



# Example Program 2: Body Strength and Mobility

## WORKOUT SUMMARY:

If you want to improve your strength and mobility at the same time, try this workout. We've chosen the exercises that focus on stability and balance, while still building lean and strong muscle in your upper and lower body.

## LET'S GET STARTED:

We've used our Online Workout Guide to create a workout that builds strength in the postural muscles, as well as creating excellent balance between your left and right side. Make sure that when you're doing the single arm and single leg exercises, to do your weaker side first. Then complete the same number of reps on the stronger side.

EXERCISE	SETS	REPS
Deadlift	4	12-15
Single Arm Kettlebell Press, Kneeling	4	12-15
Split Squat	4	12-15
Lat Pull Down Machine	4	12-15

## WORKOUT NOTES:

You can also complete this workout as two "supersets." That means, you will complete two different exercises back to back before resting. This will double the workout you're doing each set (you'll end up doing 24-30 reps total, but between two exercises).

For example, in this workout you'll do one deadlift set and then kettlebell press set back to back, and then do the same thing with the split squat and pull down machine. Do this for 4 total sets, taking 30-60 seconds rest between each set. Complete 12-15 reps of each exercise. When you can complete 4 sets of 15 reps with any exercise, increase the weight you're using.