

210 mm

# Davina



## DAVINA AND FITNESS

Thank you for choosing Davina products. We offered you with the best tool and instruction, possible to help you unleash your exercise potential and optimize your training.

### Important Note

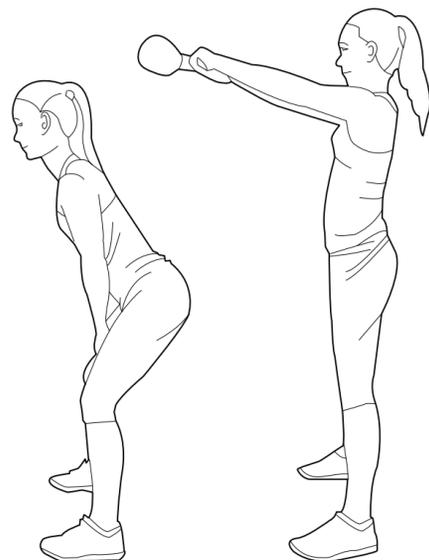
Consult your physician before starting any exercise program, especially if you have had recent injuries, surgery, physical problems or if you have been inactive for some time. Read the safety warnings carefully and only use the product as described in these instructions to avoid accidental injury or damage. Keep these instructions for future reference. If you pass this product on to another person, remember to give them these instructions.

## DAVINA'S MESSAGE

**“All I want in life is to help everyone be healthier and more active (and hopefully even enjoy it!) however little time they have”**

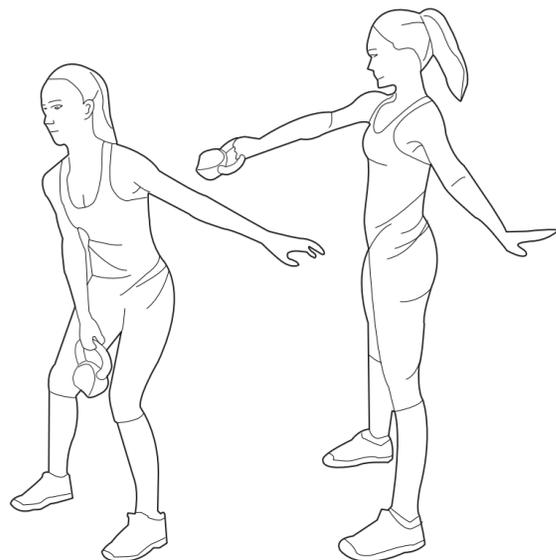
### 3 x 12 reps for Glutes and Shoulders

Stand with your back straight, feet hip width apart. Squat down holding the KB with both hands between your legs. Swing the DB up to level with your shoulders in a controlled manner as you stand up squeezing your bottom. Return to the starting position and repeat.



### 3 x 12 reps each side for Glutes, Shoulders and Torso

Holding a KB in one hand keep your back straight while bending at the hips. Stand up driving your hips forward bringing the KB to level with the shoulders, at the top of the movement switch hands and return to the start position maintaining a straight back.

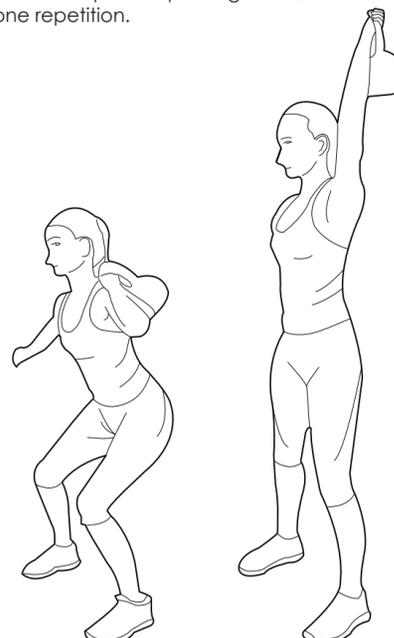


front side

210 mm

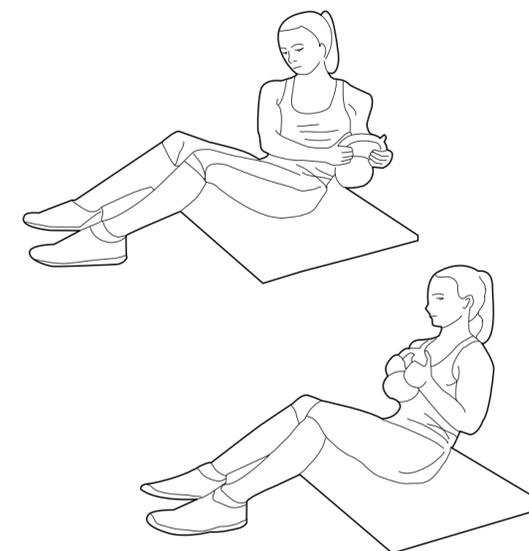
### 3 x 12 reps each side for Shoulders and Legs

Holding a KB in one hand resting on your shoulder perform a squat movement bending at the knees and hips. As you stand up drive through the hips pushing your arm upwards pushing the KB towards the sky for one repetition.



### 3 x 12 reps each side for Torso

Seated Holding the KB rotate the torso moving the KB over your knees turning from side to side.



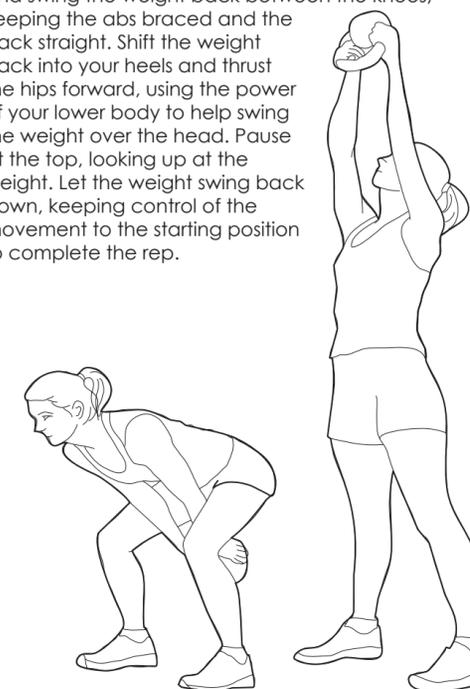
### 3 x 12 reps for glutes, legs and core

Holding the horns of the kettlebell, keep the kettlebell close to your body then squat down by pushing your hips back and knees out. Focus on keeping your chest up and maintaining correct posture.



### 3 x 12 reps for Glutes, Shoulders and Torso

Hold the kettle bell on either side of the handle. Squat and swing the weight back between the knees, keeping the abs braced and the back straight. Shift the weight back into your heels and thrust the hips forward, using the power of your lower body to help swing the weight over the head. Pause at the top, looking up at the weight. Let the weight swing back down, keeping control of the movement to the starting position to complete the rep.



back side

297 mm

297 mm