

SUSPENSION HYBRID TRAINING



Cutting Edge Suspension
Workouts with a Kettlebell,
Medicine Ball, or Dumbbell



BY DAN LONG

Dan Long's Suspension *Hybrid* Training **with Follow-Along Videos**

The Revolution of training continues! Welcome to Dan Long's Suspension *Hybrid* Training with Follow-Along Videos. In my 4 week Suspension *Hybrid* Training program, you will be performing *hybrid* exercises back to back. Each workout will require the use of your suspension trainer and a kettlebell, dumbbell, and medicine ball.

Suspension Hybrid Training – Combining suspension training with equipment to maximize and accelerate lean muscle gains and fat loss results.

Hybrid – Build lean muscle and burn fat faster by combining some toys (equipment) into your Suspension Revolution Program.

I love this style of "*Hybrid*" training and have incorporated it into my workouts and my clients' workouts, for years now, and am finally getting this to you! You're not going to believe the results you're going to get. It's time to go Kill Mode (*Hybrid*) with your suspension trainer!

Dan Long's Kill Mode® Mindset

If I told you that hundreds of my clients not only hit their goals, but they SHATTERED their goals, would I have your attention? Of course! I have a philosophy that will shatter any goal you're looking to achieve, period!

Your training will be sent into a realm of all new fitness/fat loss that you have never reached before by activating Kill Mode®. Here's what you're going to do:

Dan Long's Kill Mode® Philosophy: When you enter into a work set of any exercise, for the first half of each exercise, interval, rep, mile, timed exercise, etc., you're going to tell yourself that you're on "autopilot." Operate at a normal resistance, speed, intensity, etc., for the first half.

Then when you get to your half point, a mental shift needs to occur. The fatigue you're feeling exits the brain, adrenaline has to kick in, and you give everything you got for the last half of every drill and every exercise. This is what I call activating "Kill Mode®," and by applying this philosophy, you immediately increase the intensity of your workouts far beyond anything you've ever experienced.

Watch this Video Now:

==> [**VIDEO: WHAT IS KILL MODE®?**](#)

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Follow me on my blog at www.suspensionrevolution.com/blog/!

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Legal Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By accepting your comprehensive nutrition, supplementation, and exercise program, you recognize that despite all precautions on the part of Dan Long's Kill Mode® Training Co., Inc., and Ruckus Publishing, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Dan Long's Kill Mode® Training Co., and Ruckus Publishing, or its officers, directors, employees, volunteers, agents, affiliates, or assigns, as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program.

Warning: These exercises are being performed with countless years and hours of TRX, Jungle Gym XT, SBT, bodyweight, and weight training prior. Trying these exercises is a serious challenge, even though they may look easy when I perform them. You must perform with caution and have assistance with someone knowledgeable in the exercise field, if needed. You can challenge yourself by performing these exercises at your own risk.

Muscle Burn Strategy

Let's talk about the difference from muscle burn and pain. When your muscles are hitting their potential and are stimulated, you feel a burn in the muscle. Now this could feel like a slight burn, or a really intense burn on a perceived scale of 1 -10 of effort, with 1 being a little effort burn, and a 10 being a maximum effort burn. For maximum results, I want the burn to be a 9 – 10. If a beginner, it should be a 6-7 the first week, 7-8 the second week, and 9 -10 the third week and thereafter.

Pain Strategy

It is important for your safety and well-being to know what the difference between pain and muscle burn is. Pain is something other than your muscle burning. If any pain occurs in any area of your body (remember pain, not muscle burn), apply your perceived scale of 1-10 (1 being minimum pain; 10 being maximum pain), and if your pain in your shoulder, hip, knee, back, elbow, etc., reaches a level 4 (anything more than an ache), back down from that exercise and replace it with another one in that circuit that you can do without pain, to finish out your workout.

This will avoid a possible injury or re-injury. I want you healthy and feeling like a machine, so apply these Dan Long Muscle Burn and Pain Strategies to maximize results, and minimize a possible injury. Remember, we want to move forward, not backward. We're in this together – and quitting/failure is not an option, so Kill Mode® train with me using these techniques I'm teaching you.

Kettlebell Suspension Hybrid Workout

Kettlebells have quickly become popular over the years, and are used to perform ballistic exercises that combine flexibility training, cardiovascular and strength. Add in a suspension trainer, and you've taken kettlebells to the next level. Kettlebells will be used to create more resistance on your muscles and burn extra fat while still engaging your core muscles. This is the Hybrid effect! This workout will engage your entire body, with emphasis on your lower body and core.

Medicine Ball Suspension Hybrid Workout

A medicine ball will also be used to trigger more stabilizer muscles in your core, and also fast twitch muscles from your neck to your feet. The medicine ball, being round, creates a challenging effect by adding it to your Suspension Revolution exercises, and will activate your core. The specific exercises used in this workout will engage your entire body, with emphasis on your core.

Dumbbell Suspension Hybrid Workout

We will also be using a dumbbell to give you the free weight effect, to trigger your muscles to work 10x's harder with weighted resistance to build lean muscle and shred fat faster. Asking

your muscles to push and pull weights will increase the demand of the muscle, while still engaging your core with your suspension trainer for the hybrid effect for ultimate fat loss and lean muscle gains. This workout will engage your entire body, with emphasis on your upper body and core.

When to Do Your Workouts:

Your workout program calls for 3 hybrid training workouts per week. Workouts A, B, and C are separate workouts to be performed on separate days of the week.

You can perform Workout A, B, and C on whatever days you'd like, but an example would be:

Mon: Workout A
Tues: OFF
Wed: Workout B
Thurs: OFF
Friday: Workout C
Sat: OFF
Sun: OFF

Another example would be to do the Workouts A, B, and C on Tues, Thur, and Saturday. Basically, it's best to have a day in between each hybrid training session, but it's also not a big deal if you have to work out on back to back days, due to your schedule one week.

The Hybrid Workouts

Intensity Chart Guide

Beginner – 20 Seconds Exercise; 40 Seconds Rest

Intermediate – 30 Seconds Exercise; 30 Seconds Rest

Advanced – 40 Seconds Exercise; 20 Seconds Rest

How to do Your Workout – Workout A:

- Warm up first (below)
- Equipment needed: Suspension Trainer & Kettlebell (Choose the size kettlebell that will give you resistance of an 8 – 10 intensity) **Note:** In the video you will notice that there is a 10lb. DB; 6 Kilogram Kettlebell, and 4lb. Medicine Ball
- Mindset needed: Kill Mode Domination
- Duration of Suspension Hybrid Training – Under 20 minutes
- 20 - 40 Seconds Rest max between Exercises and Circuit, max following Intensity Chart (above)
- Do all five exercises in Workout A in sequence following your Intensity Chart (above), with rest between each exercise and the circuit, for Four Rounds Total, in just under 20 minutes.

Bodyweight Warm up Circuit:

- Do this circuit 2x's with a level 2-0-1 tempo for resistance exercises (2 seconds to lower, no pause, 1 second to lift)
 - 30 seconds rest between warm up circuits
1. Bodyweight Squat – 10 reps
 2. Jumping jacks – 10 reps
 3. Running in place – 20 seconds
 4. Side Lunge – 6 reps per side
 5. Close grip Push-ups (modified on knees if needed) – 10 reps
 6. Mountain Climbers – 20 seconds
 7. Invisible jump rope – 20 seconds

Workout A

Lower Body/Core Kettlebell (KB) Hybrid Workout

1. Single Arm KB Front Low Squat L/R
2. Single Leg KB Lunge w/360° Rotation (Kettlebell under knees) L/R
3. Single Arm KB Low Squat Hop L/R
4. Single Leg KB Side Lunge L/R
5. Single Arm KB Reverse Lunge L/R

How to do Your Workout – Workout B:

- Warm up first (below)
- Equipment needed: Suspension Trainer & Dumbbell (Choose the size Dumbbell that will give you resistance of an 8 – 10 intensity) **Note:** In the video you will notice that there is a 10lb. DB; 6 Kilogram Kettlebell, and 4lb. Medicine Ball
- Mindset needed: Kill Mode Domination
- Duration of Suspension Hybrid Training – Under 20 minutes
- 20 - 40 Seconds Rest max between Exercises and Circuit, max following Intensity Chart (above)
- Do all five exercises in Workout A in sequence following your Intensity Chart (above), with rest between each exercise and the circuit, for Four Rounds Total, in just under 20 minutes.

Bodyweight Warm up Circuit:

- Do this circuit 2x's with a level 2-0-1 tempo for resistance exercises (2 seconds to lower, no pause, 1 second to lift)
 - 30 seconds rest between warm up circuits
8. Bodyweight Squat – 10 reps
 9. Jumping jacks – 10 reps
 10. Running in place – 20 seconds
 11. Side Lunge – 6 reps per side
 12. Close grip Push-ups (modified on knees if needed) – 10 reps
 13. Mountain Climbers – 20 seconds
 14. Invisible jump rope – 20 seconds

Workout B

Upper Body/Core Dumbbell (DB) Hybrid Workout

1. Single Arm 45° Lat Row w/DB Side/Shoulder Raise L/R
2. Single Arm DB Shoulder Raise T,Y,I Flys L/R
3. Split Stance Dumbbell Bicep Curls L/R
4. Single Arm DB Triceps Extension L/R
5. Suspended Crunch w/DB Between Feet

How to do Your Workout – Workout C:

- Warm up first (below)
- Equipment needed: Suspension Trainer & Medicine Ball (Choose the size Medicine Ball that will give you resistance of an 8 – 10 intensity) **Note:** In the video you will notice that there is a 10lb. DB; 6 Kilogram Kettlebell, and 4lb. Medicine Ball
- Mindset needed: Kill Mode Domination
- Duration of Suspension Hybrid Training – Under 20 minutes
- 20 - 40 Seconds Rest max between Exercises and Circuit, max following Intensity Chart (above)
- Do all five exercises in Workout A in sequence following your Intensity Chart (above), with rest between each exercise and the circuit, for Four Rounds Total, in just under 20 minutes.

Bodyweight Warm up Circuit:

- Do this circuit 2x's with a level 2-0-1 tempo for resistance exercises (2 seconds to lower, no pause, 1 second to lift)
- 30 seconds rest between warm up circuits

15. Bodyweight Squat – 10 reps
16. Jumping jacks – 10 reps
17. Running in place – 20 seconds
18. Side Lunge – 6 reps per side
19. Close grip Push-ups (modified on knees if needed) – 10 reps
20. Mountain Climbers – 20 seconds
21. Invisible jump rope – 20 seconds

Workout C

Full Body/Core Medicine Ball (MB) Hybrid Workout

1. Single Leg Suspended Lunge/3x MB Bounce L/R
2. Single Arm Hip Drop w/MB Lateral Raise (optional slam)
3. Plank Push-Up/Roll MB L/R
4. Suspended MB Crunch w/360° Rotation L/R
5. Suspended Crunches w/MB Between Knees

{See Exercise Library Below for a detailed description of the hybrid exercises}

BONUS!

Suspension *HYBRID* Training - 180 Rep Challenge

Do this Challenge in:

6 minutes (Advanced You Are)

5 minutes (Super Advanced is way Cooler)

4.5 minutes or less (Expert is the Goal to Shatter)

Using a Suspension Trainer, KettleBell, Medicine Ball, and a Dumbbell, you are about to embark on what I call:

SUSPENSION *HYBRID* TRAINING

With above times in mind, you will perform in sequence:

- * Suspended Plank - Lat Rows w Kettlebell 30/30 reps L/R
- * Suspended Plank - Lat Rows w Dumbbell 30/30 reps L/R
- * Suspended Plank - Medicine Ball Rolls 30/30 reps L/R

Suspension *HYBRID* Rules:

You can rest anytime you like, but just know the clock will be ticking. Your rows must come all the up to your ribs for one rep. When reps are performed, knees are NOT allowed to be touching the ground. When performing Medicine Ball rolls, knees off the ground for each rep, and the ball must touch L/R hand to complete each rep. Each hand touch is one rep.

KILL MODE!

Your Coach,

Dan Long

Click Here & watch Dan Perform the => [Suspension HYBRID 180 Rep Challenge Video](#)

Exercise Library

Workout A

Lower Body/Core Kettlebell (KB) Suspension Hybrid Workout

1. Single Arm KB Front Low Squat L/R

With straps in SHM, facing anchor point, holding suspension handle with Right hand by your ribs, and a KB in your left hand/arm straight in front of you, and feet in a wide foot stance, lean back so that Right arm is fully extended. Lower body into a squat, with KB touching the ground and then back up.

Repeat exercise for desired amount of time on Right, and repeat exercise holding Suspension handles with your Left hand; KB in your Right hand, for desired amount of time.

2. Single Leg KB Lunge w/360° Rotation (Kettlebell rotated around knees) L/R

With straps in SHM, facing away from the anchor point, place Right foot in foot cradle; left foot on ground, and hold KB in your left hand/arm straight down by your side; Right hand on hip. Lunge down so that your left knee is as close to 90° as possible, and grab KB with your right hand under your knee and rotate it around knee back in to your left hand. Return to start position.

Repeat exercise for desired amount of time on Right, and repeat exercise with Left foot in foot cradle; Right foot on ground; KB in your Right hand; left hand on hip, for desired amount of time.

3. Single Arm KB Low Squat Hop L/R

With straps in SHM, facing anchor point, holding suspension handle with Right hand by your ribs, and a KB in your left hand/arm straight in front of you, lean back so that Right arm is fully extended. Lower body into a squat and hop with at least 1" – 3" clearance off the ground for desired amount of time, keeping body low the entire time performing this exercise.

Repeat exercise for desired amount of time on Right, and repeat exercise holding Suspension handles with your Left hand; KB in your Right hand, for desired amount of time.

4. Single Leg KB Side Lunge L/R

With straps in SHM, with your Right side facing the anchor point, place Right foot in foot cradle; left foot on ground, and hold KB in both hands straight down in front of you. Lunge down until KB hits the ground and return to start position.

Repeat exercise for desired amount of time on Right, and repeat exercise with Left foot in foot cradle; Right foot on ground; KB in both hands, for desired amount of time.

5. Single Arm KB Reverse Lunge L/R

With straps in SHM, facing anchor point, holding suspension handle with Right hand by your ribs, and a KB in your left hand/arm straight to your side, lean back so that Right arm is fully extended. Lunge back with your Left leg bringing knees to 90° and then back up.

Repeat exercise for desired amount of time, and then repeat exercise holding Suspension handles with your Left hand; KB in your Right hand, and lunging back with your Right Leg for desired amount of time.

Workout B

Upper Body/Core Dumbbell (DB) Suspension Hybrid Workout

1. Single Arm 45° Lat Row w/DB Side/Shoulder Raise L/R

Standing in a wide foot stance, with straps in SHM, facing anchor point, holding suspension handle with Right hand by your ribs, and a DB in your Left hand/arm straight down by your side, lean back so that Right arm is fully extended. Pull Right arm in towards chest at a 45° angle, and simultaneously raise Left Hand/DB straight out to side at eye level, and then bring DB and arm back down/arm full extended back to start position.

Repeat for desired amount of time, and then repeat holding Suspension handles with your Left hand; DB in your Right hand, for desired amount of time.

2. Single Arm DB Shoulder Raise T,Y,I Flys L/R

Standing in a wide foot stance, with straps in SHM, facing anchor point, holding suspension handle with Right hand by your ribs, and a DB in your Left hand/arm straight down by your side, lean back so that Right arm is fully extended.

Raise both Right hand in suspension handle and Left hand with Dumbbell straight out to sides to make a "T" and return to start position. Immediately bring both hands up to a "Y" position and straight back to start position, and again straight up into "I" position, returning to start position.

Repeat opening arms to T, Y, I Fly positions with a good tempo for desired amount of time, and repeat holding your Suspension trainer in your Left Hand; Right hand holding DB for desired amount of time.

3. Split Stance Dumbbell Bicep Curls L/R

Standing in an offset foot position with Right side to anchor point, with straps in SHM, holding suspension handle with Right hand by your shoulders, and a DB in your Left hand/arm straight down by your side, lean to left so that Right arm is fully extended.

Raise both Right hand in suspension handle and Left hand up into a biceps curl and then back to start.

Repeat for desired amount of time with Right side, and repeat with Left side, holding suspension strap with your Left hand; dumbbell in your Right hand for desired amount of time.

4. Single Arm DB Triceps Extension L/R

Facing way from anchor point, standing in a wide foot stance, with straps in SHM, holding suspension handle with Right hand, and a DB in your left hand above your head elbows bent up, press out with R hand in strap; L hand in DB so arms are straight out above your head to perform the triceps press and return to start position for desired amount of time.

Repeat for desired amount of time with Right side, and repeat with Left side, holding suspension strap with your Left hand; dumbbell in your Right hand for desired amount of time.

5. Suspended Crunch w/DB Between Feet

Lower straps 6" – 8" off ground, on knees, facing down, place feet in foot cradles and a dumbbell in between your feet at the arches, squeezing feet together tightly to keep dumbbell in place.

Lift knees off ground, and straighten body into plank position on hands. Draw both knees in and out to perform the crunches for desired amount of time.

Workout C

Full Body/Core Medicine Ball (MB) Suspension Hybrid Workout

1. Single Leg Suspended Lunge/3x MB Bounce L/R

With straps in SHM, facing away from the anchor point, place Right foot in foot cradle; left foot on ground, and hold MB in your hands. Lunge down so that your left knee is as close to 90° as possible, and bounce MB 3x's off ground and return to start position.

Repeat exercise for desired amount of time on Right side, and then repeat exercise with Left foot in foot cradle; Right foot on ground, and MB in your hands, for desired amount of time.

2. Single Arm Hip Drop w/MB Lateral Raise (optional slam)

Standing in an offset foot position with Right side to anchor point, with straps in SHM, holding suspension handle with Right hand by your shoulders, and MB in your Left hand/arm straight down by side, lean to left so that Right arm is fully extended, drop your hip to left, and raise your left hand/MB up to eye level (with an optional slam to ground), and then return to start position.

Repeat for desired amount of time with Right side, and repeat with Left side, holding suspension strap with your Left hand; medicine ball in your Right hand with a right side hop drop, for desired amount of time. (15 seconds on Left; 15 seconds on Right)

3. Plank Push-Up/Roll MB L/R

Lower straps 6" – 8" off ground, on knees, facing down, place feet in foot cradles and medicine ball by your hands.

Lift knees off ground, and straighten body into front plank position on hands, with Right hand on MB. Perform push-up, and then roll MB to your Left hand and perform another push-up.

Continue rolling MB from left to right hand while performing push-ups for desired amount of time.

4. Suspended MB Crunch w/360° Rotation L/R

Lower straps 6' – 8" off ground, on knees, facing down, place feet in foot cradles and medicine ball in between your knees (picture your knees going in a 360° circle with MB in between your knees).

Perform a 360° abdominal crunch with medicine ball rotating to the Left for desired amount of time, and then to the Right for desired amount of time.

5. Suspended Crunches w/MB Between Knees

Lower straps 6' – 8" off ground, on knees, facing down, place feet in foot cradles and medicine ball in between your knees and perform crunches, drawing both knees in toward chest and out, holding the MB tightly between your knees for desired amount of time.

A Personal Note from Dan Long:



The Lord has blessed me to be a part of your life and have the gifts that I've been given to help others like you.

Thank you for your continued support, and I look forward to bringing you more cutting edge exercises, workouts, fat loss and lean muscle products on the horizon, to help you shatter your goals.

Your friend and coach,

Dan "Kill Mode" Long