

Workout of the Week: Carry On

For this workout, you'll need two kettlebells, a heavy jump rope, a timer, and a bit of space.

Before your workout:

It is essential that you do a proper warm-up before you start the workout. Your warm-up should consist of the following:

- A few minutes of light aerobic activity,
- Corrective stretches (optional),
- A series of mobility movements.

The Workout

This week's workout is the **Carry On**. It is built around three exercises: kettlebell farmer's carry, heavy jump rope single unders, and burpees.

Set your timer for 10 minutes and try to get in as many rounds of the following repetitions as you can:

- 100 heavy jump rope single unders
- 20-40 yards of kettlebell farmer carries
- 5 burpees

[Click here](#) to watch what the workout looks like.

Important Notes:

- *If you don't have two kettlebells to carry, you can just grab two heavy dumbbells, heavy jugs of water, big milk jugs, or even big textbooks. Be resourceful. Grab whatever you have laying around that's heavy enough to engage your forearms when you hold them. The heavier the better!*
- *If you don't have space to carry the kettlebells, pick them up and hold them in place.*

After your workout

When your timer is done, gradually decrease your heart rate by jumping rope or jogging in place for a few minutes. Then, perform your series of static stretches.

Important muscles to be stretched for this workout: hamstrings, quads, calves, glutes, hip flexors, lower back.

Progressions and Regressions

There are a number of ways you can make this workout harder or easier, depending on your current fitness level and limitations.

Regressions

Here are ways you can make the workout easier:

- Take a 20-30 second break in between each round,
- Use lighter kettlebells,
- Use a lighter jump rope,
- If you're struggling with the burpees, substitute in 20 mountain climbers instead.

Progressions

Here are ways you can make the workout more challenging:

- Do the entire workout without taking any breaks,
- Use heavier kettlebells for your carries,
- Do 10 kettlebell swings instead of 5 burpees to really challenge your grip,
- Increase your burpee reps to 10,
- Lengthen your farmers walk to 50-80 yards,
- Use a heavier jump rope for your single unders or substitute in heavy rope double unders (this is super intense).

Your Notes: