



DC Functional Fitness Full Body Kettlebell Workout

Please read the statement below before starting the attached workout. By downloading this workout for your own use you agree to the statement and all of its objectives and procedures.

General Statement of Program Objectives and procedures:

I understand that this personal training workout include exercises to build the cardio respiratory system (heart and lungs), the musculoskeletal system, (which involves muscular endurance, strength and overall flexibility), and to improve body composition (increasing muscle and bone and decreasing body fat). Exercise includes weight lifting using kettlebells or dumbbells, and other equipment to improve muscular strength and endurance, as well as flexibility exercises to improve joint range of motion.

Description of Potential Risks:

I understand that the reaction of the heart, lung, blood vessels as well as other systems to exercise cannot always be predicted with accuracy. I know there is a risk of certain abnormal changes occurring during the following exercise, which include abnormalities of blood pressure or heart attacks as well as other side effects. Use of weight lifting equipment, and engaging in heavy body callisthenics may lead to musculoskeletal strains, pain and injury if adequate warm-up, gradual progression, and safety procedures are not consistently followed. I understand that personal trainer (seller) shall not be liable for any damages arising from personal injuries sustained by client (buyer) while and during and/or from a personal training workout. Client (buyer) assumes full responsibilities for any injuries or damages which may occur during and/or after training.

I hereby fully and forever release and discharge personal trainer (seller), its assigns and agents from all claims, demands, damages, rights of action, present and future therein.

I understand and warrant, release and agree that I am in good physical condition and that I have

no disability, impairment or ailment preventing me from engaging in active or passive exercise that will be detrimental to heart, safety, or comfort, or physical condition if I engage or participate (other than those items fully discussed on the health history form).

I state that I have had a recent physical check up and have my personal physician's permission to engage in aerobic and/or anaerobic conditioning.

Description of Potential Benefits:

I understand that a program of regular exercise for the heart, lungs, muscles and joints has many benefits associated with it. These may include a decrease in body fat, improvement in blood fats and blood pressure, improvement in physiological function and decrease in heart disease. I have read the foregoing information and understand it. Any questions, which may have occurred, have been answered to my satisfaction.

WARM UP!!!! BEFORE STARTING THE ROUND OF 8 EXERCISES BELOW

Exercise prep with the dynamic stretches in the section below before should be done before the following kettlebell workout. 10 to 15 reps of each of the dynamic stretches below is advised before the kettlebell routine.

1. SQUAT TO HEEL RAISE



2. REVERSE LUNGE TO KNEE DRIVE



3. SWINGING PECTORAL STRETCH



4. LATERAL LUNGE WITH TOE TAP



5. HIGH KNEE MARCH



6. ARM CIRCLES



The kettlebell workout that follows should be done with a kettlebell/s of a weight that you are able to keep good form and do the number of reps stated with each exercise. The workout below could be done with just one kettlebell, but you may find that some exercises are too light or heavy for just one kettlebell. Ideally you would want to use at least two or three different weight kettlebells throughout the workout to achieve the best benefits. If in doubt of what weight would be ideal for you to use with each exercise then it is recommended that you start with a lighter kettlebell and if needed progress to a heavier one, rather than starting too heavy and losing form, range of movement and rep ranges. The workout below can also be done with dumbbells in stead of kettlebells in most cases, if you don't have them.

2 to 3 rounds of the workout below is advised with the number of reps for each exercise as stated. Each round consists of 8 different exercises and are done back to back with rest as and

when need between them. Rest times between exercises will differ from person to person and is recommended that you allow enough recovery time between each exercise to keep proper form. At the end of each round there is a 2 to 3 minute rest, but again this may differ from person to person and if you need longer recovery and rest time between round, it should be taken.

1. GOBLET SQUAT

12 reps



2. WARRIOR ROW

10 reps each side



3. OFFSET REVERSE LUNGE

10 reps each side



4. SINGLE SIDE FLOOR PRESS

10 reps each side



5. TWO HANDED CLEAN

12 reps



6. HIGH KNEE MARCH

10 reps each side



7. KNEELING SHOULDER PRESS

10 reps each side



8. ROUND THE WORLD

40 seconds



9. WOODCHOP

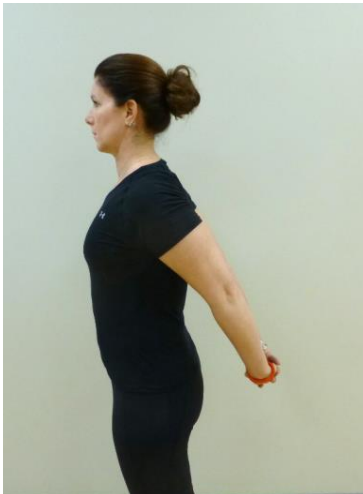
10 reps each side



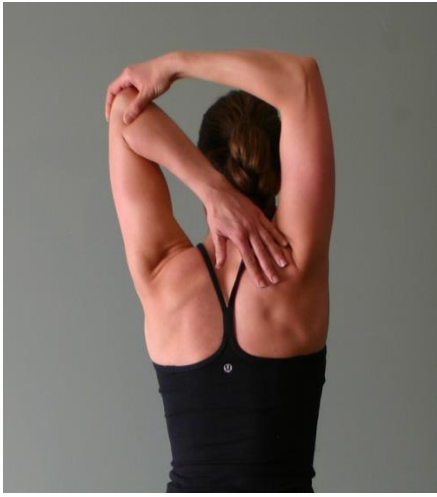
COOL DOWN STRETCHES

The stretches in this section below should be done after the workout to allow your heart rate to come down gradually, as well as help clear lactic acid from your muscles and prevent blood pooling that occurs if you stop exercising suddenly. The stretches below should be done for around 30 seconds / each side if necessary.

1. PEC STRETCH



2. TRICEP STRETCH



3. LAT SIDE STRETCH



4. GLUTE STRETCH



5. HIP FLEXOR STRETCH



6. HAMSTRING & CALF STRETCH

