

FEBRUARY

PHYSICAL ACTIVITY



SAVED BY THE BELL

Maximize effectiveness and save time by using kettlebells

These dynamic exercises activate multiple areas of the body to maximize effectiveness while creating optimal conditioning that can be modified for all skill levels.

KETTLEBELL LUNGE TO PRESS

MUSCLES WORKED: quadriceps, hamstrings, shoulders, abs

STEP 1

Stand with your feet shoulder-width apart. Hold the kettlebell with your right hand in front of your chest.

STEP 2

Step and lunge forward with the left leg. Make sure your left knee is in line with your ankle. At the bottom of your lunge, you should be able to see your top of your left foot.

STEP 3

Extend the kettlebell overhead. Return the kettlebell to your chest and then step back to standing position. Repeat on the other side.

GOBLET SQUAT

MUSCLES WORKED: hamstrings, back, glutes, hips

STEP 1

Stand with feet shoulder-width apart.

STEP 2

While keeping a firm stance and heels driving into the ground, push your hips back and lower your upper body down like you are sitting in a chair. Pause at the bottom and then slowly return to starting position.

CURL + PRESS

MUSCLES WORKED: biceps, shoulders, back

STEP 1

Stand up straight with feet hip-width apart. Do not lock out your knees. Hold the kettlebell with both hands.

STEP 2

Curl the kettlebell to just under your chin keeping both arms close to your body, then press the kettlebell overhead.

STEP 3

Slowly lower the weight and repeat.