in mindset, health, and fitness.

I'm also the creator of [Strong From Home](#), a comprehensive online home workout program.

Fitness is about doing better, not more.



My passion is to help people figure out what works best for their bodies without the shame, guilt, or judgment that so often accompanies the pursuit of health and fitness. I'm big believer in rest, balance, and grace.

Thank you for letting me be a part of your life, and your journey. I can't wait to see the change you're able to facilitate.

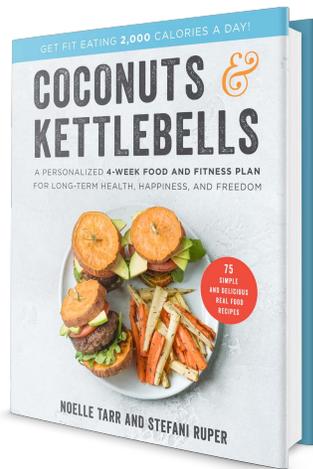
Noelle

Want daily content and support?
Join the Coconuts & Kettlebells community below!



Click 

MY RESOURCES



COCONUTS AND KETTLEBELLS

Now available everywhere books are sold!



STRONG FROM HOME

My comprehensive, customizable home workout program



WELL-FED WOMEN

Health and wellness podcast for women



CLEAN LIVING COMMUNITY

Safe skincare and household products

RECOMMENDED WORKOUT TOOLS



BANDS



DUMBBELLS



KETTLEBELLS



MASSAGE TOOLS

COCONUTS & KETTLEBELLS

12-WEEK HOME WORKOUT PROGRAM

The 12-Week Home Workout Program is great for both beginners and those who have some experience with fitness and want to kick it up a notch. Throughout the plan, workouts become slightly more complex, and overall workout time increases.

For weeks 1-3 and 7-9, you'll build in overall workout time, then you'll repeat the three week plan again. During weeks 4-6 and 10-12, focus on improving your efficiency and intensity when completing each workout.

The workout days listed in the plan are simply there as a template. Feel free to shift the workouts to different days according to your needs. While following this plan, you can add in low impact training 1-3 times a week, like walking or biking. This can be done on the same day as your workout or on a different day.

For some workouts, you may choose to follow the modified workout guidelines, and that's perfectly OK. Give yourself the flexibility to adjust the intensity or length of workouts, or take an extra rest day according to the feedback your body is giving you.

12-WEEK HOME WORKOUT PROGRAM

MON	TUES	WED	THUR	FRI	SAT	SUN	TIME
Glutes Gone Strong (Variety) 25		30 Brawl (Bodyweight) 15		The Weekender (Kettlebell) 15			55
Cool Runnings (Variety) 25		Respect (Variety) 25		Rodeo (Kettlebell) 10			60
The Dumbbell Drop (Dumbbell) 20		Down in My Heart (Band) 25		Diddly-Squat (Variety) 30			75
Glutes Gone Strong (Variety) 25		30 Brawl (Bodyweight) 15		The Weekender (Kettlebell) 15			55
Cool Runnings (Variety) 25		Respect (Variety) 25		Rodeo (Kettlebell) 10			60
The Dumbbell Drop (Dumbbell) 20		Down in My Heart (Band) 25		Diddly-Squat (Variety) 30			75
Rocky (Band) 20		The Sloth (Variety) 15		The Hopper (Variety) 20			55
Surf (Variety) 20		The Run Around (Bodyweight) 20		Turf (Variety) 20			60
Dirty 30 (Variety) 30		The Complex (Dumbbell) 20		The Irish (Dumbbell) 25			75

(CONTINUED)

MON	TUES	WED	THUR	FRI	SAT	SUN	TIME
Rocky (Band) 20		The Sloth (Variety) 15		The Hopper (Variety) 20			55
Surf (Variety) 20		The Run Around (Bodyweight) 20		Turf (Variety) 20			60
Dirty 30 (Variety) 30		The Complex (Dumbbell) 20		The Irish (Dumbbell) 25			75

HOW TO USE THE WORKOUT LIBRARY

The Workout Library has 18 do-anywhere style workouts that are fun, efficient, and challenging. You can use these workouts when following the program, or individually on your own. To help you quickly gather information about each workout, workouts are broken down by *tools required* and *time*, and categorized by *type* and *focus* for further customization.

1. TOOLS



The workouts in the Workout Library focus on using four specific tools: bodyweight exercises, kettlebells, dumbbells, and resistance bands. Each workout will contain small icons at the top underneath *Tools Required* to help you know exactly what you'll need to complete the workout.

2. TIME

The time is displayed at the top of each workout underneath *Time* so you can quickly see an estimate of the length of each workout. Because workout time can vary from person to person, time is displayed as "Under X Minutes," where X is the estimated *maximum* amount of time it will take you to complete the workout.

If you're more experienced, it may take you less time to complete the workout. Please note—if you follow the “Modified Workout” guidelines, the workout may take you less time to complete.

Some workouts take a set amount of time, so the exact time it will take you to complete the workout will be displayed.

3. TYPE

Workouts are categorized as either *strength* workouts or *conditioning* workouts. Of course, many workouts facilitate adaptations in both areas; however, the categories provide guidance as to which type is dominant. To help you quickly assess the workout type, each workout will be labeled at the top as either a *strength* or *conditioning* workout.

4. FOCUS

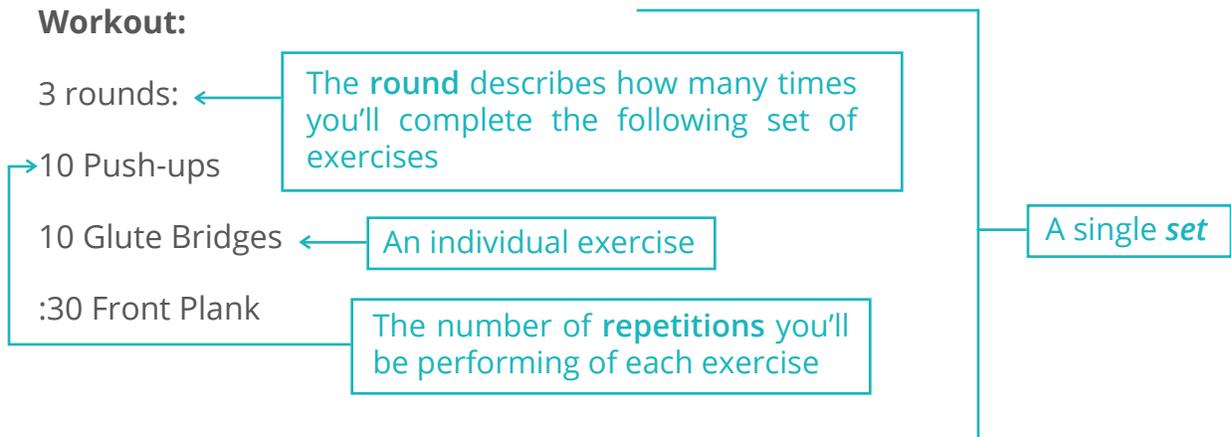
To allow for further customization, strength workouts are also categorized as *upper body*, *lower body*, or *total body workouts*. This simply gives you an idea of the focus of each workout in the event you have specific goals, limitations, or injuries to consider. Each strength workout will be labeled with this information at the top of the workout.

MODIFICATIONS

Modifications are available for many of the workouts in the Workout Library. You can find instructions for how to modify the workout at the bottom of the workout underneath “*Modified Workout.*” You can follow the modified workout guidelines if you feel the workout is a bit too advanced or you'd like to dial down the intensity of the workout.

SETS, REPS, AND ROUNDS

To make sure you're in the know on the lingo, here's a quick diagram of what it means when talking sets, repetitions, and rounds:



In these workouts, some exercises must be completed on both sides, like walking lunges and side bends. When repetitions are prescribed in a workout, 1 repetition is completed when the movement has been done on both sides. For example, 1 walking lunge = lunge with right foot, lunge with left foot. **As a reminder, you will see “(each side)” listed after exercises that should be completed on both sides.**

Instead of prescribing a set amount of repetitions, some workouts have you completing as many repetitions as possible in a set amount of time. For example, you may perform as many reverse lunges as possible in 30 seconds. When doing an exercise that must be completed on both sides, you'll want to alternate sides when completing repetitions. For example, you'll alternate between reverse lunge (right side), and reverse lunge (left side) in the allotted time frame. **As a reminder, you will see “(alternating sides)” listed after exercises that should alternate sides during an interval.**

WARM UP

Your warm up is *just as important* as your workout. A sufficient warm up primes the body for movement and allows you to work at full capacity. By gradually raising core body temperature, increasing blood flow, and improving overall flexibility and mobility, you will be able to get the most out of your workout and reduce the risk of experiencing injury.

If you don't currently have a warm-up routine, here are three things I recommend doing prior to a workout:

1. Use a [Foam Roller](#) or [Massage Stick](#) to warm up muscles and work out any "kinks" or areas of tightness you may be experiencing.
2. Complete 5-7 minutes of Dynamic Range of Motion (DROM) movements. I typically pick 3-4 upper body movements and 3-4 lower body movements from [this video example](#).
3. Spend 3-5 minutes actually performing the movements you'll be doing in the workout. For example, if you're running intervals, you can run at a steady pace or incorporate running drills like high knees. If you're doing a workout that has a series of bodyweight movements, perform 3-5 repetitions of each exercise listed in the workout. And if you're doing a strength training workout, perform a few repetitions of each exercise with a lighter weight, building up to the weight you plan to use in the workout.

COOL DOWN

Cooling down helps bring the body back to resting after activity. An appropriate cool down is important—especially after vigorous activity—because it prevents blood pressure from dropping too rapidly. It also helps the removal of waste products, such as lactic acid, which can improve muscle recovery, mobility, and flexibility.

For a cool down, I recommend performing 3-5 minutes of low-intensity movement like biking or walking, or doing bodyweight exercises like slow, deep squats or split squats. Afterwards, it's best to do some static stretching or use the [Foam Roller](#) to work on areas of tightness.

CHOOSING THE RIGHT WEIGHTS

The weights you use for each workout will depend on the type and length of the workout, how many reps are prescribed, and of course—your experience level. Because there are many factors involved, selecting the right weights can be confusing.

When choosing the weight you're going to use for a workout, first consider the workout type. **For strength workouts, you'll generally want to use heavy loads. For conditioning workouts, you'll want to use light to moderate loads.**

Keep in mind, "heavy" doesn't mean lifting too heavy. It simply means weights that are at the upper range of your capability.

WEIGHTS FOR STRENGTH WORKOUTS

For most strength workouts, you'll see a set number of repetitions prescribed for each exercise. Some workouts will have medium-to-high repetitions (8-10 reps), while others will be low repetitions (5-6 reps). **In general, the lower the repetitions, the heavier the weight you'll use.**

When lifting heavier weights, you're using more intensity. **This is why you'll see more rest prescribed with low-repetition strength sets.** In strength workouts, don't mistake fewer repetitions for an easier workout. Instead, use a weight that pushes you when completing the set number of reps.

Some strength workouts prescribe a repetition "range" to complete. When you see this, use a weight that pushes you when completing the low end of the repetition range. As you progress in your strength, you'll eventually be able to perform more repetitions. Once you're able to complete more repetitions, increase the weight to one that allows you to complete the low end of the repetition range.

In some workouts, you'll use one weight (one kettlebell, or one set of dumbbells) for the entire workout. For these workouts, choose a weight that allows you to complete the most difficult exercise with proper form, even if it feels "too light" for the other movements.

SIGNS THAT YOU CHOSE A WEIGHT THAT WAS TOO LIGHT IN STRENGTH WORKOUTS:

- You finished the workout far under the prescribed time
- You were able to perform the repetitions at a steady/fast pace
- You skipped out on the rest that was prescribed, or didn't need any rest after each round or between sets
- The last round in each set wasn't challenging to complete

WEIGHTS FOR CONDITIONING WORKOUTS

For conditioning workouts, you'll want to choose weights that allow you to perform reps with ease, but also challenge you during workouts. In conditioning workouts, the goal is to move at a steady pace or as fast as good form allows. In other words, the weights you choose should allow you to keep your heart rate up and “feel the burn” while still maintaining speed and proper form.

It's important to account for the number of rounds and the overall length of conditioning workouts when choosing the weights you'll be using. Conditioning workouts will get harder as you fatigue, and your overall strength and speed will decrease over time.

SIGNS THAT YOU CHOSE A WEIGHT THAT WAS TOO LIGHT IN STRENGTH WORKOUTS:

- You finished the workout far under the prescribed time
- You were able to perform the repetitions at a steady/fast pace
- You skipped out on the rest that was prescribed, or didn't need any rest after each round or between sets
- The last round in each set wasn't challenging to complete

TIME: < 25 min

EQUIPMENT NEEDED:



TYPE:



FOCUS:



GLUTES GONE STRONG

DIRECTIONS:

Perform the workout slow and controlled, prioritizing proper form. Choose a weight for each exercise that allows you to push yourself, but doesn't compromise form or bring you to failure. Rest as needed after each round and between sets.

WORKOUT:

1 round:

- 10 Band Kicks (all four directions, right leg)
- 10 Band Kicks (all four directions, left leg)
- 10 Round-Abouts (each side)
- 10 Band Side Leg Lifts (each side)

3 rounds:

- 8 Goblet Squats
- :20 One-Arm Kettlebell Farmer's Walk (each side)
- 10 Band Glute Bridges

4 rounds:

- 8 Romanian Deadlifts
- 8 Dumbbell Split Squats (each side)
- 10 Tall Kneeling Pallof Presses (each side)

MODIFIED WORKOUT:

Perform 3 rounds of the last set

TIME: < 15 min

EQUIPMENT NEEDED:



TYPE:



30 BRAWL

DIRECTIONS:

Perform the workout as fast as good form allows. Rest 45 seconds after each round.

WORKOUT:

6 rounds:

- 1 Burpee, 5 Bodyweight Squats
- 2 Burpees, 4 Bodyweight Squats
- 3 Burpees, 3 Bodyweight Squats
- 4 Burpees, 2 Bodyweight Squats
- 5 Burpees, 1 Bodyweight Squat

Rest 45 seconds after each round

MODIFIED WORKOUT:

Perform 3 rounds of the workout

TIME: < 15 min

EQUIPMENT NEEDED:



TYPE:



FOCUS:



THE WEEKENDER

DIRECTIONS:

For the first set, perform the workout slow and controlled, prioritizing proper form. Choose a weight for each exercise that allows you to push yourself, but doesn't compromise form or bring you to failure. Rest as needed after each round. For the second set, complete the set amount of repetitions in as little time as possible. Rest as needed between sets.

WORKOUT:

4 rounds:

- ▶ 6-8 One-Arm Kettlebell Floor Presses (each side)
- ▶ 6-8 One-Arm Kettlebell Bent-Over Rows (each side)
- ▶ 10 Kettlebell Upright Rows
- ▶ :30 Front Plank

For time:

- ▶ 50 Goblet Cleans

MODIFIED WORKOUT:

For the first set, perform 3 rounds of the workout. For the second set, complete 30 Goblet Cleans for time.

TIME: < 25 min

EQUIPMENT NEEDED:



TYPE:



COOL RUNNINGS

DIRECTIONS:

Find a stretch of space at least 10 yards in length. Put a cone up (or other marker) at the 10-yard mark. For each exercise in the workout, perform the exercise down and back to start. To perform the run, run to the cone, tap the ground, and run back to start. Perform the workout at a steady pace. Rest 1 minute after each round.

WORKOUT:

5 rounds:

- Running Sprint
- One-Arm Kettlebell Waiter's Carry (right side)
- One-Arm Kettlebell Waiter's Carry (left side)
- Bear Crawl
- One-Arm Kettlebell Farmer's Walk (right side)
- One-Arm Kettlebell Farmer's Walk (left side)
- Walking Lunge

Rest 1 minute after each round

MODIFIED WORKOUT:

Perform 3 rounds of the workout

TIME: < 25 min

EQUIPMENT NEEDED:



TYPE:



FOCUS:



RESPECT

DIRECTIONS:

Perform the workout slow and controlled, prioritizing proper form. Choose a weight for each exercise that allows you to push yourself, but doesn't compromise form or bring you to failure. For the last set, complete the set amount of repetitions in as little time as possible. Rest as needed after each round and between sets.

WORKOUT:

4 rounds:

- 8 Dumbbell Reverse Lunges (each side)
- 8 Dumbbell Push Presses
- 10 Glute Bridges

3 rounds:

- 8 Dumbbell Front Squats
- 8 One-Arm Kettlebell Bent-Over Rows (each side)
- 10 Calf Raises

For time:

- 25 Kettlebell Swings
- 25 Goblet Cleans

MODIFIED WORKOUT:

Perform 3 rounds of the first set

TIME: < 10 min

EQUIPMENT NEEDED:



TYPE:



RODEO

DIRECTIONS:

Perform the workout as fast as good form allows. Rest 1 minute between each set.

WORKOUT:

3 rounds:

- ▶ :20 Toe Taps
- ▶ 10 Goblet Cleans
- ▶ 10 Mountain Climbers (each side)

3 rounds:

- ▶ :20 Toe Taps
- ▶ 10 Kettlebell Swings
- ▶ 10 Squat Thrusts

MODIFIED WORKOUT:

No modifications for this workout

TIME: < 20 min

EQUIPMENT NEEDED:



TYPE:



FOCUS:



THE DUMBBELL DROP

DIRECTIONS:

Perform the workout slow and controlled, prioritizing proper form. Try to perform each round without dropping the dumbbells. Choose a weight that pushes you throughout the set, but doesn't compromise form or bring you to failure. Rest 1-2 minutes after each round.

WORKOUT:

5 rounds:

- 5 Dumbbell Forward Lunges (each side)
- 5 Curl + Presses
- 5 Dumbbell Front Squats
- 5 Dumbbell Bent-Over Rows
- 5 Dumbbell Upright Rows

Rest 1-2 minutes after each round

MODIFIED WORKOUT:

Perform 3 rounds of the workout

TIME: < 25 min

EQUIPMENT NEEDED:



TYPE:



DOWN IN MY HEART

DIRECTIONS:

For the first set, perform the set amount of repetitions for each exercise listed in the workout before moving to the next set of repetitions. Example: 30 Jump Ropes, 30 Bodyweight Squats; 20 Jump Ropes, 20 Bodyweight Squats, and so forth. Move as fast as good form allows. For the second set, perform repetitions at a steady pace in the allotted time. When the 45 seconds is up, move immediately to the next exercise. Rest 1 minute after each round. Rest 2-3 minutes between sets.

WORKOUT:

30-20-10

- Jump Rope
- Bodyweight Squat
- Mountain Climbers (each side)

4 rounds:

- :45 Standing Band Row
- :45 Tall Kneeling Pallof Press (right side)
- :45 Tall Kneeling Pallof Press (left side)
- :45 Band Glute Bridge

Rest 1 minute after each round

MODIFIED WORKOUT:

Perform 3 rounds of the second set

TIME: < 30 min

EQUIPMENT NEEDED:



TYPE:



FOCUS:



DIDDLY-SQUAT

DIRECTIONS:

Perform the workout slow and controlled, prioritizing proper form. Choose a weight for each exercise that allows you to push yourself, but doesn't compromise form or bring you to failure. For the last set, perform the maximum amount of bodyweight squats possible unbroken (in other words, without stopping to rest). Rest as needed after each round and between sets.

WORKOUT:

4 rounds:

- 6 One-Arm Kettlebell Suitcase Deadlifts (each side)
- 8 Dumbbell Split Squats (each side)
- 10 Calf Raises

3 rounds:

- 6 Kettlebell One-Arm Floor Presses (each side)
- 8 Half-Kneeling One-Arm Band Rows (each side)
- 10 Pull-Aparts

5-4-3-2-1

- Push/Pull Planks (right side)
- Push/Pull Planks (left side)

Perform the maximum amount of repetitions possible unbroken:

- Bodyweight Squats

MODIFIED WORKOUT:

For the first set, perform 3 rounds

TIME: < 20 min

EQUIPMENT NEEDED:



TYPE:



ROCKY

DIRECTIONS:

For each set, perform repetitions at a steady pace in the allotted time. When the 20 seconds is up, move immediately to the next exercise. Rest 20 seconds after each round. Rest 1-2 minutes between sets.

WORKOUT:

4 rounds:

- ▶ :20 Toe Taps (alternating sides)
- ▶ :20 Standing Band Chest Press
- ▶ :20 Band Squat

Rest 20 seconds after each round

4 rounds:

- ▶ :20 Toe Taps (alternating sides)
- ▶ :20 Half Kneeling One-Arm Band Row (right side)
- ▶ :20 Half Kneeling One-Arm Band Row (left side)

Rest 20 seconds after each round

4 rounds:

- ▶ :20 Toe Taps (alternating sides)
- ▶ :20 Standing Pallof Press (right side)
- ▶ :20 Standing Pallof Press (left side)

Rest 20 seconds after each round

MODIFIED WORKOUT:

Perform 3 rounds of each set

TIME: < 15 min

EQUIPMENT NEEDED:



TYPE:



FOCUS:



THE SLOTH

DIRECTIONS:

Perform the workout slow and controlled, prioritizing proper form. For the second set, perform repetitions at a steady pace in the allotted time. When the 30 seconds is up, move immediately to the next exercise. After a round is complete, move right into the next round without rest until all 3 rounds are complete. Rest as needed between sets.

WORKOUT:

2 rounds:

- 8 Bird Dogs (each side)
- 8 Band Side Leg Lifts (each side)

3 round:

- :30 Half Kneeling One-Arm Band Row (right side)
- :30 Tall Kneeling Pallof Press (right side)
- :30 Half Kneeling One-Arm Band Row (left side)
- :30 Tall Kneeling Pallof Press (left side)
- :30 One-Arm Kettlebell Farmer's Walk (right side)
- :30 One-Arm Kettlebell Farmer's Walk (left side)

MODIFIED WORKOUT:

No modifications for this workout

TIME: < 20 min

EQUIPMENT NEEDED:



TYPE:



THE HOPPER

DIRECTIONS:

Perform the workout as fast as good form allows. Rest 30 seconds after each round.

WORKOUT:

7 rounds:

- ▶ 50 Jump Ropes
- ▶ 5 Curl + Presses
- ▶ 5 One-Arm Kettlebell Swings (each side)
- ▶ 10 Kettlebell Swings

Rest 30 seconds after each round

MODIFIED WORKOUT:

Perform 4 rounds of the workout

TIME: < 20 min

EQUIPMENT NEEDED:



TYPE:



FOCUS:



SURF

DIRECTIONS:

Perform the workout slow and controlled, prioritizing proper form. Choose a weight for each exercise that allows you to push yourself, but doesn't compromise form or bring you to failure. Rest as needed after each round and between sets.

WORKOUT:

4 rounds:

- ▶ 5-8 One-Arm Kettlebell Suitcase Deadlifts (each side)
- ▶ 10 Calf Raises

4 rounds:

- ▶ 5-8 One-Arm Kettlebell Push Presses (each side)
- ▶ 10 Bicep Curls

MODIFIED WORKOUT:

No modifications for this workout

TIME: < 20 min

EQUIPMENT NEEDED: 

TYPE: 

THE RUN AROUND

DIRECTIONS:

Perform the workout at a steady pace. Complete the “hard interval” using any activity of choice, such as running or biking. You can also use non-impact machines such as a spin bike, Versaclimber, or C2 rower.

Push yourself to go hard for each interval, but pace yourself so that you can maintain your speed throughout the workout. Rest 1 minute after each round.

WORKOUT:

5 rounds:

- ▶ :30 Hard Interval
- ▶ 10 Walking Lunges (each side)
- ▶ 8 Push-ups
- ▶ 10 Bodyweight Squats
- ▶ :30 Front Plank

Rest 1 minute after each round

MODIFIED WORKOUT:

Perform 3 rounds of the workout

TIME: < 20 min

EQUIPMENT NEEDED:



TYPE:



FOCUS:



TURF

DIRECTIONS:

Perform the workout slow and controlled, prioritizing proper form. Choose a weight for each exercise that allows you to push yourself, but doesn't compromise form or bring you to failure. Rest as needed after each round and between sets.

WORKOUT:

4 rounds:

- ▶ 5-8 Dumbbell Split Squats (each side)
- ▶ 10 Glute Bridges

4 rounds:

- ▶ 5-8 One-Arm Kettlebell Bent-Over Row (each side)
- ▶ 10 Front Raises

MODIFIED WORKOUT:

No modifications for this workout

TIME: < 30 min

EQUIPMENT NEEDED:



TYPE:



DIRTY 30

DIRECTIONS:

Perform the workout at a steady pace. Move as fast as good form allows.

WORKOUT:

- 30 Goblet Cleans
- 30 Star Jumps
- 30 Walking Lunges (each side)
- 30 Kettlebell Swings
- 30 Bear Crawl (each side)
- 30 Dumbbell Push Presses
- 30 Squat Thrusts
- 30 Bodyweight Squats
- 30 Dumbbell Upright Rows
- 30 Jump Ropes

MODIFIED WORKOUT:

Perform 15 repetitions of each exercise instead of 30

TIME: < 20 min

EQUIPMENT NEEDED:



TYPE:



FOCUS:



THE COMPLEX

DIRECTIONS:

Perform the workout slow and controlled, prioritizing proper form. Perform each round without dropping the dumbbells. Choose a weight that pushes you throughout the set, but doesn't compromise form or bring you to failure. Rest 2 minutes after each round.

WORKOUT:

3 rounds:

Complete 8 complex repetitions (1 complex repetition = 1 repetition of each exercise in the order listed below) without dropping the dumbbells:

- 1 Romanian Deadlift
- 1 Curl + Press (end with hands in front squat grip)
- 1 Dumbbell Front Squat (return hands by side)
- 1 Dumbbell Upright Row
- 1 Dumbbell Reverse Lunge (right side)
- 1 Dumbbell Reverse Lunge (left side)

Rest 2 minutes after each round

MODIFIED WORKOUT:

Perform 4 rounds of the workout. Perform 6 complex repetitions each round.

TIME: < 25 min

EQUIPMENT NEEDED:



TYPE:



THE IRISH

DIRECTIONS:

Find a stretch of space at least 10 yards in length. Place a cone (or other marker) at the 10-yard mark. Perform each exercise down towards the 10-yard mark and back to start. Perform the workout as fast as good form allows. For the run, run towards the cone, tap the ground, and immediately run back. Rest 1 minute after each round. For the second set, perform the set slow and controlled, prioritizing proper form. Rest as needed after each round.

WORKOUT:

5 rounds:

- Running Sprint
- One-Arm Dumbbell Farmer's Walk (right side)
- One-Arm Dumbbell Farmer's Walk (left side)
- Bear Crawl
- Walking Lunge

Rest 1 minute after each round

3 rounds:

- 10 Glute Bridges
- :30 Front Plank

MODIFIED WORKOUT:

Perform 3 rounds of the first set

BODYWEIGHT EXERCISES

BEAR CRAWL



BIRD DOG



BODYWEIGHT SQUAT



BROAD JUMP



BURPEE



CALF RAISE



FORWARD LUNGE



FRONT PLANK



GLUTE BRIDGE



JUMP ROPE



JUMPING LUNGE



LATERAL LUNGE



MOUNTAIN CLIMBER



PLANK LEG LIFT



PUSH-UP



REVERSE LUNGE



SIDE BEND



SIDE LEG LIFT



SIDE PLANK



SPLIT SQUAT



SQUAT THRUST



STAR JUMP



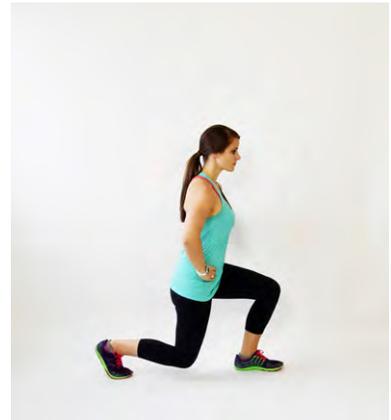
THORACIC TWIST



TOE TAPS



WALKING LUNGE

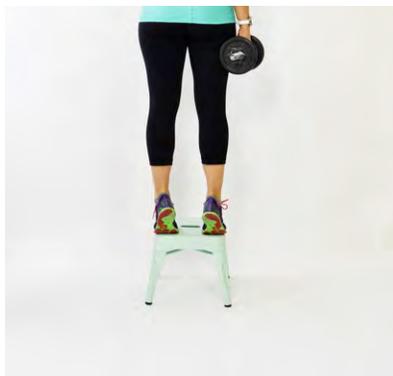


KETTLEBELL EXERCISES

ONE-ARM KETTLEBELL BENT-OVER ROW



CALF RAISE (WITH KETTLEBELL OR DUMBBELL)



KETTLEBELL DEADLIFT



ONE-ARM KETTLEBELL FARMER'S WALK



ONE-ARM KETTLEBELL FLOOR PRESS



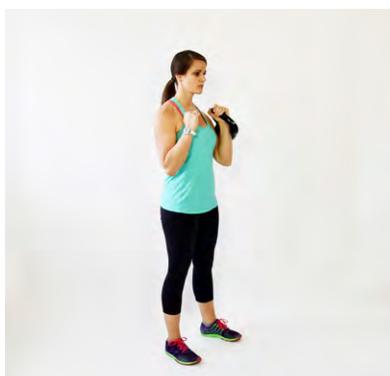
GOBLET CLEAN



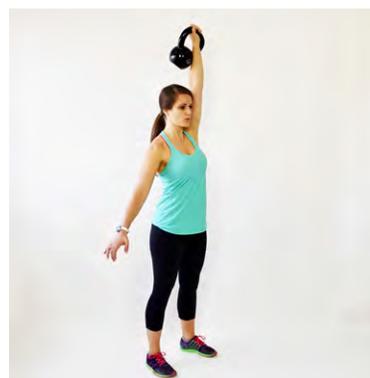
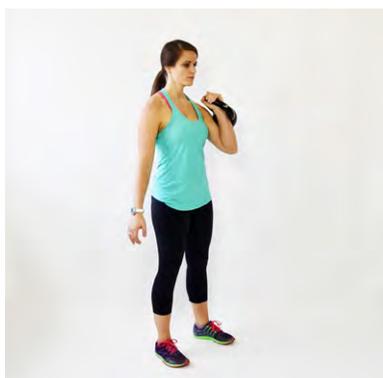
GOBLET SQUAT



ONE-ARM MILITARY PRESS



ONE-ARM KETTLEBELL PUSH PRESS



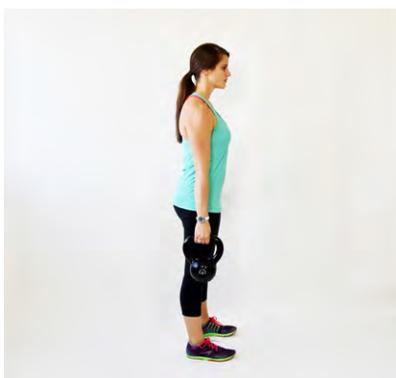
ONE-ARM KETTLEBELL REVERSE LUNGE



SIDE BEND (WITH KETTLEBELL OR DUMBBELL)



ONE-ARM KETTLEBELL SUITCASE DEADLIFT



SUMO DEADLIFT



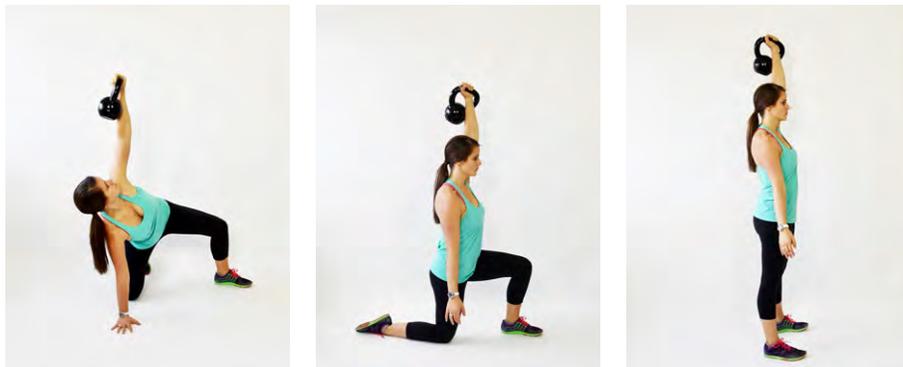
KETTLEBELL SWING



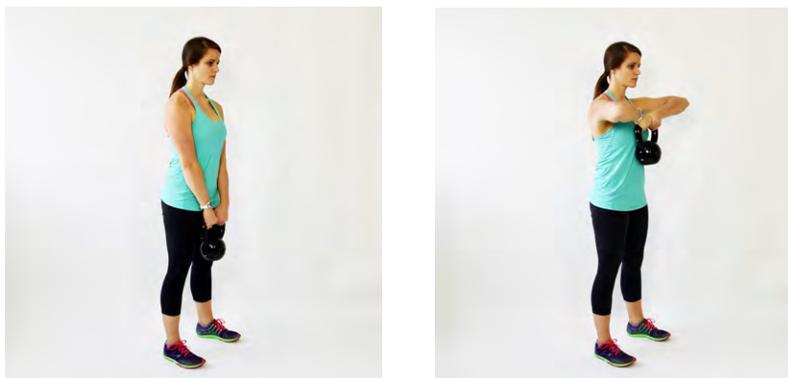
ONE-ARM KETTLEBELL SWING



TURKISH GET-UP



KETTLEBELL UPRIGHT ROW



ONE-ARM KETTLEBELL WAITER'S CARRY



BAND EXERCISES

BAND KICKS



STANDING BAND CHEST PRESS



ONE-ARM STANDING BAND CHEST PRESS



DEADLIFT (BAND UNDER FEET)



BAND GLUTE BRIDGE



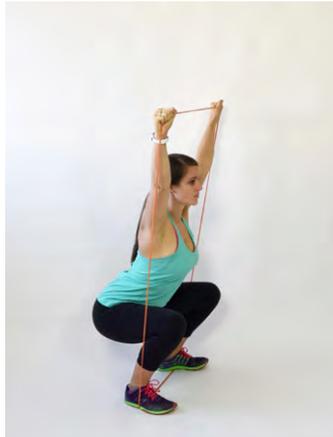
LATERAL BAND WALKS



BAND OVERHEAD PRESS



BAND OVERHEAD SQUAT



STANDING PALLOF PRESS



TALL KNEELING PALLOF PRESS



PULL-APARTS



ROUND-ABOUTS



STANDING BAND ROW



ONE-ARM STANDING BAND ROWHALF



KNEELING ONE-ARM BAND ROW



BAND SIDE LEG LIFT



BAND SQUAT



DUMBBELL EXERCISES

DUMBBELL BENT-OVER ROW



ONE-ARM DUMBBELL BENT-OVER ROW



BICEP CURLS



CALF RAISE (WITH KETTLEBELL OR DUMBBELL)



CURL + PRESS



ONE-ARM DUMBBELL FARMER'S WALK



ONE-ARM DUMBBELL FLOOR PRESS



DUMBBELL FORWARD LUNGE



FRONT RAISE



DUMBBELL FRONT SQUAT



DUMBBELL LATERAL LUNGE



LATERAL RAISE



DUMBBELL PUSH PRESS



ONE-ARM DUMBBELL PUSH PRESS



PUSH/PULL PLANK



REVERSE FLY



DUMBBELL REVERSE LUNGE



ROMANIAN DEADLIFT



DUMBBELL SHOULDER PRESS



SIDE BEND (WITH KETTLEBELL OR DUMBBELL)



DUMBBELL SPLIT SQUAT



ONE-ARM DUMBBELL SUITCASE DEADLIFT



THRUSTER



DUMBBELL UPRIGHT ROW



ONE-ARM DUMBBELL WAITER'S CARRY



DUMBBELL WALKING LUNGE

