



WORKOUT OF THE DAY



Total Body Supersets Strength training.

What You'll Need: Kettlebells or Dumbbells, Floor mat, Bench

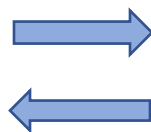
Recommendations: Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential to prevent injuries.

Warm Up (2X): Easy squats with arms over head reach, squat to high knee opposite elbow, easy torso rotation with extended arms front reach, alternate over head arms reach to easy lunges, squat jumps, jumping jacks with alternated single Jab punch. 25" each.

Supersets: *The easiest way to define a superset is: Two exercises combined into one full set, with no to short, programmed rest in-between. Rest one to two minutes between rounds.*

Exercises: Agonist – Antagonist Sets: 12 repetitions 3/4 sets, 0 to 30 second rest in between sets. 1 or twice the whole training according to the participant fitness level.

Round 1: KTB Bent over row 0 to 30"



KTB Goblet squat



Round 2 : Push ups to row 0 to 30 "



Cool Down: Take a 5-minute easy walk and stretch each muscle groups, holding each stretch for 12-20 seconds.