



**HOME EXERCISE PRGOGRAMME**



Class:	Kettlebell and Step Tabata (rep based)
Trainer name:	Benine
Equipment:	Kettlebell (Or one Dumbbell), Mat, Step (can be done without)
Date:	April 22, 2020

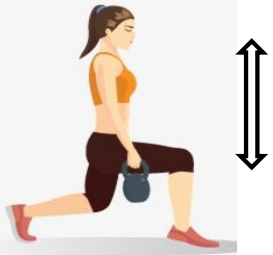
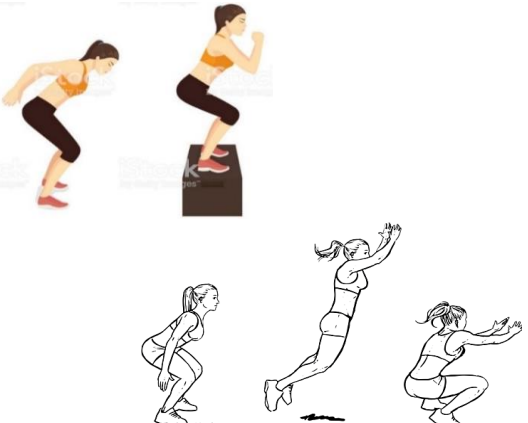
WARM-UP		
Full body mobilization	5min	



**TABATA STYLE WORKOUT**



**Repeat each group four times. Only take a short 10sec rest between exercises. Once you have done the group four times you can take a longer rest. If there is a left/right sided exercise. Do the right side for two rounds and the left side for two rounds. The second exercise in each group is with a step but if you don't have a step do the option in brackets. Use dumbbells for the kettlebell exercises if needed.**


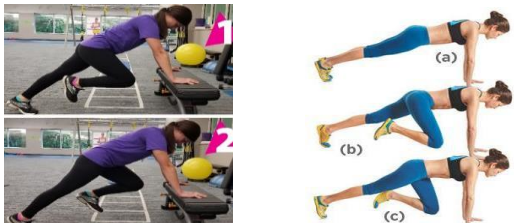
GROUP 1		
EXERCISE	REPS	NOTES/ILLUSTRATION
Kettlebell Swing	8	
Step Burpee (Normal Burpee)	6	

GROUP 2		
EXERCISE	REPS	NOTES/ILLUSTRATION
Squat Press	8	
Taps (Toe taps)	40 (count each tap)	

GROUP 3		
EXERCISE	REPS	NOTES/ILLUSTRATION
Up Down Lunge	10 (2 rounds left, 2 rounds right)	
Box Jump (Squat jump forward then step back)	8	

GROUP 4		
EXERCISE	REPS	NOTES/ILLUSTRATION
Sumo Squat with calf raise at the bottom	8	 <p>Hold kettlebell down in the middle.</p>
Side Taps over step (Lateral Jumps)	24 (Count each side)	



GROUP 5		
EXERCISE	REPS	NOTES/ILLUSTRATION
Single leg deadlift and row	8 (left two rounds, right two rounds)	
Jog up and down step (Jog on the spot)	14 (2 rounds left leg leading, 2 rounds right leg leading)	

GROUP 6		
EXERCISE	REPS	NOTES/ILLUSTRATION
Goblet Squat	8	
Moantain Climber Hands on step (Moantain Climber)	30 (count on each leg)	




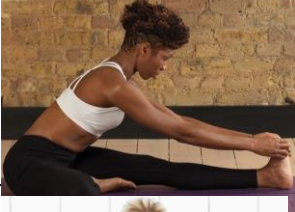



GROUP 7		
EXERCISE	REPS	NOTES/ILLUSTRATION
Alternating arm swing	10	
Straddle Jump Up Step (Squat Jack)	10	

GROUP 8		
EXERCISE	REPS	NOTES/ILLUSTRATION
Tricep Extension	10	
Push-up Hands on Step (Push-Up)	8	

**GROUP 9**

EXERCISE	REPS	NOTES/ILLUSTRATION
<b>Kettlebell Sit Up</b>	6	 <p>Do a crunch if you cant manage a sit-up.</p>
<b>Side Plank legs on step</b> (Side Plank)	Count to 20 (twice on the left arm, twice on the right arm)	

## STRETCHES

<p>Hug knees to chest</p>	<p>Hold 20sec</p>	
<p>Laying twist stretch</p>	<p>Hold 20sec (left and right)</p>	
<p>Seated reach for toes stretch</p>	<p>Hold 20sec</p>	
<p>Reach for toes with one leg out</p>	<p>Hold 20sec (left and right)</p>	
<p>Butterfly stretch</p>	<p>Hold 20sec</p>	
<p>Chest Stretch</p>	<p>Hold 20sec</p>	
<p>Back Stretch</p>	<p>Hold 20sec</p>	
<p>Shoulder Stretch</p>	<p>Hold 20sec (left and right)</p>	