

week two workouts



hiit workout - kettlebell

Warm-up: 5 - 10min cardio

SET 1 - 5 rounds: 1 min rest in between rounds
Kettlebell Swing - 8 reps | Kettlebell High Pull - 8 reps

SET 2 - 5 rounds: 1 min rest in between rounds
Kettlebell squat - 5 reps | Kettlebell Reverse Lunges - 5 reps

SET 3 - 5 rounds: 1 min rest in between rounds
Kettlebell Single-arm to Double-arm Row - 8 reps
Pushups or Incline Pushups - 10 reps

cardio - steady state

Steady-state cardio simply refers to continuous, moderate cardio exercise that is sustained for an extended period of time.

Incorporating steady state cardio into your workout routine can help boost endurance, promote recovery, and more!

Warm-up 5 - 10min

30 - 45min at a steady pace:
Walking, distance running, cycling,
swimming, elliptical, etc.

Cool-down 5 - 10min

scan the code to explore all week two resources – including recipes, videos, and more!



upper-body workout

Warm-up: 5 - 10min cardio

SET 1 - 3 sets of 12 reps each

Single-arm Dumbbell Bench Press | Single-arm Dumbbell Row

SET 2 - 3 sets of 12 reps each

Weighted Back Extension | Lat Pulldown | Assisted Pullups

SET 3 - 3 sets of 12 reps each

Single-arm Dumbbell Shoulder Press

Alternating Dumbbell Bicep Curls | Tricep Kickback

SET 4 - 3 sets of 12 reps each

Mountain Climbers | Plank Dips

lower-body workout

Warm-up: 5 - 10min cardio

SET 1 - 3 sets of 12 reps each

Goblet Squats | Single-Leg Hamstring Curl

SET 2 - 3 sets of 12 reps each

Dumbbell Step-up | Curtsy Lunges

SET 3 - 3 sets of 12 reps each

Hip Adduction/Abduction | Glute Kickback

SET 4 - 3 sets of 12 reps each

Leg Extensions | TRX Squats

SET 5 - 3 rounds, 30 seconds each

Med Ball Slams - Center | Left | Right

