

Do each page 2 - 3 x weekly for 1 month then go to next page



EXERCISE		SETS	REPS
1	GOBLET SQUAT Hold a kettlebell at chest level. Sit your hips back and down to a squat. Stand up tall.		3 10
2	KETTLEBELL DEADLIFT Hinge at your hips with a flat back and soft knees. Lower the kettlebell down and stand up tall.		3 10
3	STANDING KETTLEBELL OVERHEAD PRESS Press the kettlebell from shoulder level straight overhead. Lower with control.		3 10
4	BENT OVER ROW Hinge at hips with flat back. Row the kettlebell toward your hip. Squeeze shoulder blade.		3 10
5	FARMER CARRY Stand tall and walk with kettlebells at your sides. Keep your core tight and shoulders back.		3 30 SECONDS

It is **NEVER** too late to start!

Lifting is even more important than protein. Lifting is the big lever. Protein is a small nudge on top. Walking, lifting any weights, leg lifts, heel rises and drops, stamping, stepping up and down from benches all done **CONSISTENTLY** gets the job done.

Choose a weight for each movement that challenges you and keep progressing with increases in weight/reps to further muscle growth.

MOVE TODAY. FEEL BETTER. LIVE STRONGER.

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EXERCISE		SETS	REPS
1	POWER SWING Swing the kettlebell from between your legs to chest height using your hips.		3 8
2	GOBLET PAUSE SQUAT Hold the kettlebell at your chest. Squat down, pause, then stand back up.		3 8
3	OVERHEAD PRESS Press the kettlebell overhead until your arms are straight. Lower with control.		3 8
4	SINGLE ARM ROW Hinge at the hips. Pull the kettlebell up toward your hip. Squeeze your back.		3 10 PER SIDE
5	GOBLET MARCH Hold the kettlebell at your chest. March in place, lifting knees one at a time.		3 8 PER SIDE



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EXERCISE		SETS	REPS	
C1	DB SPLIT SQUAT Stand in a staggered stance. Lower until both knees are about 90°. Push back up.		3	8-12 EACH LEG
C2	DB HIP BRIDGE Lie on your back with feet flat. Hold a dumbbell on your hips. Lift hips up, squeeze glutes, lower.		3	10-12
C3	DB CHEST FLY Lie on a bench or floor. Arms slightly bent. Open arms wide, then bring them back together.		3	10-12
C4	DB LATERAL RAISE Stand tall. Lift dumbbells out to the sides to shoulder height. Lower with control.		3	10-12
C5	DB STEP UP Step onto a bench or sturdy step with dumbbells at your sides. Step down with control.		3	8-12 EACH LEG
C6	DB STANDING CALF RAISE Stand tall with dumbbells at your sides. Rise up on your toes, pause, then lower down.		3	15-20

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EXERCISE		SETS	REPS
D1	DB DEADLIFT Stand with feet hip-width apart. Hinge at the hips with a flat back. Lower dumbbells down, then stand up tall.		3 8-12
D2	DB INCLINE PRESS Lie on an incline bench. Press dumbbells up until your arms are straight. Lower with control.		3 8-12
D3	DB REVERSE LUNGE Step back into a lunge. Keep front knee over ankle. Push through the front heel to stand up.		3 8-12 EACH LEG
D4	DB SEATED ROW Sit tall on a bench. Pull dumbbells toward your hips. Squeeze shoulder blades. Lower with control.		3 8-12
D5	DB OVERHEAD PRESS Stand tall. Press dumbbells overhead until your arms are straight. Lower with control.		3 8-12
D6	DB SUITCASE CARRY Hold a dumbbell in one hand at your side. Stand tall and walk with good posture. Keep your core tight.		3 30 SECONDS EACH SIDE

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