

Ken Hughes: TRY THIS WORKOUT

Snow: Level 1: Green Circle: Workout 1

Ken Hughes



Level 1 will help you develop a strong fitness base where you will increase your overall strength and power as well as improve your aerobic conditioning. It lays the groundwork for more advanced training.

Intensity

Reps: **15**

Sets: **3 sets** per exercise

Load: **CHALLENGING** weight

Rest: **60 seconds** between sets

For each exercise, perform 3 sets of 15 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 its too hard, slightly decrease it.



- 1 - Stand upright holding dumbbells by your sides with your feet flat, shoulder-width apart.
 - 2 - Lower your body toward the floor, sending your hips back and down and bending your knees.
 - 3 - Push through your heels to return to the start position.
- Keep your back flat and head up throughout the

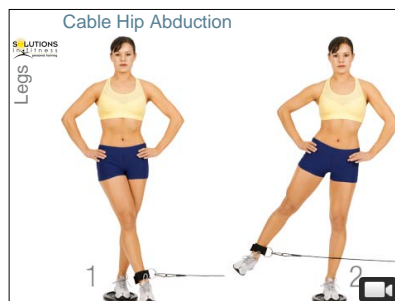
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Grasp the handle using a close grip with your arms extended straight overhead.
 - 2 - Pull the handle down in front to the top of your chest.
- Straighten your arms completely, returning the handle to the up position.
 - Remain upright throughout and do not sway back and forth.

Equipment Sub: Tubing

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Stand to the side of a cable system with the cable attached to the ankle of your outer leg.
 - 2 - Draw this leg out and away from your body.
- Keep both legs straight and maintain your balance by holding onto the system if necessary.
 - Complete all reps on one side before switching to the

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



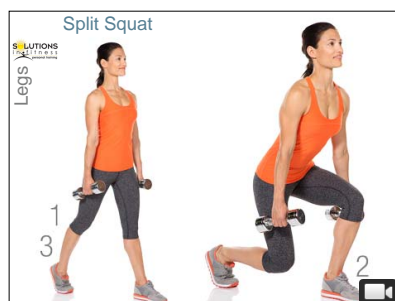
- 1 - Stand to the side of a cable system with the cable attached to the ankle of your inner leg.
 - 2 - Draw this leg in and across the standing leg.
- Keep both legs straight and maintain your balance by holding onto the system if necessary.
 - Complete all reps on one side before switching to the

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Lie on an incline bench with one dumbbell at shoulder level, elbow bent and the other up over your chest with your arm straight.
 - 2 - Press one dumbbell up until your arm is straight while lowering the other to shoulder level.
- Both dumbbells should be moving at the same time, but in opposite directions.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Stand upright with your feet split front to back holding dumbbells at your sides.
- 2 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.
- 3 - Push off the front foot to return to start position, keeping your back flat and your head up throughout the

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push up through your palms to return to the start position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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- Abs**
- 1 - Stand upright facing to one side, holding a cable in both hands with your arms straight.
 - 2 - Twist to the opposite side, turning your head and shoulders, keeping your arms straight.
 - Twist back to the starting side, allowing only your hips and shoulders to move, keeping your arms straight throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Abs**
- 1 - Lie on your back with your legs straight up and your arms by your sides.
 - 2 - Lower one leg straight down towards the floor.
 - Raise this leg back up and lower the other leg down.
 - Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Lower Back**
- 1 - Lie face down on the floor with your legs straight and your arms stretched out overhead.
 - 2 - Raise your upper body and legs together about 18 inches off the floor as if you were flying like Superman.
 - Hold this position briefly then lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			