

DEADLIFT

Here's your moves. Just six, that's it. You've got this!

bosu
balance

A

kettlebell
swing

B

suitcase
deadlift

C

glute
bridge

D

TRX
biceps curl

E

bent over
DB row

F

week 1: 16-20 reps, 2 sets.

A

C

E

B

D

F

A

C

E

B

D

F

week 2:

week 3:

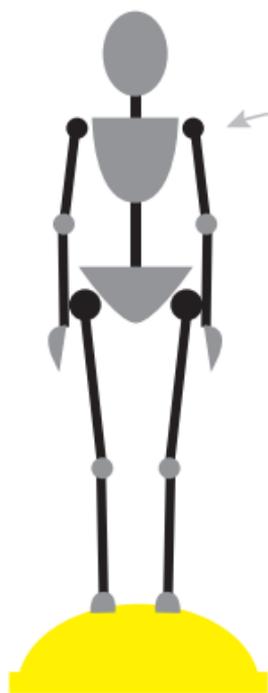
week 4:

week 5:

week 6:

bosu balance:

Bosu balance is my way of only focusing on balance. This exercise is timed, and progressions will take some experimentation to figure out what works for you.



try to maintain good posture the entire time

Set up by standing on the domed side of the Bosu ball. Then hold the position... That's it. Hold for prescribed time.

notes on time:

2 sets: hold for at least 90 sec

3 sets: hold for 60-90 sec

4 sets: hold for 30-60 sec

5 sets: hold for 15-30 sec

modifications:

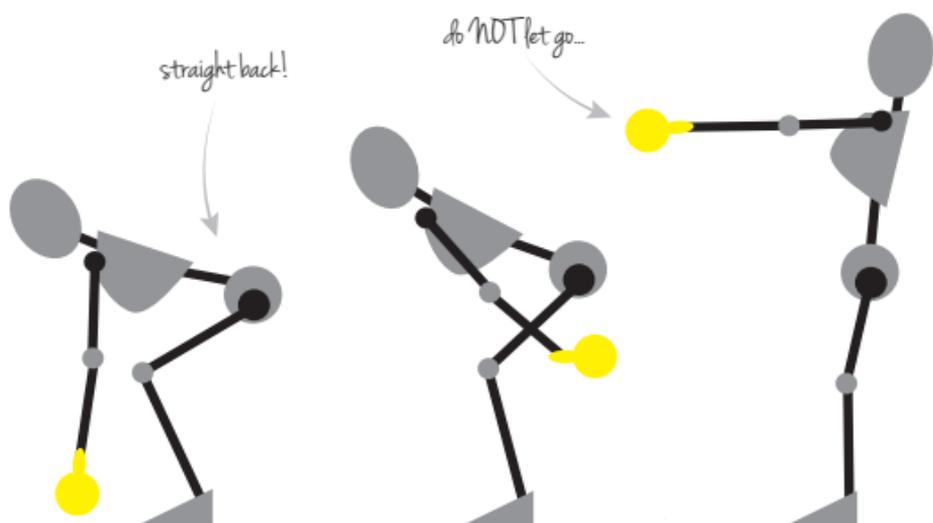
Easier? Stand near something stable and hold on till you gain confidence.

Harder? Lots of options here: close your eyes, flip the Bosu over, stand on only one foot, move your arms, spin around, or any combination of these.

Please use common sense when standing on the Bosu. Stand by something that can be used to catch yourself, and practice getting off the Bosu gracefully before trying harder modifications when you can potentially fall off.

kettlebell swing:

A kettlebell swing works your entire body. Momentum will be used here, and be warned, this move can feel like cardio.



Start with a kettlebell in front of you. Your feet should be in a standard stance (heels under shoulders and toes turned out slightly). With good deadlift form, pick up the kettlebell with both hands.

Do not hold the kettlebell too tightly, it should be able to rotate freely in your hands. Hinge your hips back and swing the kettlebell under your legs.

Once the kettlebell has swung back as far as it can, explosively contract your glutes and push through your heels to bring the kettlebell forward and come up to standing. Let the kettlebell swing back under your legs and repeat.

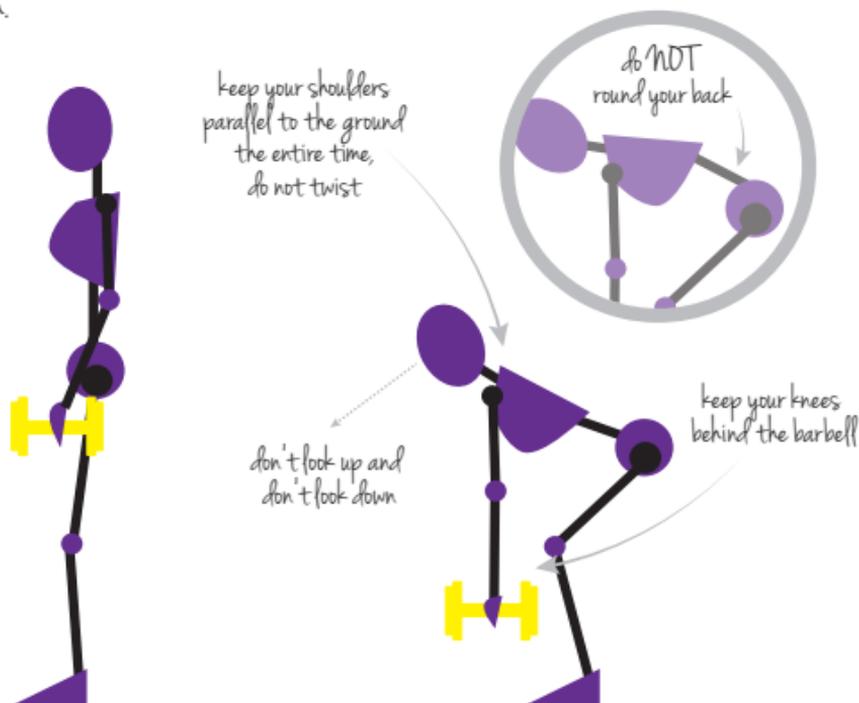
modifications:

Easier? Practice without weight, master your "hip hinge" and deadlift form.

Harder? Increase the weight, hold on with only one hand, lift the kettlebell overhead.

suitcase deadlift:

A *suitcase deadlift* is simply the motion of picking something up off the floor with one hand. This movement requires you to really focus on your glutes and grip strength.



Start by standing with your feet as wide as your shoulders, toes facing forward. Hold a dumbbell in your left hand and let it hang by your hip. Send your hips back in space while lowering the dumbbell to shin height.

Keep your back straight, your butt out and chest lifted as you lower down. Push through your heels (especially the left) to bring yourself back to standing. Repeat for reps and complete on right side.

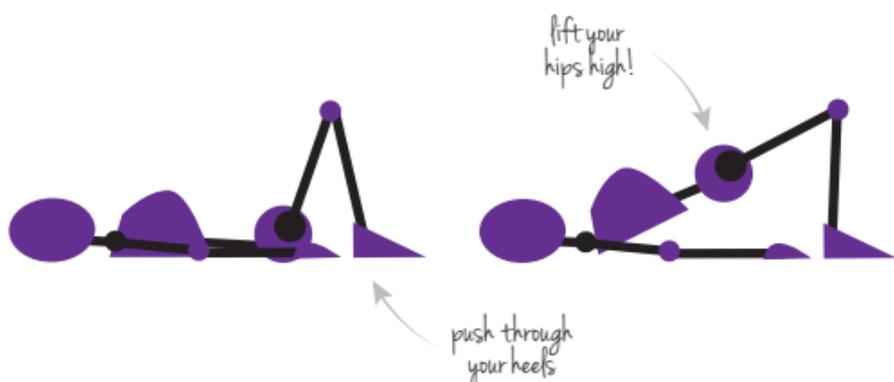
modifications:

Easier? Start with a small dumbbell to get the hang of it. Do NOT progress if you cannot keep your back straight.

Harder? Increase your weight!

glute bridge:

A *glute bridge* is a body weight exercise that works on hip and glute strength.



Start by lying on a mat with your feet flat on the floor and as wide as your hips. Hands are down by your side.

Push through your heels to lift your hips off the ground. Lift until you form a straight line from your shoulders to your knees. Lower and repeat for reps.

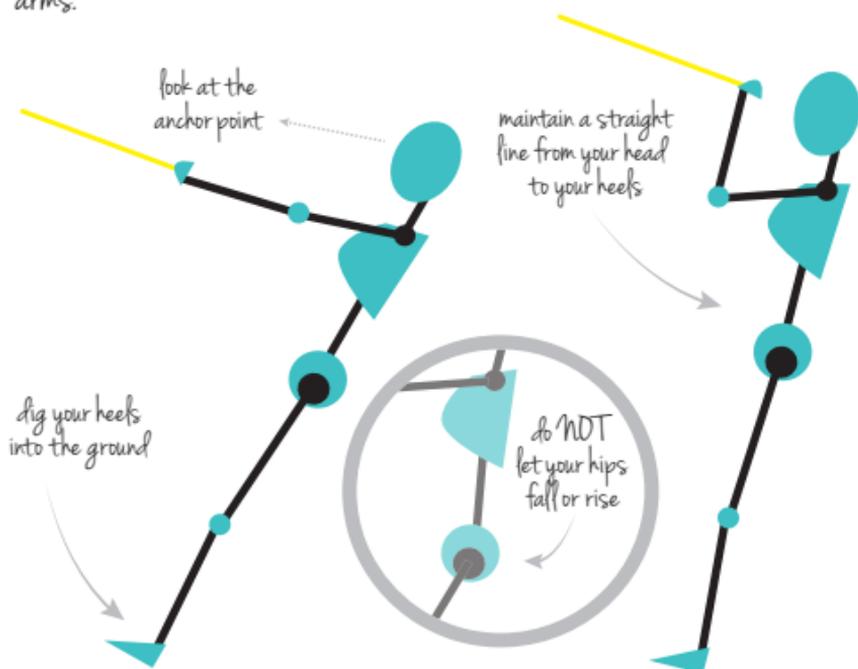
modifications:

Easier? Use your hands and push them into the mat to help lift your hips off the floor.

Harder? Flip your hands over so you cannot push into the ground, put your feet on a Bosu ball, or elevate your feet on a bench. If you can master those, try those modifications but with only one foot on the ground. Your other foot reaches up towards the ceiling. Make sure to complete on both sides.

TRX biceps curl:

A TRX biceps curl uses a suspension trainer and gravity to strengthen your upper arms.



Start by facing a TRX anchor with a handle in each hand, palms facing up. Let your arms extend out in front of you, towards the anchor.

Pull your hands in towards your face, keeping your elbows stationary if possible. Extend your arms to the starting position and repeat for reps.

modifications:

Easier? Stand farther away from the anchor point.

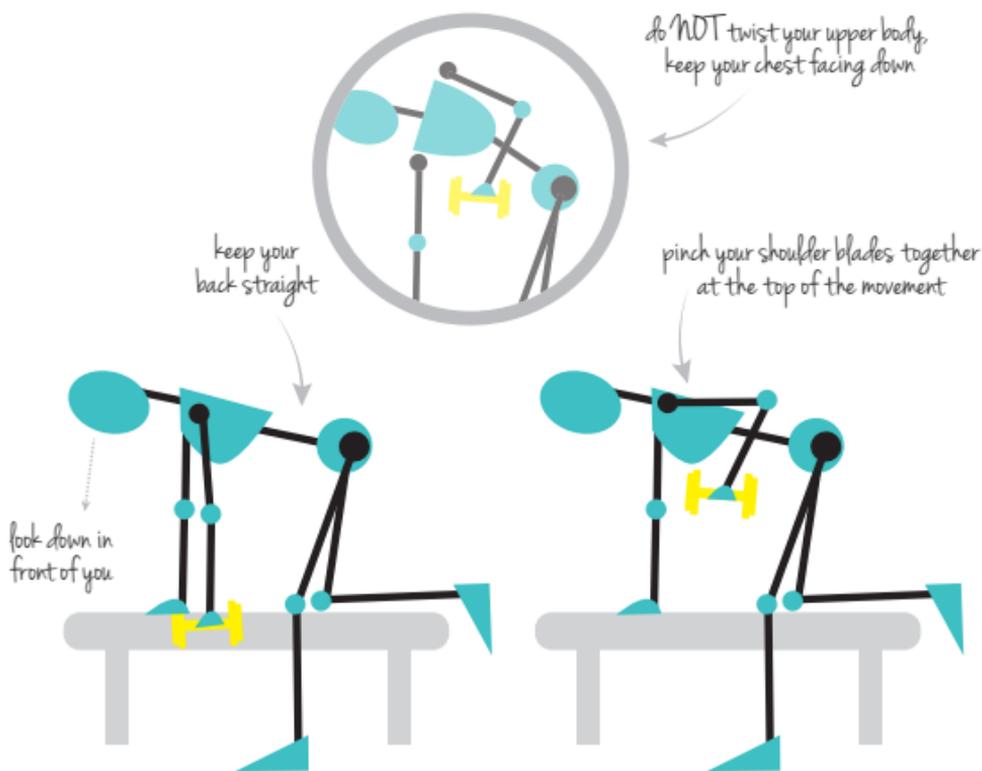
Harder? Walk your feet closer to the anchor point, stand on a Bosu ball, or try with just one hand if you are daring!

If it is uncomfortable to dig your heels into the ground, you can try keeping your feet flat on the floor.

bent over dumbbell row:



A bent over dumbbell row uses a bench and dumbbell to strengthen your back. You work your core as well by resisting rotation of your upper body.



Start with your left hand and left knee on a bench. Your right foot is planted on the floor and your right hand holds a dumbbell. Flatten out your back, stick your butt out. Keep your shoulders parallel with the bench.

Pull the dumbbell back towards your you, far enough back that your elbow passes by your spine. Contract your shoulder blades. Let the dumbbell down, and repeat for reps. Repeat on other side.

modifications:

Easier? Lighten the weight.

Harder? Increase the weight.

Having trouble contracting your shoulder blades? Visualize bringing your ELBDW back in space rather than your hand. You can also try gripping the dumbbell without your thumb so only your fingers are wrapped around the handle.