

Nordic Weight Training

1. 5 min WU on bike or 3 min WU with jump rope
2. One leg split squat with weights (10x2 each leg)
3. Bench press (10x2) (if new to lifting, start with 50-60% of body weight)
4. Rows (10x2)
5. Kettle bell/dumbbell squats (10x2)
6. Kettle bell/dumbbell Triceps lift (10x2)
7. Step ups with weights (10x2 each leg)
8. TRX strap push ups (1 min x2)
9. Kettle bell/dumbbell overhead press (10x2 each arm)
10. Ropes (double pole 1 min, 1 min rest, single stick 1 min)
11. Side lunge with extending arms and weights (15 each side)
12. Medicine ball throw downs (1 min x2)
13. Pull ups (max, 1 min break, hang 1 min)

Weight options

Lighter= 10-15 lbs

Medium= 15-20 lbs

Heavier= 20-30+ lbs

Nordic Weight Training

14. 5 min WU on bike or 3 min WU with jump rope
15. One leg split squat with weights (10x2 each leg)
16. Bench press (10x2) (if new to lifting, start with 60-70% of body weight)
17. Rows (10x2)
18. Kettle bell/dumbbell squats (10x2)
19. Kettle bell/dumbbell Triceps lift (10x2)
20. Step ups with weights (10x2 each leg)
21. TRX strap push ups (1 min x2)
22. Kettle bell/dumbbell overhead press (10x2 each arm)
23. Ropes (double pole 1 min, 1 min rest, single stick 1 min)
24. Side lunge with extending arms and weights (15 each side)
25. Medicine ball throw downs (1 min x2)
26. Pull ups (max, 1 min break, hang 1 min)

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Lighter= 10-15 lbs

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