

Sample Workout 2 - Play or Power Studio

Set-up and equipment: Set up three stations. Station 1 is 1-2 sets of medium to heavy Kettlebells; Station 2 is a BOSU ball and 1-2 sets of medium to light dumbbells, mat; Station 3 is 1-2 sets of medium to heavy dumbbells, mat.

Timers: 1 minute per exercise with 20 second transition, 1 minute break after three rounds.

Station 1

1) Kettlebell Rows

- a. Start with feet hip width apart, holding KBs with arms extended and hips hinged back
- b. Slowly bend elbows, keeping arms close to sides in row.

2) Suitcase Squat

- a. Start with feet in narrow squat stance, holding 1 set heavy KBs
- b. Bend elbows and sit back into squat. Use glutes to extend knees to return to starting position

3) KB Half Turkish Get-Up

- a. Start lying on back, holding light to med KB in right hand with KB racked at shoulder or elbow extended toward ceiling for a challenge. Right knee is bent and left leg extended.
- b. Roll to left side and push into left arm to roll up to seated. Slowly return to start position.

Switch sides after 30 seconds

Station 2

1) BOSU Triceps Extensions

- a. Start lying on BOSU blue side up with knees bent, feet flat and hips high. Head and neck are supported on BOSU and arms are extended towards ceiling holding med dumbbells.
- b. Keeping elbows close, bend elbows aiming weights towards forehead. Use triceps to extend

elbows and return to start position.

2) Alt BOSU Lunge with Front Raise

- a. Start facing BOSU blue side up, holding med dumbbells.
- b. Step one foot onto bullseye, lower into lunge and lift arms to shoulder height in front raise.
- c. Return to start position and switch legs.

3) Single Leg BOSU Push-Up

- a. Start in plank position, BOSU black side up with right leg lifted.
 - b. Bend elbows into push up.
 - c. After 30 seconds switch legs.
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Station 3

1) Alt Lateral Lunge

- a. Start with feet hip width, holding dumbbells.
- b. Step right leg to the right and sink hips back into lateral lunge. Left knee is extended.
- c. Return to start and switch sides.

2) Walking Plank

- a. Start in plank position on hands. Can be on knees or toes.
- b. Walk down to elbows, keeping hips still. "Walk" back up to start position.

3) Single Leg Deadlift

- a. Start with feet hip width holding heavy dumbbells.
- b. Reach right leg back and then, keeping hips square and back long, lower into single leg dead lift. Use glute and hamstring to return to standing.

c. After 30 seconds, switch legs.