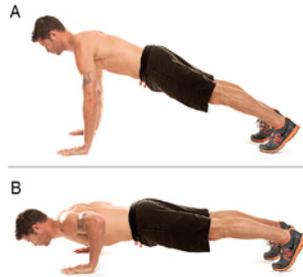


WEEK 1 STRENGTH CIRCUIT

Do 8 reps of each exercise and complete the circuit 3 times.

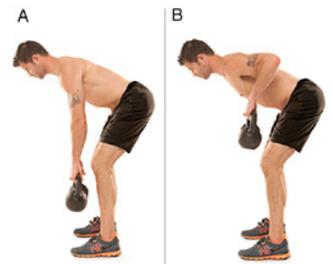
PUSH UP

- A. Start in plank position, feet about hip-width apart, hands directly under shoulders, neck in line with spine, abdominals engaged.
- B. Slowly lower body to floor, then push quickly back to start.



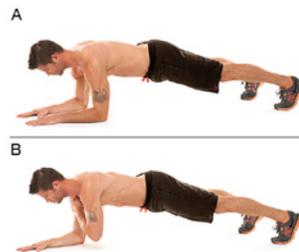
KETTLEBELL ROW

- A. Stand with feet slightly wider than hip-width apart, knees slightly bent, a kettlebell in each hand, palms facing body. Hinge forward from hips, back flat, arms extended in front of you (as shown).
- B. Row, driving elbows back and squeezing shoulder blades together, keeping back flat.



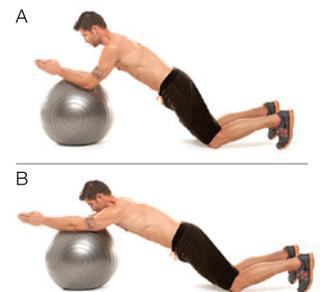
PLANK WITH SHOULDER TAP

- A. Start in forearm plank, elbows directly under shoulders, abs engaged, neck in line with spine.
- B. Keeping hips square, tap right shoulder with left hand, then return to start. Repeat on opposite side for one rep. Do 8 reps.



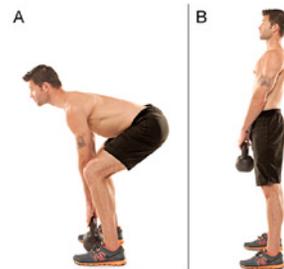
STABILITY BALL ROLLOUT

- A. Kneel on floor with forearms on stability ball, elbows bent, palms pressed together (as shown).
- B. Engage abs and press arms forward until straight, roll ball towards body, keeping back flat (as shown). Bend elbows to roll ball back to start for one rep.



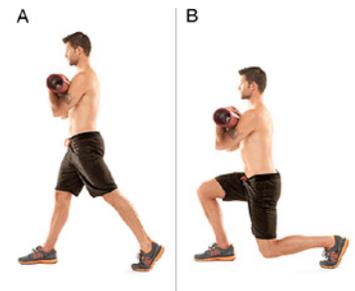
KETTLEBELL DEADLIFT

- A. Stand with feet slightly wider than hip-width apart, holding kettlebell handle with both hands in front of you.
- B. Lower kettlebell to floor, pushing hips back and bending knees while keeping back flat, then quickly return to start, driving hips slightly forward for one rep.



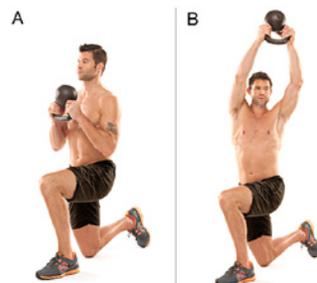
VIPR SPLIT SQUAT

- A. Stand with right foot about 2 feet in front of left, right foot flat, left heel raised, toes pointing forward, cradling ViPR at chest level (as shown).
- B. Lower into lunge, without moving torso (as shown), then return to start for one rep. Do 8 reps. Switch sides; repeat.



VIKING PRESS

- A. Stand with left leg about 3 feet in front of right, toes facing forward holding a kettlebell upside down with both hands at chest, elbows bent, palms facing body, then sink into lunge (as shown).
- B. Rotate torso to left, keeping hips forward, then raise kettlebell overhead; elbows soft (as shown). Lower kettlebell back to chest, rotate torso forward and return to start for one rep. Do 8 reps. Switch sides; repeat.



OVERHEAD PULL

- A. Lie on back with knees bent, feet flat on floor about hips-width apart, with arms extended overhead holding kettlebell with both hands, palms facing; kettlebell resting on floor (as shown).
- B. Keeping lower back flat on floor, engage abs and use chest to pull kettlebell forward until arms are extended over chest (as shown), then lower kettlebell back overhead to floor to return to start for one rep.

