



STAFF WORKOUT



MARTINA

KETTLEBELLS & CANDY CANES STRENGTH ROUTINE



Bird Dogs

3x8-12 each side

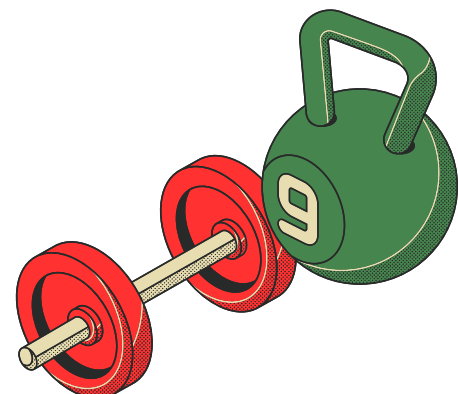
Start on all fours, brace core, lift opposite arm and leg to body height, return slowly, alternate sides—keep spine neutral and avoid arching.

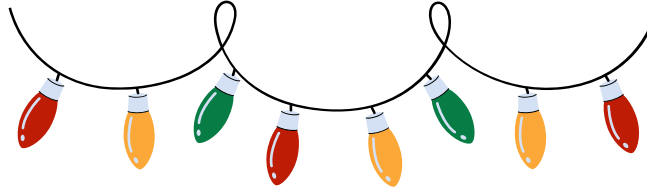


Figure 8 KB Reverse Lunge

3x8-12 each side

Stand tall holding kettlebell, step back into lunge, pass weight under, switch hands, drive up

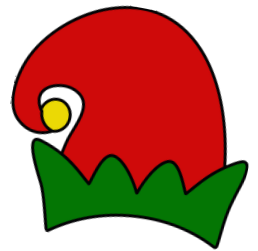




Single-Arm KB Push Press

3x8-12 each side

Stand wide, brace core, dip and drive to press KB overhead, stand tall, bring down to small squat, and repeat



KB Goblet Squat

3x8-12

Hold KB at chest, squat down full range of motion and stand back up keeping chest up and core engaged.



KB Bear Crawl Drag

3x8-12 each side

In a bear crawl stance, reach and grab kb from opposite side then drag under. Keep core engaged and knees close to ground.

