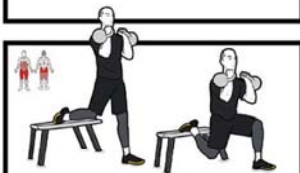


MIX & MATCH

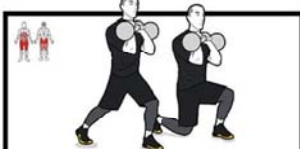
TO CREATE THE PERFECT KETTLEBELL WORKOUT

HARD

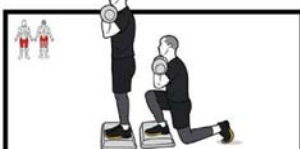
LOWER BODY



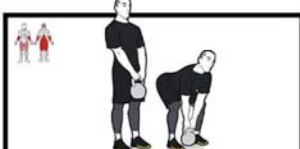
BULGARIAN SPLIT SQUAT



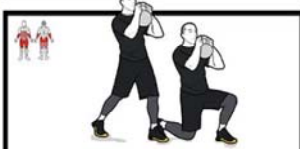
FRONT RACK LUNGES



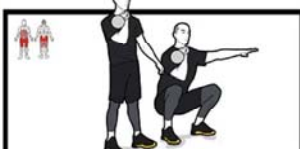
LUNGES FROM DEFICIT



DEADLIFTS



LUNGES W/GOBLET HOLD

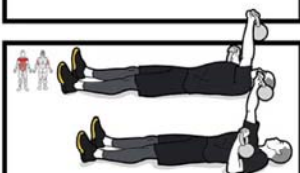


UNILATERAL SQUATS

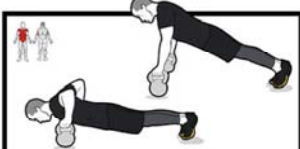


GOBLET SQUATS

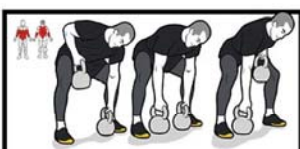
UPPER BODY



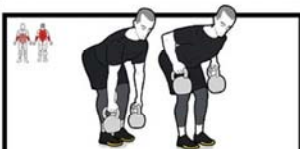
ALTERNATING FLOOR PRESS



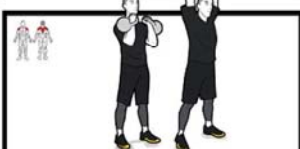
PUSH UPS ON KETTLEBELLS



ALTERNATING ROWS



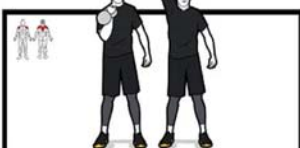
BENT OVER ROWS



OVERHEAD PRESS

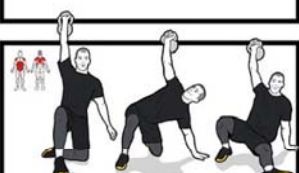


SINGLE ARM ROWS

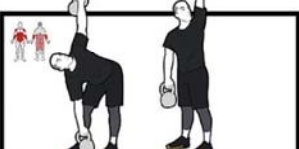


SINGLE ARM PRESS

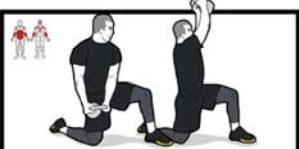
CORE



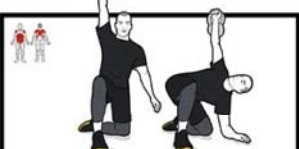
HALF KNEELING TO KICK THROUGH



DOUBLE WINDMILL



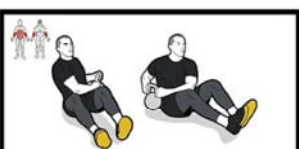
HALF KNEELING LOW TO HIGH



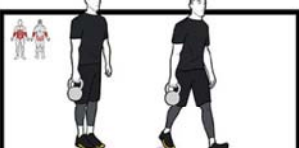
HALF KNEELING WINDMILL



SINGLE ARM CHEST PRESS

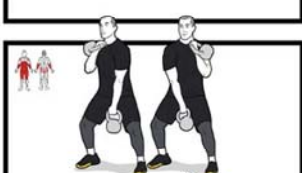


RUSSIAN TWISTS

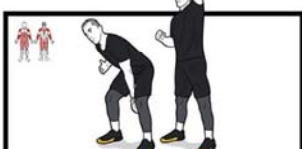


SINGLE ARM FARMER CARRIES

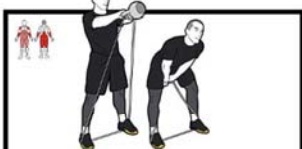
CONDITIONING



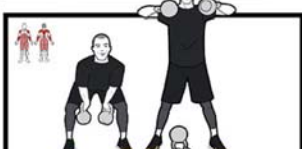
GORILLA CLEANS



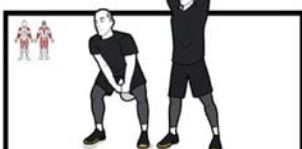
SNATCH



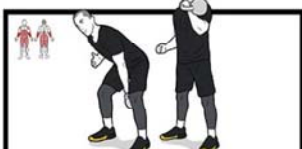
BANDED SWINGS



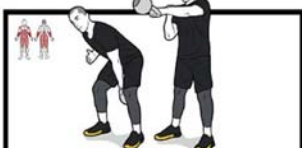
DOUBLE HIGH PULLS



AMERICAN SWINGS



CLEANS



SINGLE ARM SWINGS

EASY

OPTION 1- CIRCUIT TRAINING:

Select 1 exercise from each category to create a circuit. Do 10 reps for each exercise. Move from exercise to exercise with little rest in between. Complete 3 rounds per circuit. Create 2 more circuits by creating the same process.

OPTION 2- INTERVALS:

Select 1 exercise from Lower Body and 1 from the Upper Body category. Do 20 seconds of each exercise, alternating between each but resting 10 seconds in between them. Repeat a total of 6 rounds, for a total duration of 5:50. Rest 1 minute and do the same process with 4 more exercises.

OPTION 3- STACKING:

Select 1 exercise from the Lower Body Category and do it for 10 reps. Then on the 2nd set, add a Upper Body exercise for 10 reps as well. On the 3rd set add a Conditioning exercise and do it for 10 reps. On the 4th set add a Core exercise and do it for 10 reps. Do the same process with 8 more exercises.