



YBELL®

YBell HIRT Workout

IDEA® World Convention 2022





Introductions

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Dan “Dano” McDonogh

As a globally recognized fitness professional, Dan McDonogh has had leading roles in the industry with global brands such as Les Mills International, TRX and Under Armour.

Most recently he joined GoodLife Fitness as the Director of Programming, Performance & Les Mills Canada.

He is the 2012 IDEA Group Fitness Instructor of the Year and was one of the three finalists for the IDEA Program Director of the Year in 2015.

Dan specializes in Functional Fitness for all ages & abilities.



Introductions



Aaron "Az" Laurence

Aaron "Az" Laurence, co-founder of YBell Fitness, has spent the last 15 years running group ex classes on Australia's Bondi Beach.

A former rugby player, Az discovered the importance of functional training to maintain his body's ability to perform optimally and improve his quality of life.

A native of New Zealand, Az shares his fitness passion to all of his clients through his group ex classes, which many Aussies will tell you, are some of the best in Sydney.



YBell Grips

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A grip change is an equipment change.



Center Grip = Dumbbell



Outer Grip = Kettlebell



Double / Under Grip = Med Ball



Top Grip = Push-Up Stand

By simply switching your grip of the YBell, the weight distribution shifts changing it from one piece of equipment to another.



YBell HIRT Workout

YBell HIRT Workout

Pod 1

Dumbbell Bipod Ascending Ladder (7 mins)

Start at 2 reps of each exercise and ladder up by 1 rep each round.

Exercise 1: Dumbbell Hammer Curl Squat

Exercise 2: Push-Up Single Row

Pod 2

Kettlebell Tripod AMRAP (9 mins)

Exercise 1: Rack Lunge (12 reps)

Exercise 2: High Swing (10 reps)

Exercise 3: YBell Burpee (8 reps)

Pod 3

Med Ball Quadpod Circuit (12 mins)

Perform each exercise for 45s followed by a 15s break.

Exercise 1: Side Drop Lunge

Exercise 2: Alternating Push-Up

Exercise 3: Low Squat Full Squat Jump Punch

Exercise 4: Lateral Jump Burpee



Session Wrap Up

Questions, comments, concerns?



Contact

If you have any follow up questions, or wish to contact us about our professional education courses or purchasing YBells for your studio or club, reach out to the below:

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