



Luke Andrus

Try This Workout

For this workout, do the first 5 exercises back to back! You'll do 4 rounds and each round will be 45 seconds of work with a 15 second rest before the next exercise. At the end of each round, take a 1 minute rest before beginning the next one.

After 4 rounds of the first 5 exercises, you'll do 3 sets of 12 (each side) of the Uni Windmill and Deadbugs. Do this at your own pace without a particular rest time. Challenge yourself, but listen to your body and rest if you need a break.

Equipment: Kettlebells, Bodyweight, Suspension, Dumbbells

Shoulder Swing

Full Body



- 1 - Squat holding a kettlebell in both hands between your legs with your arms straight.
 - 2 - Thrust your hips forward swinging the kettlebell out and up to just over shoulder height with your arms straight.
- Allow the kettlebell to fall forward, guiding it back down along the same path and repeat.

#	REPS	WEIGHT	TIME	NOTES
1			45.0	
2			45.0	
3			45.0	
4			45.0	

Pike Push Up

Shoulders



- 1 - Place your feet and hands on the floor with your elbows bent and your hips high up into the air.
 - 2 - Push up to the start position with your arms straight.
- Bend at the elbows, lowering your head and repeat.

#	REPS	WEIGHT	TIME	NOTES
1			45.0	
2			45.0	
3			45.0	
4			45.0	

Glute Bridge

Legs



- 1 - Lie on your back with your knees bent at a 90 degree angle and feet looped through the handles and your arms by your sides.
 - 2 - Raise your back and hips up off the floor, bringing your body into a straight line from your knees to your shoulders.
- Lower your body back down to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1			45.0	
2			45.0	
3			45.0	
4			45.0	

Step Up Balance

Legs



- 1 - Stand upright with one foot on a bench holding dumbbells at your sides.
 - 2 - Step up onto the bench by pushing down on your front foot and raise your other leg up with a 90 degree angle at the knee.
- Step down off the bench onto the back foot and then repeat.
 - Complete all reps on one side before switching to the other side.
- Equipment Sub: Plates, Kettlebells

#	REPS	WEIGHT	TIME	NOTES
1			45.0	
2			45.0	
3			45.0	
4			45.0	

Mountain Climber

Abs



- Support your body on your toes and hands with your arms straight
- 1 - Bring one knee in toward your chest, keeping the rest of your body in the push up position.
 - 2 - Straighten this leg and repeat on the other side.
- Keep your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1			45.0	
2			45.0	
3			45.0	
4			45.0	



Uni Windmill

Abs



- 1 - Stand upright holding one dumbbell overhead with your arm fully extended.
 - 2 - Shift your hips back, rotate your trunk to one side and bend forward at the waist reaching your other hand to the floor.
 - 3 - Return upright with the dumbbell overhead throughout.
- Complete all reps on one side before switching to the other side.
- Equipment Sub: Kettlebell

#	REPS	WEIGHT	TIME	NOTES
1	12			12 Each side
2	12			12 Each side
3	12			12 Each side

Dead Bug

Abs



- 1 - Lie on your back with your knees bent and feet raised with your arms straight up over your chest.
 - 2 - Lower one leg and the opposite arm straight down toward the floor, keeping the other leg and arm steady.
- Raise the leg and arm back to the upright position and repeat with the opposite leg and arm.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	12			12 Each side
2	12			12 Each side
3	12			12 Each side