

## Quick Conditioning Workout

This is a similar type of workout they do in the military for conditioning. Enjoy!

40 kettlebell swings/dumbbell hip hinge/body weight hip hinge

40 burpees

40 sit ups

BREAK – up to 2 min.

30 kettlebell swings/hip hinges with dumbbells/body weight hip hinge

30 burpees

30 sit ups

BREAK

20 kettlebell swings/hip hinges with dumbbells/body weight hip hinge

20 burpees

20 sit ups

BREAK

10 kettlebell swings/hip hinges with dumbbells/body weight hip hinge

10 burpees

10 sit ups

### Kettlebell swings

Start with the kettlebell on the floor slightly in front of you and between your feet, which should be shoulder-width apart. Bending slightly at the knees but hinging mainly at the hips, grasp the kettlebell and pull it back between your legs to create momentum. Drive your hips forwards and straighten your back to send the kettlebell up to shoulder height. Let the bell return back between your legs, closer to the glutes than falling towards the knees, and repeat the move.



### Hip Hinge

Stand tall with your feet hip- to shoulder-width apart, and your arms at your sides. Keep your knees “soft” so they have a slight bend, and maintain this knee-position from start to finish. Tense your thighs, glutes, and abs, and pull your shoulders down. Keeping your lower back naturally arched, push your hip and hamstrings back as far as you can and lower your torso by bending at your hips. Try to lower your torso until it’s parallel to the floor. Reverse the movement, push your hips forward, and return to the starting position.



With dumbbells – just keep the dumbbells in front of you and when you lean forward still keep them close to your thighs and knees all times.

**Burpees** - Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly in front of, and just inside, your feet.

Shift your weight onto your hands. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.

Go all the way down to the floor to a push up, and push yourself back to a high plank position.

Jump your feet back so that they land just outside of your hands. Reach your arms over head and explosively jump up into the air. Land and immediately lower back into a squat for your next rep.



**Sit ups** - To perform the perfect sit up keep your feet, hips and knees aligned with knees bent and feet flat on the floor, and exhale on your way up and inhale as you return to the start position.

- To get the most from each sit up perform the exercise slowly or in a controlled manner. This ensures your muscles are working hard and lets you concentrate on your form, which decreases the likelihood of injury.
- Don't use your arms to pull up your head as it takes pressure off your core muscles giving them less of a workout and can put additional strain on your neck.
- If you're new to sit-ups, ensure you leave at least one day's rest between ab workouts to give your core time to recover.

