

*Coach Michele Bonetti's*

# 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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# 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

