deadlift
middle, lower



plie pulses
upper, middle, lower



crossover pulls
upper, middle, lower



BONUS KETTLEBELL WORKOUT #1

Getting started...

- Unless otherwise instructed, perform each strength move for 30 seconds— slow and controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2 to 3 times, complete multiple routines or perform each move for 45–60 seconds.

CHALLENGE!

Perform this 6 move workout 2X today!

Great addition to any workout...

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WARNINGS:
Consult your physician before starting this or any exercise program. Store equipment away from children under 16 when not in use. Failure to follow all warnings and instructions could result in bodily injury or property damage.

GUIDELINES:
Maintain proper form and perform all exercises in a slow, controlled manner. Muscle soreness is common 24–48 hours after a workout. Stretching may help reduce soreness. Mix & match workouts to vary your exercise routine.

single arm row
upper, middle





Repeat on opposite side

biceps curl
upper



Repeat with opposite arm

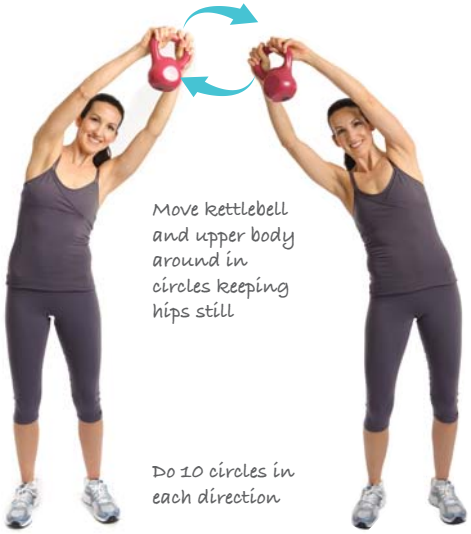
triceps extension
upper



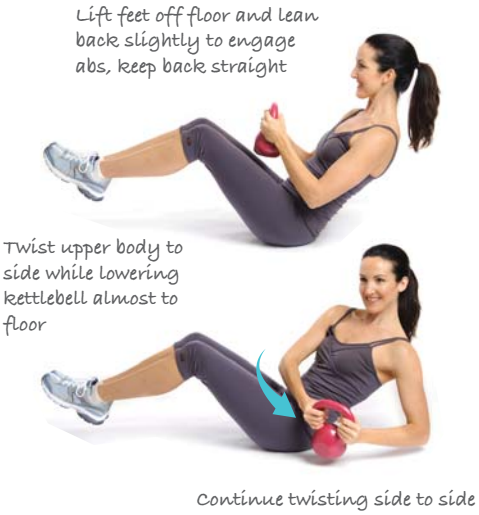
log chops
upper, middle, lower



helicopter
upper, middle



oblique twist
upper, middle



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BONUS KETTLEBELL WORKOUT #2

Getting started...

- Unless otherwise instructed, perform each strength move for 30 seconds— slow and controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2 to 3 times, complete multiple routines or perform each move for 45–60 seconds.

CHALLENGE!

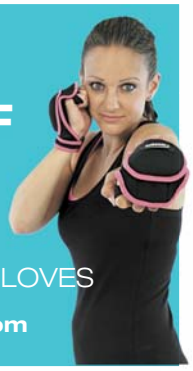
Perform workouts 2 & 4 1X today!

Add resistance to your workouts...

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GUIDELINES:
Maintain proper form and perform all exercises in a slow, controlled manner. Muscle soreness is common 24–48 hours after a workout. Stretching may help reduce soreness. Mix & match workouts to vary your exercise routine.

weighted sit-ups
upper, middle



goblet squat
upper, middle, lower



figure 8 - front to back
upper, middle, lower



balancing single-arm press
upper, middle, lower



windmill
upper, middle, lower



one-arm overhead squat
upper, middle, lower



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BONUS KETTLEBELL WORKOUT #3

Getting started...

- Unless otherwise instructed, perform each strength move for 30 seconds— slow and controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2 to 3 times, complete multiple routines or perform each move for 45–60 seconds.

CHALLENGE!

Perform this 6 move workout 3X today!



WARNINGS:
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GUIDELINES:
Maintain proper form and perform all exercises in a slow, controlled manner. Muscle soreness is common 24–48 hours after a workout. Stretching may help reduce soreness. Mix & match workouts to vary your exercise routine.

half Turkish get-up
core

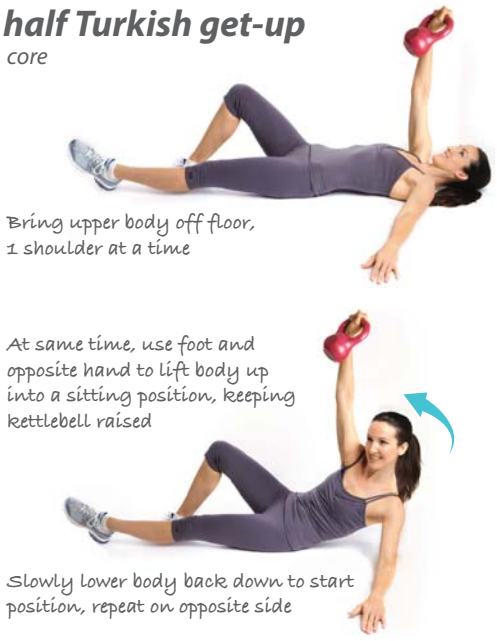


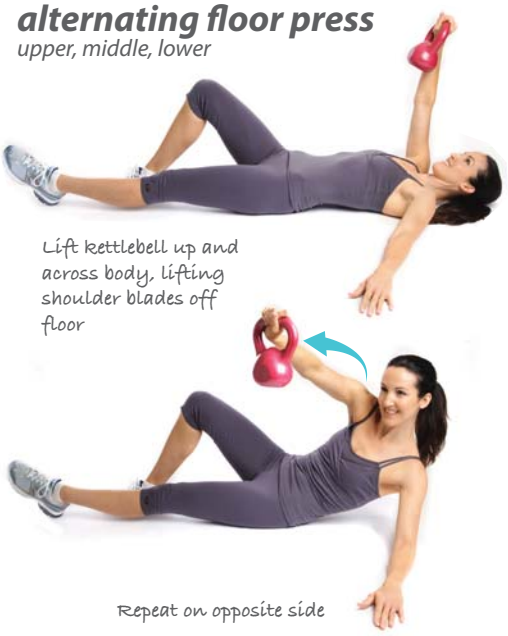
figure 8 - back to front
upper, middle, lower



one-arm balance row
upper, middle, lower



alternating floor press
upper, middle, lower



Lift kettlebell up and across body, lifting shoulder blades off floor

Repeat on opposite side

single-leg bottom up press
upper, middle, lower



Press kettlebell straight up keeping arms close together

Keep 1 foot lifted

Repeat with opposite leg lifted

high-hold lunge
upper, middle, lower



Lunge forward, lowering until front thigh is parallel to floor

Keep arms extended and knee in line with toes

Continue alternating legs

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BONUS KETTLEBELL WORKOUT #4

Getting started...

- Unless otherwise instructed, perform each strength move for 30 seconds— slow and controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2 to 3 times, complete multiple routines or perform each move for 45–60 seconds.

CHALLENGE!

Perform workouts 1, 3 & 5 1X today!

Add resistance to your workouts...

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WARNINGS:
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GUIDELINES:
Maintain proper form and perform all exercises in a slow, controlled manner. Muscle soreness is common 24–48 hours after a workout. Stretching may help reduce soreness. Mix & match workouts to vary your exercise routine.

single-leg halo
upper, middle



Make a circle with arms above head, keep abs tight and hips still

Do 10 circles in each direction

power press
upper, lower, lower

From squat position, push with heels to stand up then rise onto toes as you extend kettlebell straight up



Repeat on opposite side

single-leg squat
upper, middle, lower



Lift 1 foot as you squat down on 1 leg as low as possible

Keep chest up, back straight and abs tight

Repeat on opposite side

single-leg bridge
upper, middle, lower



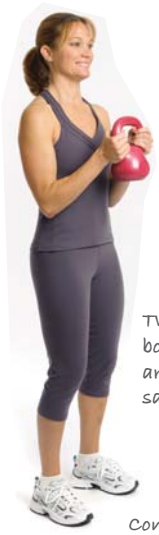
Lift hips so body is aligned from knees to shoulders, butt and abs tight



Extend 1 leg straight up, hold for 10 seconds

Repeat with opposite leg

twisting lunge
upper, middle, lower



Lunge forward, lowering until front thigh is parallel to floor, keep knee in line with toes



Twist upper body and arms to same side

Continue alternating legs

sliding side lunge
upper, middle, lower



Squat low, toes pointed out, keeping knees in line with toes



Stay in low squat, shift weight to 1 leg as you slide other leg out to side, hold for 1 count

Continue alternating side to side

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BONUS KETTLEBELL WORKOUT #5

Getting started...

- Unless otherwise instructed, perform each strength move for 30 seconds— slow and controlled.
- Rest for 30 seconds between moves.
- To increase the calorie burn or intensity, repeat the routine 2 to 3 times, complete multiple routines or perform each move for 45–60 seconds.

CHALLENGE!

Perform all 5 workouts 1X today!

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WARNINGS:
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GUIDELINES:
Maintain proper form and perform all exercises in a slow, controlled manner. Muscle soreness is common 24–48 hours after a workout. Stretching may help reduce soreness. Mix & match workouts to vary your exercise routine.

squat with crossover
upper, middle, lower

From squat position, press through heels to stand up while lifting kettlebell across body and up



Keep chest up, abs tight



Try to keep arm straight as you lift

Repeat on opposite side

side step
upper, middle, lower



Lift 1 knee and lower kettlebell toward that hip, hold for 1 count



Continue alternating side to side

plie jacks
upper, middle, lower

From plie squat, jump up bringing feet together then land with wide feet and lower into pliet squat again



Keep chest up, abs tight, knees in line with toes and arms tucked at sides

