



# NEST Dumbbell only Day 1

Anytime Workouts



Warm up  
2 rounds:  
High Knee Runsx10seconds  
Body weight Squat x10  
In place Toy Soldier x10 each  
In place Spider man with reach x5 each  
Ipsilateral Dead Bug x10 each  
Body weight Slider reverse Lunge x8 each

Compound:  
DB Snatch 3x5each  
Continuous Squat Jump 3x5  
(90 sec rest)

3 rounds:  
Towel Hamstring Curl x10  
Goblet Squat (Elevate Heels 1-2 inches)  
x 15

French Contrast:  
DB Rear Foot Elevated Split Squat 3x6 each  
(Start moderate increase weight)  
Body weight Alternating Lunge Jump 3x6 each  
DB 1 arm RDL 3x6 each (2 second eccentric,  
explosive concentric)  
(2min rest)

Core:

## High knee run in place



Lift the knee high while straightening the down leg and moving the feet as fast as possible

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Body weight Squat



Stand with feet shoulder width apart and feet pointed out slightly. Squat down, reaching the hips back while shifting the weight over the heels until the hips and knees are parallel to the floor, then stand up straight

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Toy soldier (in place)



The toy soldier is an excellent drill for opening up the hamstrings before a training session. Keep the body and down leg stiff and raise the lead leg straight until the toes touch the hands.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## In place spiderman with rotation



Start in a pushup position with the arms straight. Bring the left foot forward, to the outside of the left hand while keeping the back leg straight. Reach up with the left arm and rotate the upper back, then switch legs and repeat.

## Dumbbell Snatch



Stand with feet slightly wider than shoulder width apart. Bend the hips and knees and push hips back similar to jumping. Explode through the hips and bring the dumbbell rapidly in front of the body until it goes overhead. Drop the hips and catch the dumbbell with the body in a quarter squat position.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Continuous Squat jump



Bend the hips and knees to about a 1/4 squat position and bring the arms behind the body. Swing the arms forward and explosively jump out of the squat. Land in a similar position to the start, then reverse direction upon touching ground and repeat.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Towel Hamstring Curl



Lie flat on the back with the back of the heel on a boot or towel, and knees bent. Raise the hips until there is straight line from hips to knees. Make sure the movement comes from the hips and not the spine. Slowly let the feet come out in front of you until the legs straighten, then pull the feet toward the body.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Feet elevated Goblet Squat



Stand with feet around shoulder width apart. While reaching the hips back and keeping the weight over the heels squat down until the hips are roughly parallel to the knees, then proceed to stand up straight.

## RFE (rear foot elevated) Split Squat



Place rear foot on a bench, with the ankle on the side of the bench. Bring the opposite foot in front of the body so that the hip is placed between the bench and front foot. Hold a dumbbell in the opposite hand and lower the back knee until it is just above the floor. Stand up, straighten the back leg and repeat.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Continuous Split Squat Jump



Start in a split squat position with the back knee just off the ground. Jump up and land in the same position with the opposite foot forward. Reverse direction as quickly as possible while under control and repeat.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## 1 Dumbbell RDL





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## Shoulder Tap



#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Dumbbell Russian Twist



Start on the floor in a seated position with the feet off the floor slightly, knees bent, torso straight and leaning back slightly. Hold a light dumbbell in the hands. Turn to one side through the upper back while keeping the lower back and legs relatively stable. Repeat to the opposite side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

## Sprinter sit up



Lie flat with feet and shoulders lifted slightly off floor, touch elbow to opposite knee, return to start and repeat on opposite side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				