

# 4-Week Holiday Head Start Exercise Descriptions

## Glossary

### Alternating Jackknife Sit-Up

- Start lying on flat on your back with arms overhead.
- Initiate the sit-up at your core and try to reach opposite hand to opposite foot.
- Return to lying flat between each rep.

### Bent-Over Row

- Holding kettlebells or dumbbells at your sides, hinge forward from the hips approximately 45 degrees while staying wide across the chest.
- Row the weights up to your ribcage, keeping your elbows close to your body.
- Return to the start position and repeat.
- Keep your shoulders down and away from your ears.

### Bent-Over Row (Alternating)

- Holding kettlebells or dumbbells at your sides, hinge forward from the hips approximately 45 degrees while staying wide across the chest.
- Row one weight up to your ribcage while letting other weight hang down.
- Alternate each rep.

### Bird Dog

- Start on all fours with your hands directly under your shoulders, knees under your hips.
- Without rotating at chest or torso, extend your opposite arm and leg out as far as possible.
- Do not arch at the low back. Focus on reaching out rather than up to the ceiling. You should feel your glutes fire as you extend your leg.
- Return to the start position and alternate sides.

### Body Saw

- Start in a front plank position on your forearms and toes.
- Maintaining that position, “rock” backward at the ankles so that your shoulders end up behind your elbows (which remain stationary).
- Reverse the movement, moving your shoulders forward to the start position. Repeat.
- The farther you reach backward with your heels, the more challenging the movement will be. Avoid sagging at the low back.

### Curl to Press

- Start by holding the dumbbells with your arms straight down at your sides.
- Keeping your elbows down, curl the weights to your chest.
- Next, press the weights overhead until you lock out them out overhead.
- Bring the weights back down under control to chest height and then let arms extend until hands are back at your hips. Repeat.

### Crunch

- Start lying on your back with a natural, comfortable, bend in your knees and your shoulder blades against floor.
- Curl upward from your midsection until your shoulders are slightly elevated off the floor.

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- Control the roll back downward by letting your upper back down vertebrae by vertebrae until you're back to the start position. Repeat.
- Avoid neck pain by lightly tucking your chin downward, imagining that you are holding a softball between your chin and neck.

## Dead Bug

- Start on your back, knees bent and arms pointing toward the ceiling.
- Imagine you are squishing grapes between your low back and the floor so no space exists there. Maintain that position throughout the movement.
- Extend your opposite arm and leg upward and downward, respectively, toward the floor, as far as you can without losing contact between your low back and the floor. Repeat on the other side.

## Dumbbell Snatch

- Start with single dumbbell on the floor between your feet.
- Hinging at the hips, reach down and grasp the handle.
- Quickly extending your hips, imagine jumping in place while throwing dumbbell toward the ceiling...but don't let go. 😊
- Finish with the weight locked out overhead, then bring back down in control and return to the start position. Repeat.

## Front Plank

- Lay on your stomach with your elbows directly under your shoulders.
- Raise your body so that only your forearms and toes are in contact with the floor.
- Hold for prescribed time.
- Keep your midsection tight and squeeze your glutes throughout.

## Goblet Squat

- Holding a kettlebell or dumbbell to your chest and supporting the weight with your forearms, push your butt backward and bend your knees.
- Keeping your torso bolt upright and your knees in line with your toes, lower yourself as far as you are comfortably able to go. (If it's not very far, adjust your foot position and try turning your toes slightly outward.)
- Again keeping your knees tracking with the direction of your feet, return to the starting position and repeat.

## Goblet Pulse Squat

- Same set-up as a goblet squat, but there's extra work at the bottom of the range of motion.
- Perform a full squat down, then raise hips a quarter of the way back up.
- Next, return to bottom position of squat before standing all the way up.
- Think of drawing a "pulse" pattern like a series of W's: full down, quarter up, quarter down, and then full up.

## Goblet (Pulse) Split Squat

- Using either bodyweight, or holding a kettlebell or dumbbell to your chest, assume a split stance with one leg in front and one leg behind you.
- Lower fully down so you make 90-degree angles at each knee in bottom range.
- Add pulse pattern by doing a full range down, quarter up, quarter down, and full up.

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- Complete all repetitions on one side before switching to allow balance.

## Hip Thrust

- Lie on your back, legs bent so that your calves almost touch your hamstrings.
- Keeping your weight distributed throughout both feet, think about pressing the floor away until you're bridged up on the backs of your shoulders and your hips are as extended as possible without arching at low back.
- Lower your hips back down to the start position. Repeat.
- Focus on squeezing your glutes at top of range.

## Inchworm

- Start the motion in a standing position, then bend over until your hands are on the floor (slightly bend your knees if necessary).
- Walk out on hands until body is straight, as it is in the top of a pushup — your hands might even be in front of your shoulders, if you'd like to make the movement more difficult.
- If space allows, take tiny, chopped-up steps to bring your feet back towards hands. Next, walk back out to straight-arm plank and repeat.
- If you're short on space, walk your hands back toward your feet instead of progressing forward.

## Jump Squat

- From a standing position, quarter-squat down to load the legs, then jump as high as possible.
- Land as quietly as possible and lower into a full squat as soon as the balls of your feet hit the ground.
- Explode back upward from this position, always landing softly and making sure knees track in line with your feet.

## Kettlebell Swing

- To start, prop the kettlebell on the floor a few feet in front of you, both hands gripping the handle, butt high in the air and knees bent in an athletic stance.
- Hike the kettlebell up between your legs, slightly straightening them as you do so.
- Quickly stand up, using the power of your hips, hamstrings and glutes to “float” the kettlebell up to about shoulder height (but keep your shoulders pulled back).
- Again hike the kettlebell between your legs, keep your chest up as you do so (I tell my clients I want to be able to read the writing on the front of their shirts the whole time).
- Repeat swinging for desired reps and stop when the bell is at the bottom of the swing, gently parking it on the floor in front of you again.
- If this movement feels awkward at all, check out more form tips at [www.jensinkler.com/fix-your-kettlebell-swing](http://www.jensinkler.com/fix-your-kettlebell-swing)

## Marching Plank

- As with the front plank, lie on your stomach with your elbows directly under your shoulders.
- Bridge your body up so only forearms and toes are in contact with the floor.
- Without twisting at your chest or waist, reach one arm up forward, then bring back down to rest on both forearms.
- Create a “marching” motion by alternating which arm you reach out with.

## Marching Hip Bridge

- Lie on your back, legs bent so calves almost touch hamstrings.

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- Keeping your weight distributed throughout both feet, think about pressing the floor away until you're bridged up on the backs of your shoulders and your hips are as extended as possible without arching at low back.
- While keeping hips at same level, raise one foot of the ground by bringing your knee up and slightly toward chest.
- Return your foot to the ground and alternate marching, without letting your hips sag, until set is complete.

### Mountain Climber

- Start in a straight-arm plank position with your hands under your chest.
- Bring one knee directly up toward your chest without twisting at the low back.
- Keep your foot off the ground and your toes dorsiflexed up toward your shin.
- Create a "sprinting in place" effect by reversing the motion and alternating your feet quickly.

### Offset Squat

- With single kettlebell or dumbbell racked on only one shoulder, push your butt backward and bend your knees, keeping your torso upright and supporting the weight with your forearm.
- Keeping your knees in line with your toes, lower yourself as far as you are comfortably able to go. (If it's not very far, play with foot position, and try turning your toes slightly outward.)
- Again keeping your knees tracking with the direction of your feet, return to the starting position and repeat.
- You should feel a challenge in your core to keep your torso upright with the weight offset on one shoulder.

### Overhead Triceps Extension

- Standing tall and cradling one end of a dumbbell with both hands, lift it overhead. This is your start position.
- Lower the weight back behind your head simply by hinging at elbows.
- You should feel the exercise in the backs of arms as you complete multiple reps. Hold your upper arms stationary by your head.

### Penguin

- Start lying on back with a natural, comfortable, bend in your knees and your shoulder blades against floor.
- Curl upward from your midsection until your shoulders are slightly elevated off the floor.
- With your shoulders elevated, reach your hand to your same-side heel, then reverse the movement and reach your other hand to your other heel.
- Keep your shoulders elevated off the ground throughout the set.
- Avoid neck pain by lightly tucking your chin downward, imagining that you are holding a softball between your chin and neck.

### Pledge Plank

- Start in a straight-arm plank by bridging your body up on your hands and toes. Feet can be wider than shoulder width to help with stability.
- Keep your belly button facing the floor, bring one hand up and touch your chest.
- Alternate "pledging" hands while adjusting to keep from twisting at the low back or rocking your hips from side to side.

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## Prisoner Squat

- With your hands locked together behind head, push your butt backward and bend your knees, keeping your torso upright.
- Keeping your knees in line with your toes, lower yourself as far as you are comfortably able to go. (If it's not very far, play with foot position and try turning your toes slightly outward.)
- Again keeping your knees tracking with the direction of your feet, return to the starting position and repeat.

## Pushup

- Start facing downward with your body elevated between your hands and toes.
- Line up your hands directly under your shoulders, just wider than your rib cage.
- With a stiff core and squeezed glutes, lower your body down as far as you can control, angling your elbows out to no more than 45 degrees. Don't let your low back sag.
- If you're unable to complete a full pushup, regress by elevating your hands up onto a step, box or railing.

## Pushup (Eccentric)

- Start facing downward with your body elevated between your hands and toes.
- Line up your hands directly under your shoulders, just wider than your rib cage.
- With a stiff core and squeezed glutes, lower body down as slowly as you possibly can, angling your elbows out to no more than 45 degrees. Don't let your low back sag.
- Lower down until failure or you're resting on the floor.
- Reset to the start of the motion by dropping to your knees until your arms are again straight. Repeat.

## Pushup to Downward Dog

- Start facing downward with your body elevated between your hands and toes.
- Line up your hands directly under your shoulders, just wider than your rib cage.
- With a stiff core and squeezed glutes, lower your body down as far as you can control, angling your elbows out to no more than 45 degrees. Don't let your low back sag.
- Return to start position and hinge hips back and up into air while dropping your head through arms.
- Push your hips back down, returning to the top of a straight-arm plank position. Repeat.
- If unable to do a full pushup, complete the downward dog motion for repetitions.

## Push Press

- If using kettlebells, assume a "racked" position with the kettlebells against the outside edges of your chest and the thumb sides of your wrist flush against your body. The kettlebells should be resting on the back of your wrists, and your wrists should be straight.
- If you're using dumbbells, start with weights at shoulder height, your elbows directly under your wrists.
- Keeping your chest upright, dip slightly at the knees, then stand up quickly, using the momentum you gain from doing that to move the weights quickly overhead.
- Use the strength of your arms to finish the movement, completely locking out the weights overhead.
- Carefully return the weights to the rack position and repeat.

## Push Press (One-Arm)

- Same as regular push press, but rack only one kettlebell or dumbbell at shoulder height.

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- Keeping your chest upright, dip slightly at the knees, then stand up quickly, using the momentum you gain from doing that to move the weight quickly overhead.
- Use the strength of your arm to finish the movement, completely lock out the weight overhead.
- Carefully return the weight to the rack position and repeat.

## Reverse Lunge (Alternating)

- Start standing tall with a single weight held to your chest in goblet position or two weights held at your sides like suitcases.
- Take a large step backward and lower your hips along a diagonal plane, going as low as you can control.
- Return to standing by “pulling” body up with lead leg, driving through your heel.
- Alternate legs throughout sets.

## Reverse Lunge (Alternating Prisoner)

- Instead of loading with weight, lock hands together behind head to challenge balance.
- Take a large step backward and lower your hips along a diagonal plane, going as low as you can control.
- Return to standing by “pulling” body up with lead leg, driving through your heel. Don’t wrench forward on your head.
- Alternate legs throughout the set.

## Reverse Lunge to Press (Alternating Legs)

- Begin exercise with both weights racked at shoulder height.
- Take a large step backward and lower your hips along a diagonal plane, going as low as you can control.
- Return to standing by “pulling” your body up with lead leg, driving through your heel.
- Next, press both weights overhead as you stand tall.
- Bring the weights back down to the rack position and alternate legs throughout the set, pressing at top of each rep.

## Romanian Deadlift

- Start standing tall with kettlebell or dumbbells in front of your thighs.
- With only a slight bend in your knees, imagine reaching your butt backward to the wall behind you.
- The weights will naturally travel down the length of your legs as you push your hips backward. Stop when you feel a stretch in the hamstrings.
- Complete rep by standing back tall by squeezing the glutes.
- Keep weight close to you and against legs through the entire set.

## Romanian Deadlift w/ Row

- Start standing tall with kettlebells or dumbbells in front of your thighs.
- With only a slight bend in your knees, imagine reaching your butt backward to the wall behind you.
- The weights will naturally travel down the length of your legs as you push your hips backward. Stop when you feel a stretch in the hamstrings.
- At this point, bring the weights up to the sides of your ribcage, driving your elbows behind you.
- Complete the rep after your row by once again squeezing your glutes and standing tall.

## Russian Twist

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- Start in a seated position on the floor with your legs bent to 90 degrees and your spine tall.
- Holding a weight to your chest, lean back.
- Rotating through your ribcage, move the weight from hip to hip.
- Challenge the core more by leaning back farther (maintaining a tall chest) or elevating your feet and balancing on your butt.

## Seated Russian Press

- Like a regular Russian twist, start seated, legs in front of you with a tall spine.
- With the weight against your chest, lean back slightly and press weight forward by extending your arms and bracing core.
- Challenge the core more by leaning back farther (maintaining a tall chest) or elevating your feet and balancing on your butt.

## Shoulder Press (Alternating)

- Start with both kettlebells or dumbbells racked at shoulder height, elbows directly under wrists.
- Press one arm up at a time until arm is locked out overhead. Return weight to shoulder height before pressing with the other arm.

## Side Bend

- Standing tall, hold a single kettlebell or dumbbell at one side.
- Bending laterally, lower the weight toward your knee as far as comfortably possible, then straighten up and bend to other side by reaching your empty hand to the other knee.
- Pretend you are stuck between two panes of glass to avoid bending forward or back.

## Side Plank

- Start lying on one side with your feet stacked atop one another and your elbow directly under your shoulder.
- Bridge up by pushing the ground away from your body, your weight balanced between your forearm and feet.
- Imagine being stuck between two panes of glass to avoid bending forward and to challenge the core more.

## Skier Hop

- Mentally draw an imaginary line on the floor next to you.
- Hop back and forth over the line while staying on the balls of your feet.
- Stay quick and explosive throughout the set and be sure to land with a slight knee bend.
- Create more of a challenge by hopping as high as you can still control the landing.

## Spiderman Plank

- Start in a straight-arm plank position on the hands and toes.
- While holding this position, lift one leg and drive one knee up and around to the outside of your same-side elbow.
- Bring your leg back down and alternate legs throughout set.

## Star Jump

- From a standing position, quarter-squat down to load the legs, then reverse the movement and jump as high as possible.

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- At the top of the jump extend your arms out and overhead while extending legs out partially to the sides like a starfish.
- Land as quietly as possible, knees tracking over feet and lowering into a partial squat as soon as feet hit the ground.
- Explode back up from the landing position of the previous squat, always landing softly in a partial squat.

### **Straight-Legged Sit-Up**

- Lay fully flat on your back on floor with your legs straight and arms extended over chest. You can use just bodyweight or hold a weight over your chest.
- Start the movement by reaching your arms toward the ceiling throughout the movement as you sit as tall as possible.
- Descend back down slowly.

### **Step-Up (Alternating)**

- Holding two dumbbells at your sides, start the movement by stepping onto a bench, stair, or sturdy chair and driving through whole foot until your feet are even.
- Immediately reverse the movement and control the descent with the same leg up on the box.
- Bring down both feet to normal standing position.
- Alternate reps throughout set.

### **Superperson**

- Start lying on your stomach, arms reached overhead.
- Arch your chest off the ground and squeeze glutes so that your legs lift off the ground, too, at top of your range of motion. Repeat.
- Don't overreach or look upward from neck.

### **Thruster**

- Holding a kettlebell or dumbbell to your chest and supporting the weight with your forearms, push your butt backward and bend your knees.
- Keeping your torso bolt upright and your knees in line with your toes, lower yourself as far as you are comfortably able to go. (If it's not very far, adjust your foot position and try turning your toes slightly outward.)
- Again keeping your knees tracking with the direction of your feet, return to the starting position and then press the weight directly overhead.
- Carefully lower the weight back down and repeat the squat when weight is back at chest height.
- This movement is similar to a push press, but with a much lower squat and less explosiveness overall.

### **Two-Handed Kettlebell Clean**

- Stand with your feet shoulder-width apart, a kettlebell on the floor between the balls of your feet.
- Keeping your chest up, push your butt back and bend your knees just far enough that you can secure a sturdy grip on the handle.
- Using the power of your legs and butt, straighten quickly into a standing position, launching the kettlebell straight up as if it's in an elevator, and use your arms to keep it close.



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- When it's about chest height, swivel your elbows down around the kettlebell and support its weight against your chest. As you do so, the kettlebell should feel weightless (*this means you really need to make it pop with your legs!*).
- Return to the starting position and repeat.

### Two-Point Row

- Take an exaggerated wide-foot stance almost into a partial splits position.
- Rotate your torso and drop one hand or forearm so that it rests on your front thigh.
- With your other arm, draw a single kettlebell or dumbbell up to the side of your ribcage, driving your elbow toward the ceiling.
- Return to start position and repeat.

### Walking Lunges

- Start standing with a single weight against your chest in goblet position or two weights hanging down by your sides.
- Step forward and bend your legs until your rear knee is close to the ground.
- Pull yourself back up to a standing position with your lead leg and then continue by alternating legs.

### Walking Lunges (Overhead)

- Like regular walking lunge, start standing but with weights locked out overhead.
- You can use one weight and hold onto it with two hands, or hold onto weights in separate hands.
- Step forward and bend your legs until your rear knee is close to the ground.
- Pull yourself back up to a standing position with your lead leg and then continue by alternating legs.
- Keep your arms locked out!