



HEALTH & PERFORMANCE

Quarantined but Jacked Volume # 2

Challenging home workouts to keep you strong and in shape

Time investment: 40-50 mins

Equipment Needed:

1 Kettlebell

1 weighted vest (optional)

1 Hand Towel (optional-advanced)

Note: Click exercise names for video demos

Beginner/Intermediate

Warmup

[Half-kneeling hip flexor stretch w/ rotation](#) x 30s/side

[Glute Bridge](#) x10 Hold at top 2 count

[Fire Hydrant](#) x 10/side

[Half-kneeling T-spine rotations](#) x10/side

[Standing wall soleus stretch](#) x30s/side

[Prisoner Squats](#) x 10

[Inchworm](#) x10

[Pogo Hop](#) x 20

[High knees](#) x 20

Workout

[Add weighted Vest for extra "Fun"/loading]

Rest 1-2mins between paired sets

1a) [Russian Kettlebell Swing](#) 3 x 10

1b) [Goblet Squat](#) 3 x 10

2a) [Pushup/knee-pushup](#) 3 x 10

2b) [Kettlebell Bent Over SA Row](#) 3 x 10 [8 sec isohold at top before start] (5/arm)

3a) [Close grip Pushup](#) / [Close Grip knee pushup](#) 3 x 8

3b) [Towel KB Curl](#) 3 x 8

4a) [Plank March](#) 3 x 10 (5/side)

4b) [Lying Leg Raise](#) 3 x As many reps as possible

Advanced

Warmup

[Half-kneeling hip flexor stretch w/ rotation](#) x 30s/side
[Single leg glute bridges](#) x8/side with hold at top on each
[Fire Hydrant](#) x 8/side
[Half-kneeling T-spine rotations](#) x8/side
[Standing wall soleus stretch](#) x30s/side
[Prisoner Squats](#) x 8
[Walking Lunge](#) x8/leg
[Lateral lunge](#) x8/leg
[Inchworm](#) x8
[Pogo Hop](#) x 50
[High knees](#) x 50

Workout

[Add weighted Vest for extra "Fun"/loading]

Rest 1-2mins between paired sets

[complete reps for both exercises on one side before switching hands]

1a) [SA Kettlebell Clean and Push Press](#) 3 x 4 (2/side)

1b) [KB SA Front Rack Squat](#) 3 x 6 (3/side)

2a) [Russian Kettlebell Swing](#) 3 x 10

2a) [Contralateral KB SLRDL](#) 3 x 10 (5/side)

3a) [Close grip Pushup](#) 3 x 8

3b) [Pushup](#) 3 x As many reps as possible (failure)

4a) [KB Towel Curl](#) 3 x 10

4b) [Kettlebell Bent Over SA Row](#) 3 x [8 sec isohold before start] 10 reps

5) [Turkish Getup](#) 3 x 4 (2/side)