

Coach Michele Bonetti's

Strength & Conditioning

AT EXERCISE ROOM HJORTVIKEN COUNTRY CLUB

3-5 mins Warm-Up Cardio and/or Mobility

Warm-Up: 2-3 rounds

- 8 Calories Skierg
- 4 Negative Push ups
- 8 Reverse Lunges (*alternating, optional weight*)
- 4/4 Side opening (*world's greatest stretch*)
- 8 Hollow rocks

Strength: 4-5 sets

Bench Press with Dumbbell
10-12 reps

Bulgarian Split Squats with Dumbbell or Kettlebell
8 reps per leg

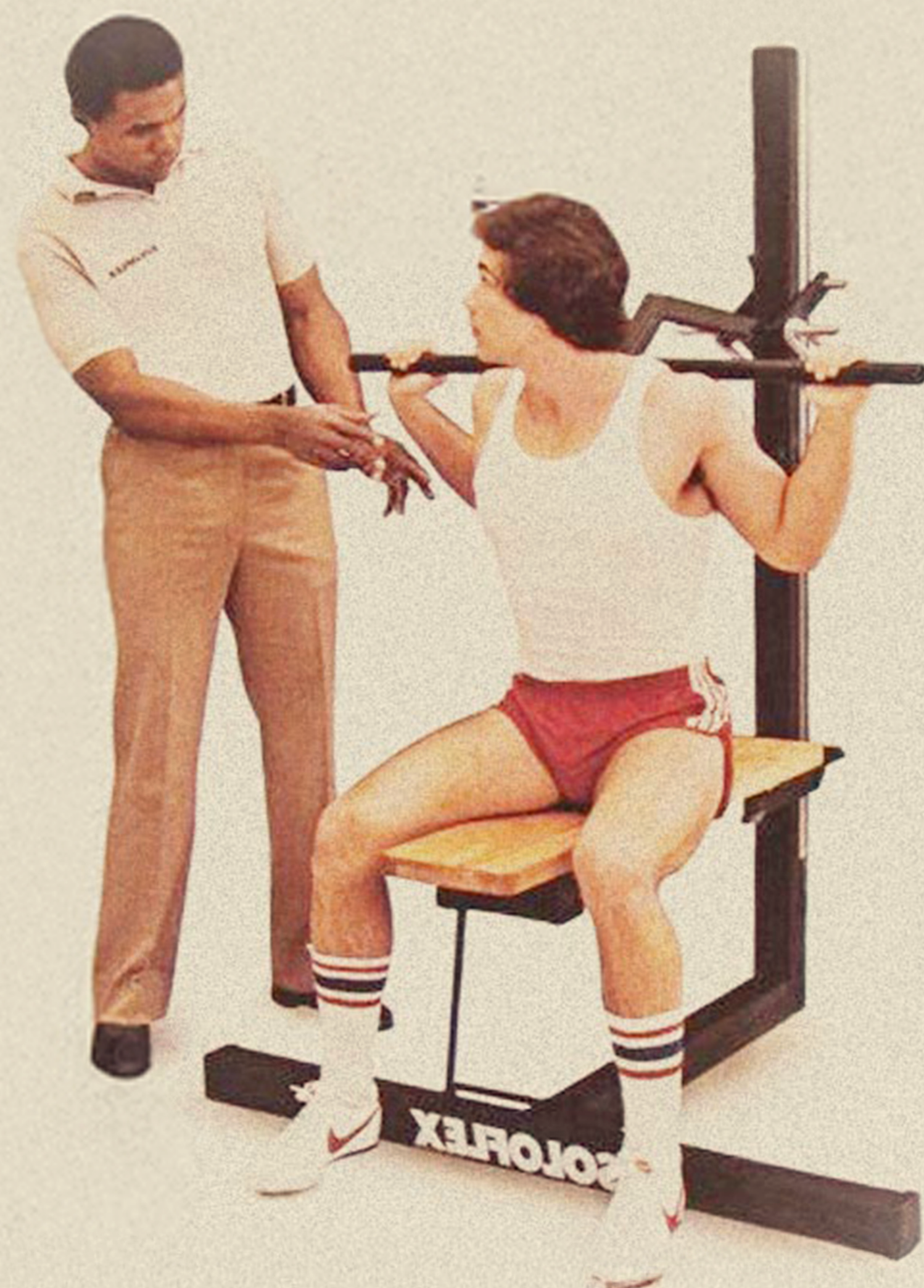
90 sec rest between sets.

**Progression: add 3-second negative if experienced.
Increase weight if necessary*

Conditioning: AMRAP 8 / 12 / 15 min

(As many rounds as possible)

- 15 Calories Skierg
- 12 Kettlebell swings
- 9 Sit ups
- 6 Goblet squats (squat with weight)
- 3 Burpees



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Lower Body Session

AT EXERCISE ROOM HJORTVIKEN COUNTRY CLUB

3-5 mins Warm-Up Cardio and/or Mobility

Warm-Up: *6 mins*

8 Prisoner squats

4/4 Single leg Romanian deadlift with a DB/KB

8 Samson lunges

4/4 Side opening (*world's greatest stretch*)

8 Hip thrust *plus hold 1 sec*

Back Squats: *4-5 sets**

6-8 reps

2 min rest between sets.

**Progression: add 3-second negative and 1 sec hold position if experienced.
Increase weight if necessary*

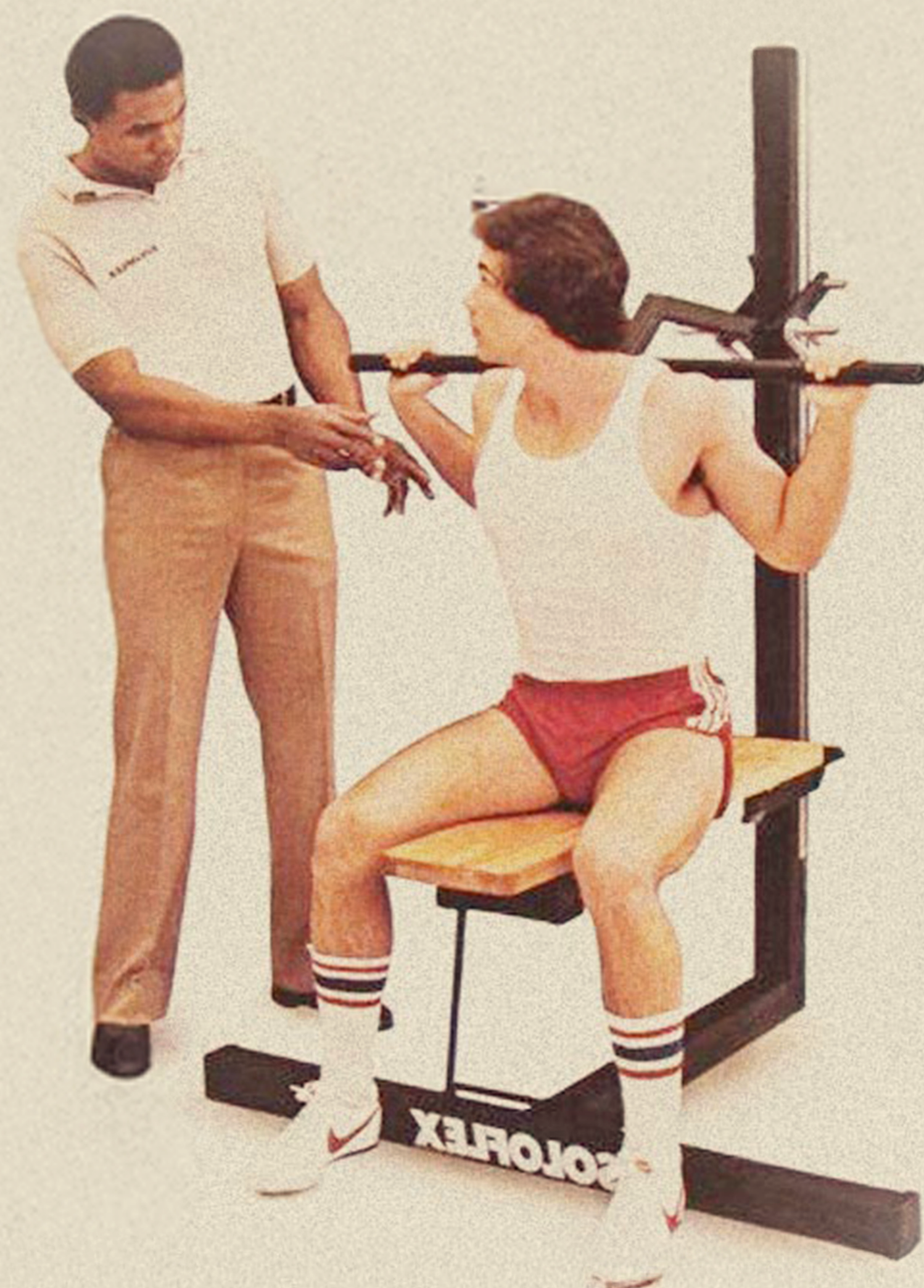
Finisher: *3-4 Rounds*

Romanian Deadlift with Dumbbell or Kettlebell
10-12 reps

Lateral Banded Walk
10-12 reps per leg

Reverse Lunges with Dumbbell or Kettlebell
6-8 reps per leg

Kettlebell Swings
10-12 reps



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Upper Body Session

AT EXERCISE ROOM HJORTVIKEN COUNTRY CLUB

3-5 mins Warm-Up Cardio and/or Mobility

Warm-Up: 2-3 rounds

- 10 Calories Ski-Erg
- 8 Single-arm Dumbbell Row
- 6 Scapular Push-ups
- 4 Walk out / Inchworm
- 2 Negative Push-ups

Alternating: 4-5 sets

Bench Press *

6-8 reps

Two Dumbbell Bent Over Row **

10-12 reps

2 min rest between sets.

Increase weight if necessary

* Progression: add 2 sec hold position on top if experienced.

** Finish with a Drop Set: Reduce weight by 20-30% and do 10-12 reps to failure.

Finisher: 3-4 Rounds

Pull-Ups/Banded Pull Ups/Inverted Rows

4-8 reps

Push-Ups Negative

6-10 reps

Two Dumbbell Push Press

8-10 reps

