

# KETTLEBELL HOME WORK OUT #1

## SUPER 6 WORKOUT FOR MARTIAL ARTISTS

### Warm up:

Mobilise all of your joints

1x Star jump

1x Squat

1x Press up

1x Sit up

Add one repetition to each exercise until you reach x10 reps

Stretch out all major muscle groups such as: Calves, thighs, hamstrings, groin, chest, upper back and shoulders for 20 seconds each

### The Super Six Workout:

The workout is comprised of 6 exercises done for 6 repetitions 6 times through. Start with 3 sets and build up to 6 sets over a 4 week period.

Watch this short video of Coach Zilha to fully understand the routine:

<https://youtu.be/rBIAbF2iezU>

### The Exercises:

1. High pulls
2. Squats
3. Shoulder press
4. Single arm rows
5. Swings
6. Press up burpees

Please feels free to swap in different exercises if you would like

### Cool down:

5x Star jumps

5x Squats

5x Press ups

5x Sit ups

Reduce repetitions by one each time until you reach one repetition

Stretch out all major muscle groups for 1 minute each