

Kettlebells

Perform each move for 60 seconds of work with 30 seconds of rest between moves:

	Exercise	Work	Rest
1	2-Arm Swings	30s	30s
2	2-Arm Staggered Swings <i>Left/Weak Side</i>	30s	30s
3	2-Arm Staggered Swings <i>Right/Strong Side</i>	30s	30s
4	1-Arm Swings <i>Left/Weak Side</i>	30s	30s
5	1-Arm Swings <i>Right/Strong Side</i>	30s	30s
6	1-Arm Staggered Swings <i>Left/Weak Side</i>	30s	30s
7	1-Arm Staggered Swings <i>Right/Strong Side</i>	30s	30s
8	Alternating Hand Swings	30s	30s
9	Shuffle Swings	30s	30s
10	Alternating Hand Shuffle Swings	30s	30s

That's 1 round. Perform up to 3 total rounds, resting 1-2 minutes between rounds.

