

# Ken Hughes: TRY THIS WORKOUT

Snow: Level 2: Blue Square: Workout 5

Ken Hughes



Level 2 builds on the strength gained from Level 1, adding a greater emphasis on unilateral movements as well as balance and coordination.

It also continues to improve overall conditioning and stamina.

## Intensity

Reps: **12**

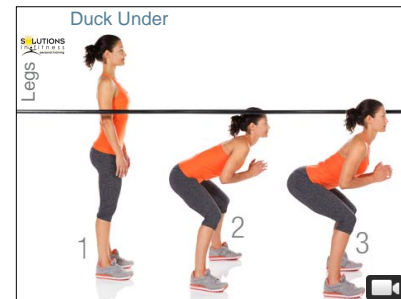
Sets: **3 sets** per exercise

Load: **CHALLENGING** weight

Rest: **60 seconds** between sets

For each exercise, perform 3 sets of 12 repetitions, resting 60 seconds between sets.

Use a challenging weight that allows you to complete all reps. If the weight is too easy, slightly increase it. If it's too hard, slightly decrease it.



- 1 - Stand upright to one side of a bar at hip height.
- 2 - Squat low, sending your hips back and down, keeping your back flat and head up.
- 3 - Duck under the bar, then come upright on the other side.
- Squat again and duck and repeat back to the other side, alternating sides with each rep.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Stand upright holding dumbbells with your arms by your sides.
- 2 - Step forward and across in front of your other leg, lowering your body down and leaning your torso slightly forward.
- 3 - Push down on your front foot to return to the start position.
- Complete all reps on one side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Support your body on your toes with your hands on a ball, elbows bent and your chest nearly touching the ball.
- 2 - Push up to a straight arm position.
- Lower your body back to the start position, keeping your back flat and your hips in line with your shoulders throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



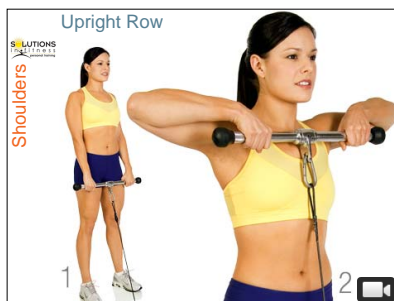
- 1 - Kneel on one knee holding a handle in the hand on the same side with your arm straight and your back flat.
- 2 - Pull the handle straight in to your chest and rotate your upper body up to this side.
- Lower the handle back to a straight arm position and repeat.
- Complete all reps on one side before switching to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



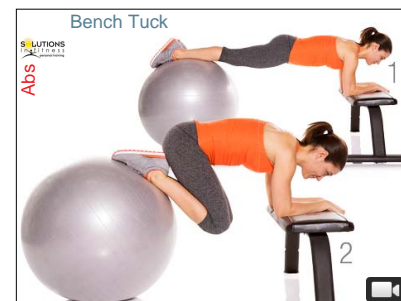
- 1 - Stand upright with one foot slightly off the floor.
- 2 - Slowly lower your body down towards the floor into a squat position, keeping your back neutral/flat and one foot off the floor.
- 3 - Push into your standing foot to return to the start position.
- Complete all reps on one side before switching to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Stand upright holding the bar overhanded with your hands close together and your arms straight, palms facing back.
- 2 - Raise the bar up to just below your chin, keeping your elbows above your hands.
- Keep the bar close to body throughout the movement.
- Equipment Sub: Tubing

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Start with your forearms on the bench and shins on the ball behind with your body straight.
- 2 - Drag the ball towards the bench, bringing your knees into your chest.
- Return to the straight position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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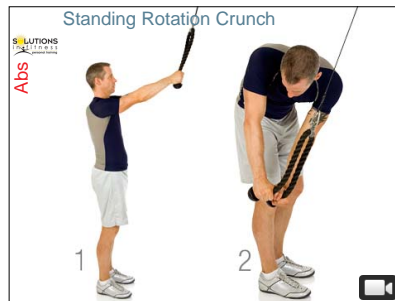
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1 - Stand upright facing away from a cable system holding a rope behind your head with your elbows bent.  
2 - Straighten your arms up overhead, keeping your shoulders steady.  
• Bend at the elbows, returning the cable to the start position.  
Equipment Sub: Tubing

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Grip the rope in both hands at shoulder level with your arms straight.  
2 - Pull the rope down and to the side of one knee, twisting your upper body to that side.  
• Return to the top position and repeat, twisting to the opposite side.  
• Complete all reps on one side before switching to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Lie face down with your chest on the ball and your arms down to the sides.  
2 - Raise your chest up off the ball, coming to an upright position and your arms up and out to the sides at shoulder height.  
• Do not bounce up and down on the ball.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			