



WORKOUT 1

Level 1

Perform each exercise for 30 seconds. Rest 30 seconds between moves.

EXERCISE

Shin-Box Extension
Beast Kettlebell Row
Rotating Lunge
Two-Hand Clean

PROGRESSION/NOTES

With support
With lateral leg extension – 30 seconds (each side)
With stand and knee touch
No momentum

Level 2

Perform each exercise for 30 seconds. Rest 30 seconds between moves.

EXERCISE

Shin-Box Extension
Beast Kettlebell-Row Hold
Rotating Lunge
Two-Hand Clean

PROGRESSION/NOTES

No support
No leg extension – 30 seconds (each side)
No stand; with knee touch
Add momentum

Level 3

Perform each exercise for 30 seconds. Rest 30 seconds between moves.

EXERCISE

Shin-Box Extension
Beast Kettlebell-Row Hold
Rotating Lunge
Alternating Dead-Start Clean

PROGRESSION/NOTES

With kettlebell
Knees lifted – 30 seconds (each side)
With kettlebell; no knee touch
With momentum

Combinations

Perform each combination for 60 seconds with no rest in between.

EXERCISE

Shin-Box Extension + Beast Kettlebell-Row Hold
Alternating Dead-Start Clean + Rotating Lunge
Rag Doll
Shin-Box Extension + Beast Kettlebell-Row Hold
Alternating Dead-Start Clean + Rotating Lunge
Tai Chi Twist

PROGRESSION/NOTES

With kettlebell; alternate sides
With momentum; no knee touch
Remember to breathe
With kettlebell; alternate sides
With momentum; no knee touch
Remain loose

Flow

Repeat these movement combinations without stopping for three to 10 minutes.

Shin-Box Extension + Beast Kettlebell-Row Hold
Alternating Dead-Start Clean + Rotating Lunge