



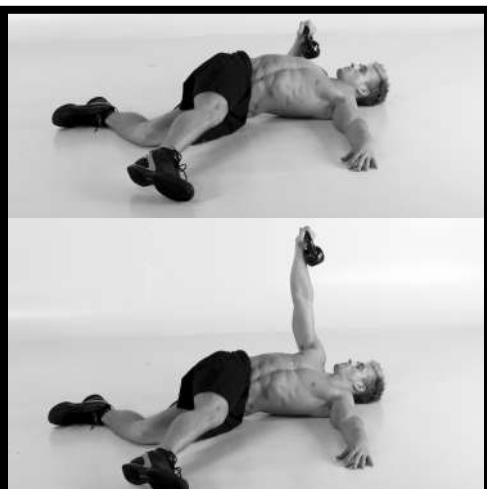
### **Squat** **Muscle Emphasis- Gluteus** **Maximus, Quadriceps,** **Hamstrings**

1. Begin with the kettle weight positioned at you waistline.
2. Stand with both feet wider than shoulder width.
3. Slowly lower your body into a squat position. Do not allow your knees to extend forward beyond your toes.
4. Slowly return to the starting position in a slow and controlled manner.



### **Standing Figure 8** **Muscle Emphasis- Core,** **Abdominals, Obliques**

1. Begin by bending over from the waist and positioning the kettle weight between your legs.
2. Take a wide stance, pushing your butt out and keeping your back straight.
3. Pass the kettle weight between your legs, alternating from hand to hand.



### **Cross Legged Floor Press** **Muscle Emphasis- Pectoral**

1. Begin by laying on the ground and crossing one leg over the other.
2. Keep your back flat on the floor and position the kettle weight at chest level.
3. Raise one kettle weight by completely extending your arm up and allowing your shoulder to raise off the ground.
4. Slowly return to the starting position in a slow and controlled manner.
5. Alternate body positioning and repeat exercise after you have finished a complete set.



#### **WARNING, PLEASE READ BEFORE EXERCISING:**

When working out, do the following for each exercise: 1. Select a weight that you feel comfortable with. 2. Exhale while exerting/lifting the weights, and inhale while returning to the starting position in a slow and controlled manner. 3. Read all caution and warning labels before using this exercise apparatus. 4. Before use, inspect weights for worn or cracked parts. If in doubt, do not use the weights until the parts have been replaced. 5. Bystanders must keep clear of weights and all moving parts. 6. Children should never be permitted to use the weights. 7. Prior to beginning any exercise program, we strongly recommend that you have a complete physical examination and obtain your physician's approval of your conditioning program. 8. We recommend that you always exercise with a partner or someone who can assist you should the weights become too heavy for you to lift on your own. 9. We recommend that you always wear a weight lifting belt or back support for safety and stability when lifting weights.

#### **GETTING STARTED:**

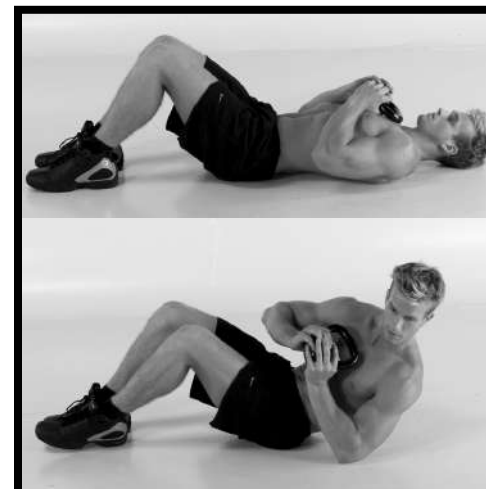
Always warm-up your muscles before exercising. Easy stretching (without bouncing) and a light cardio workout for 15 minutes is recommended to prepare your body. A "repetition" is defined as one complete movement from the starting position, through the full range of motion, and back to the starting position. A "set" is defined as a series of continuous repetitions. Start your exercise program conservatively. Select a weight for each exercise that is easily performed for the full range of your motion. Learn to feel your body's responses and change your program accordingly. The number of repetitions for each set should range between eight and fifteen. As a general rule, the lower the number of repetitions performed (eight to ten), the heavier the resistance of weight used. While heavy resistance increases muscular strength, the full range of movement is necessary to achieve maximum muscle strength and development. Rest between each set of repetitions long enough to catch your breath. Work up to three or four sets for each isolated exercise. When you can perform the desired number of repetitions at a given weight, increase the resistance moderately. There may be a number of exercises isolating the same muscle. These exercises should be grouped together and performed on the same day, followed by a day of rest for that particular muscle.

#### **EXERCISE PROGRAM SUGGESTION #1**

Exercise the complete body every other day, up to three times a week. The one day rest enables the body to recover from the previous workout.

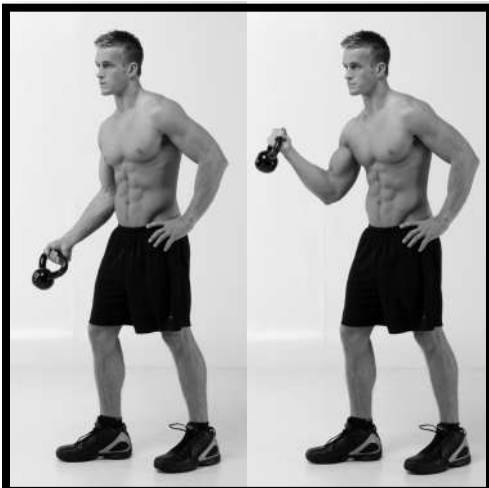
#### **EXERCISE PROGRAM SUGGESTION #2**

Alternating your daily workouts. One day isolate the upper body exercises, and the next day perform the lower body exercises. To reduce lactic acid build-up and consequently reduce muscle soreness, end each exercise with an increased number of repetitions at a lighter weight. Also, stretching the muscles is recommended upon completion of your weight resistance program.



### **Oblique Abdominal Crunch** **Muscle Emphasis-** **Abdominals, Obliques, Core**

1. Begin with the kettle weight positioned on your chest.
2. Raise your upper torso by crunching your abdominal muscles and gently twist your waist to either side as you lift your shoulders off the floor.
3. Slowly return to the starting position in a slow and controlled manner.
4. Alternate sides with every repetition.



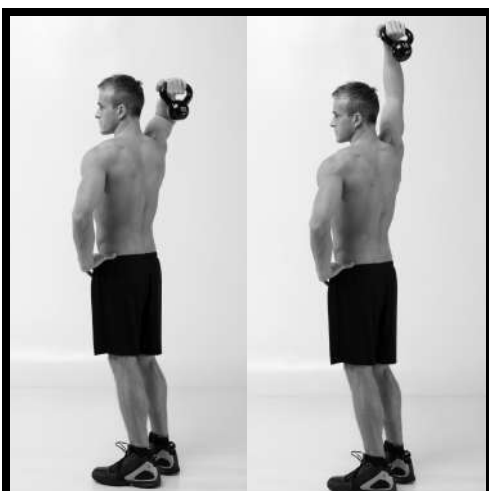
### **Bicep Curl** **Muscle Emphasis- Biceps**

1. Begin with the kettle weight positioned below your waistline.
2. Raise one kettle weight to shoulder height and slowly lower it to the starting position in a slow and controlled manner.
3. Repeat exercise with the opposite arm.
4. Alternate each arm with every set.



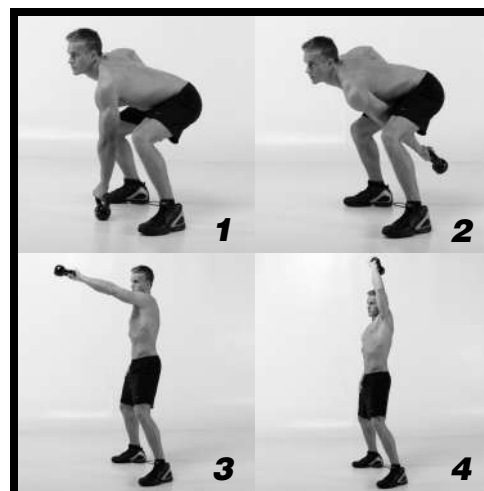
### **Lunge** **Muscle Emphasis- Gluteus Maximus, Quadriceps, Hamstrings**

1. Begin by holding the kettle weight with both hands, away from your body at arms length and stand with your feet together.
2. Step forward, lowering your rear knee to stop 3-4 inches above the floor.
3. Return to the starting position by pushing your body up with the forward leg and alternate exercise with the opposite leg in a slow and controlled manner.



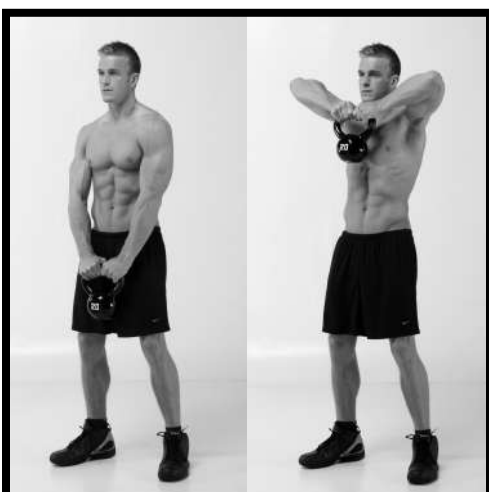
### **Tricep Extension** **Muscle Emphasis- Triceps**

1. Begin with the kettle weight positioned behind your head.
2. Keep your elbows raised throughout the entire exercise.
3. Raise the kettle weight above your head by extending your forearm from the elbow and slowly return it to the starting position in a slow and controlled manner.
4. Alternate each arm with every set.



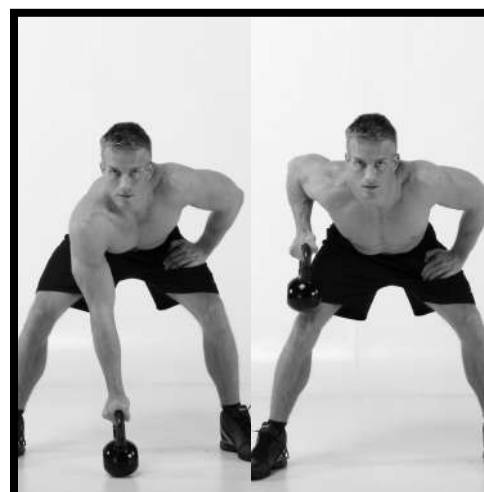
### **Swing/Snatch Pull** **Muscle Emphasis- Back, Legs**

1. Begin with your body in a bent over position. Knees should be slightly bent, your back straight and your head up.
2. Place the kettle weight on the floor, between your feet and grip it with one hand.
3. Swing the weight back between your legs and then vigorously swing the weight forward again as you keep your arm straight.
4. Continue by raising the weight above your head and slowly return to the starting position in a slow and controlled manner.



### **Upright Row** **Muscle Emphasis- Deltoids, Traps**

1. Begin with the kettle weight positioned below your waistline.
2. Raise the kettle weights to shoulder height and slowly lower it to the starting position in a slow and controlled manner.



### **Bent-over Row** **Muscle Emphasis- Lats, Biceps**

1. Begin with body in a crouched position. Take a wide stance, pushing your butt out and keeping your back straight.
2. Place the kettle weight on the floor, between your feet.
3. Raise one kettle weight to your waist and slowly return it to the starting position in a slow and controlled manner.