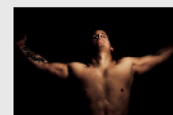




My Sado Training Workout

Caveman Training: Workout 2



Nathan Sado



Get back to basics and unleash your inner caveman with these simple, yet effective, full-body workouts.

Equipment: Dumbbells, Pull Up Bar, Dip Station, Step or Bench

Estimated Workout Time: 40 minutes

Intensity

Reps: 15

Circuits: 3

Load: Bodyweight or Challenging weight for indicated exercises

Rest: 60 secs between circuits

Perform 15 reps each exercise in a circuit, resting 60 seconds between circuits.

Perform 3 full circuits.



1 - Squat holding a dumbbell in both hands between your legs with your arms straight.
2 - Thrust your hips forward, swinging the dumbbell out and up overhead with your arms straight.

• Guide the dumbbell back down along the same path and repeat.

Equipment Sub: Plate, Kettlebell

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Hang from a bar overhead using a wide overhand grip.
2 - Raise your knees toward your chest, bending at your hips and knees.

3 - Pull your body up, bending at the elbows until your chin reaches the bar, keeping your knees up.

• Lower back down to where your arms are fully extended and legs are straight.

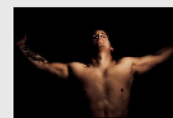
Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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- 1** - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
- 2** - Push up to a straight arm position, then raise one hand to the ceiling while rotating your body to the same side and look up at your hand.
- Lower your body back to the start position and repeat to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



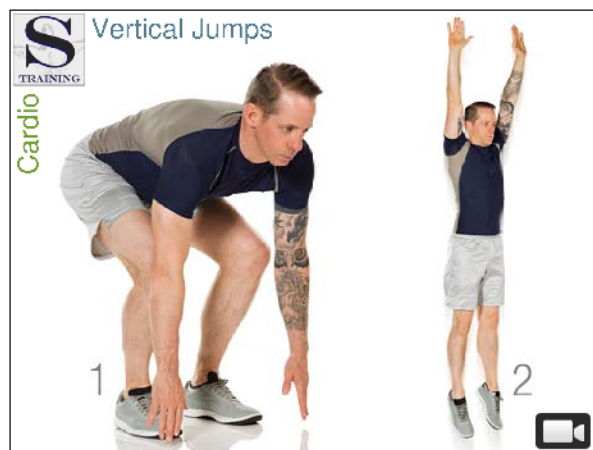
- 1** - Lie on the floor with a dumbbell straight up over your chest and one leg raised, bent at the hip and knee.
- 2** - Thrust the bent leg forward raising your upper body off the floor and placing your hand flat on floor to the side.
- 3** - Come up onto one knee with the dumbbell overhead and your arm straight.
- 4** - Stand upright with your arms straight.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1** - Stand upright holding dumbbells with your arms straight by your sides.
- 2,3** - Walk forward as far as you can while holding the dumbbells.
- Equipment Sub: Plates, Kettlebells

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



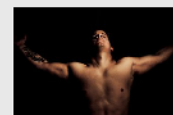
- Stand upright with your arms by your sides.
- 1** - Bend at the hips and knees into a semi-squat position, leaning your torso slightly forward.
- 2** - Push off your feet, jumping straight up and raising your arms up overhead.
- Land in semi-squat with your arms back by your sides and repeat the jump.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



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Caveman Training: Workout 2



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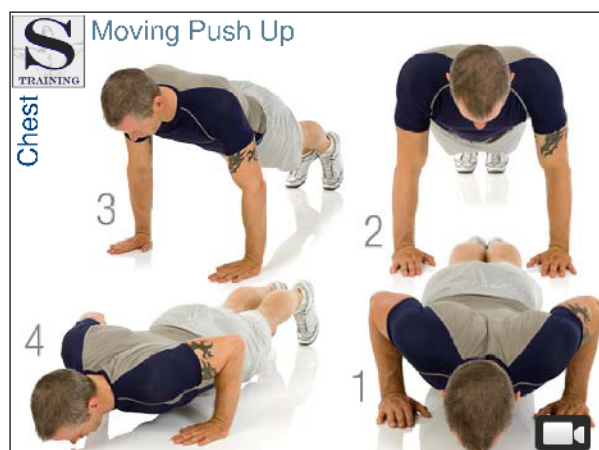
1 - Stand upright holding one dumbbell overhead and the other at your thigh with both arms straight.
2 - Lower your body towards the floor, bending at the hips and knees keeping your arm extended overhead.
3 - Push through your feet to return to the start position, keeping your back flat and the dumbbell overhead

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Stand upright holding one dumbbell in both hands at chest height 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, keeping your back flat and head up throughout the movement

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
2 - Push up to a straight arm position.
3 - Move your hands about 12 inches to one side.
4 - Lower your chest back to the floor.
• Repeat, moving to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Hold onto two towels wrapped over a suspended straight bar with a wide grip, your arms and body straight and your heels on the floor.
2 - Pull your chest up toward the bar, bending at the elbows, keeping your body straight.
• Lower your body back to a straight arm position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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