

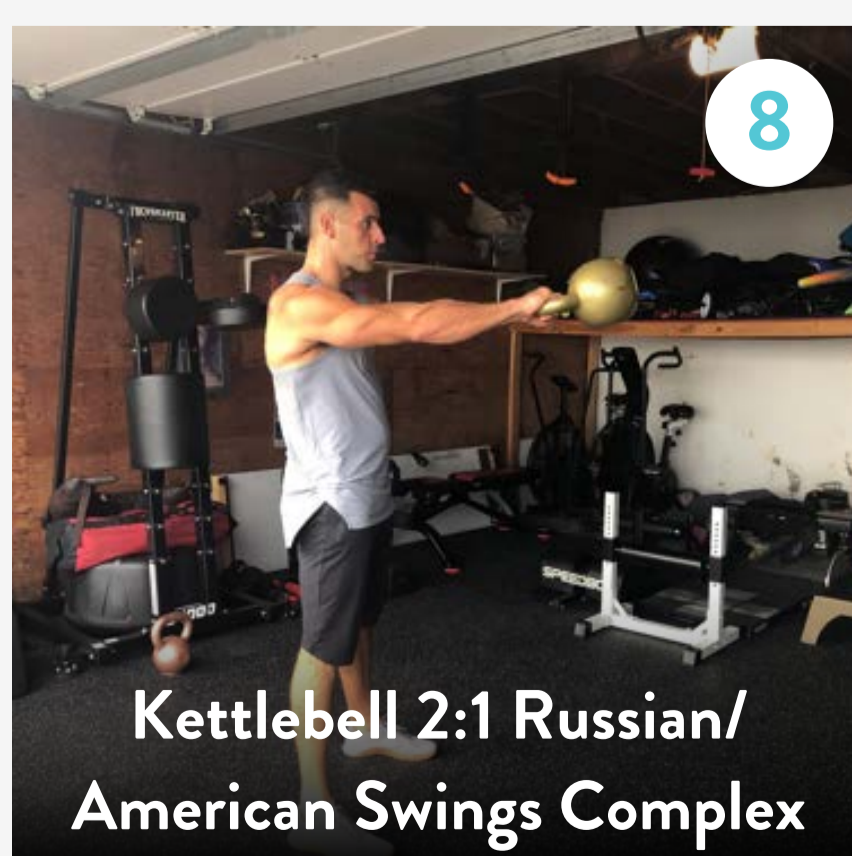
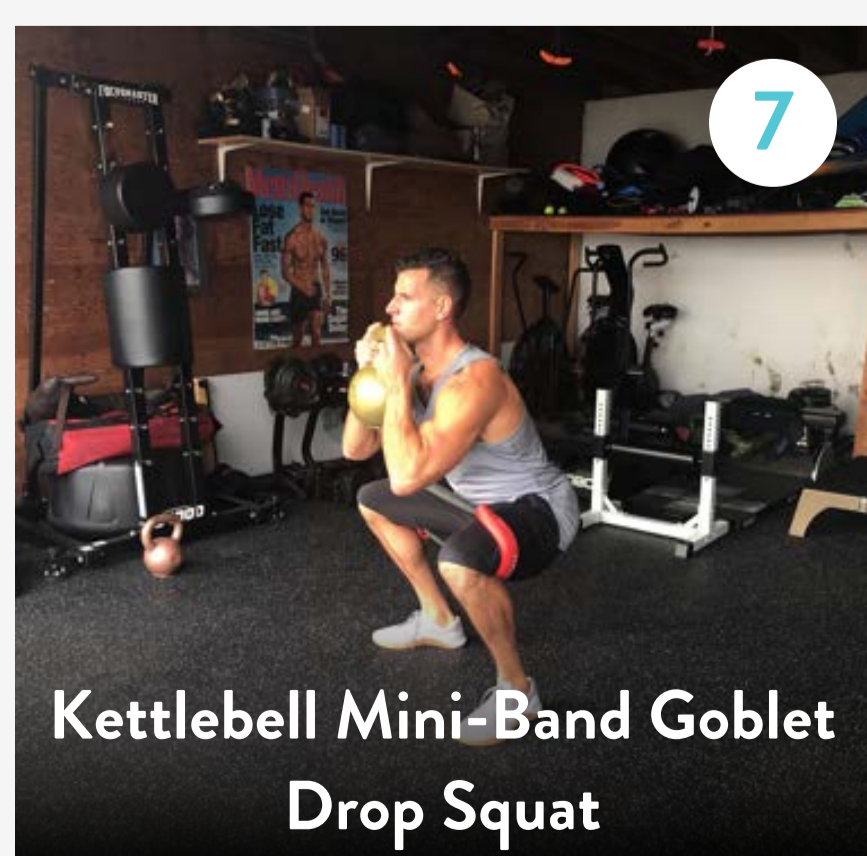
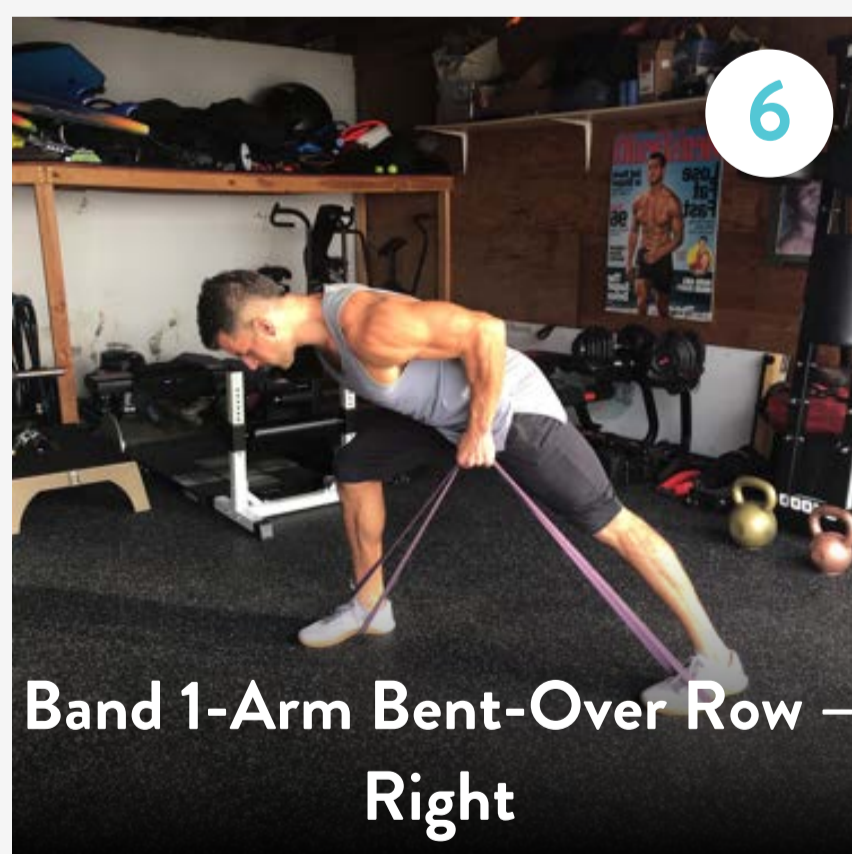
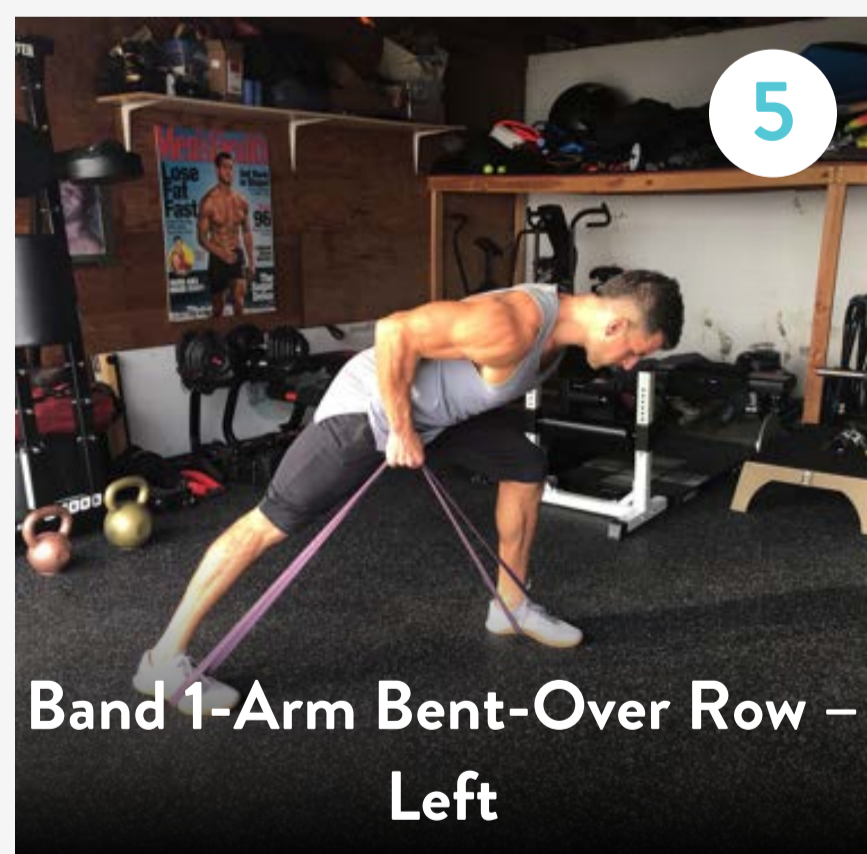
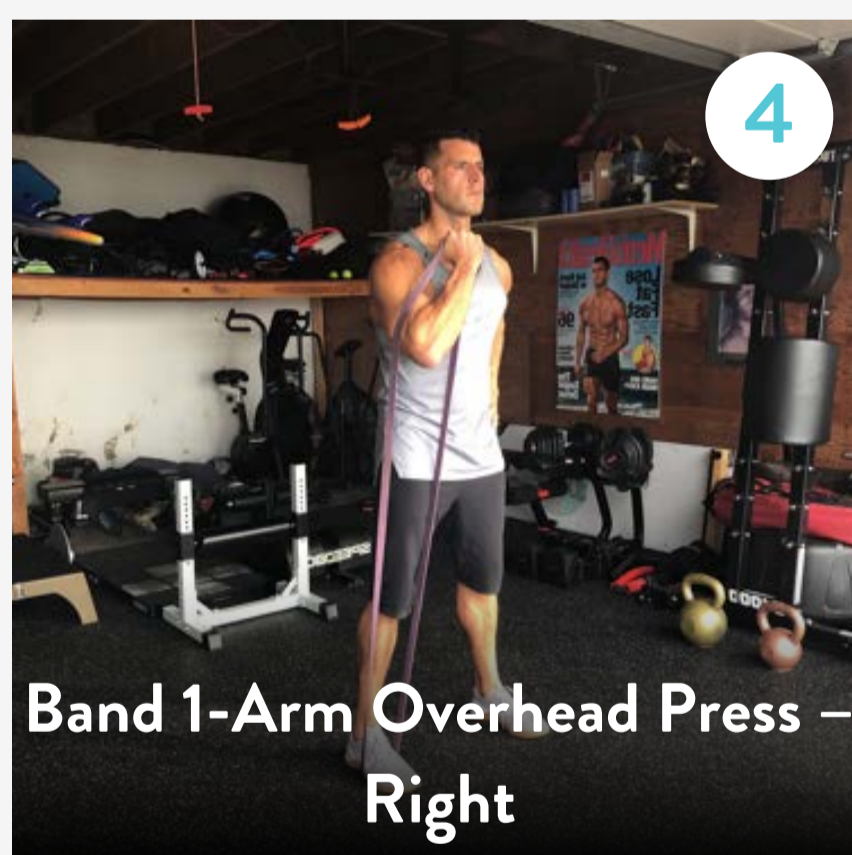
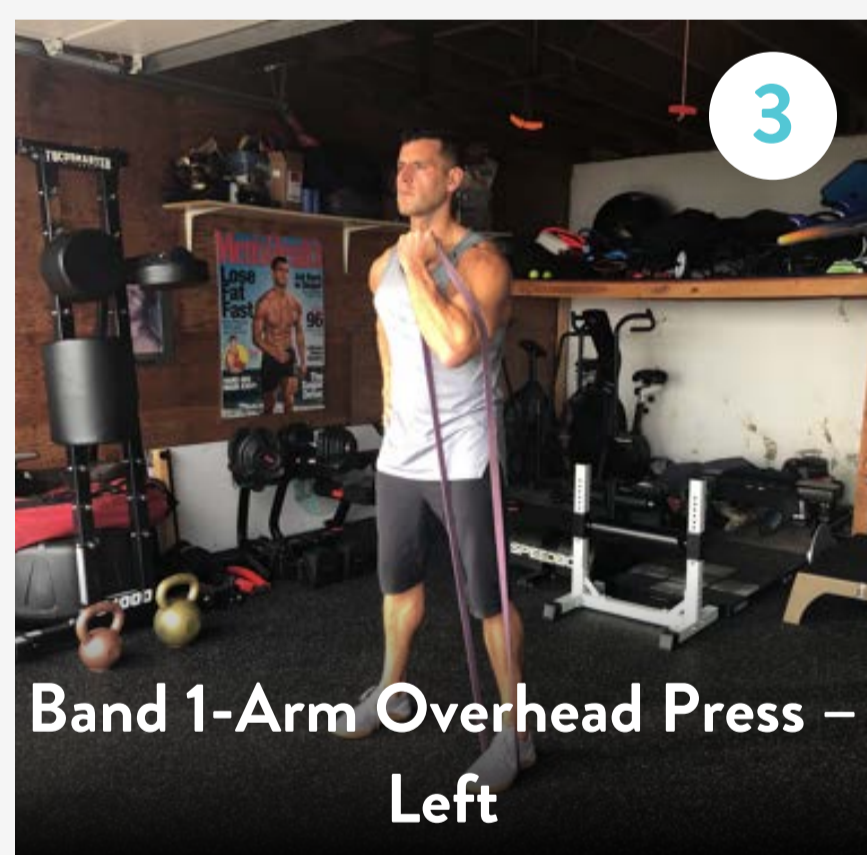
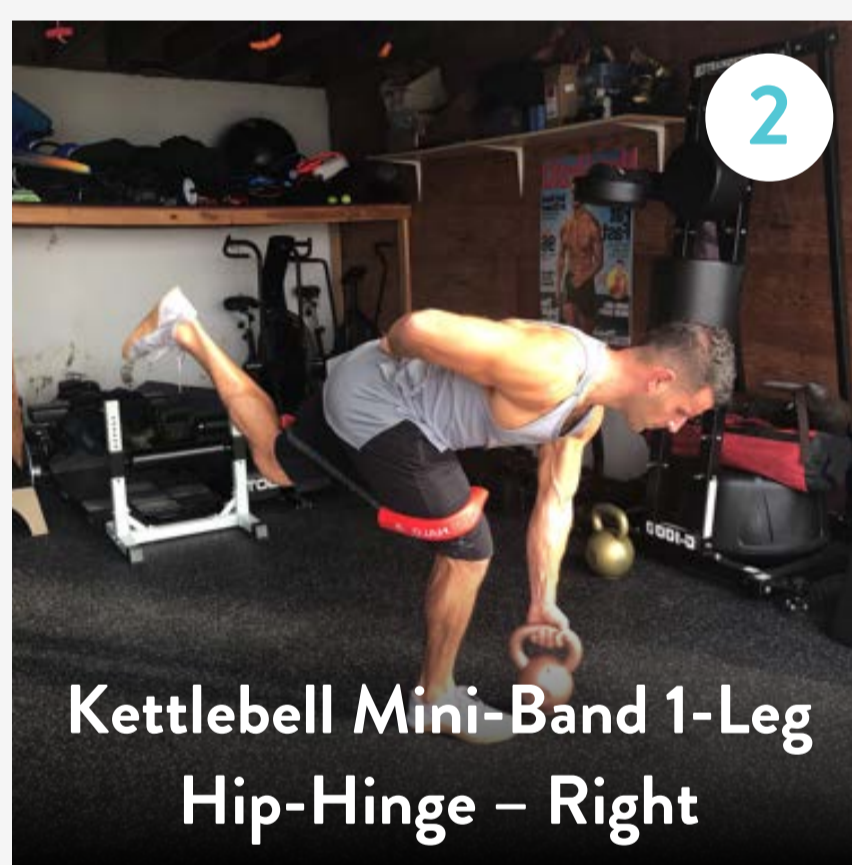
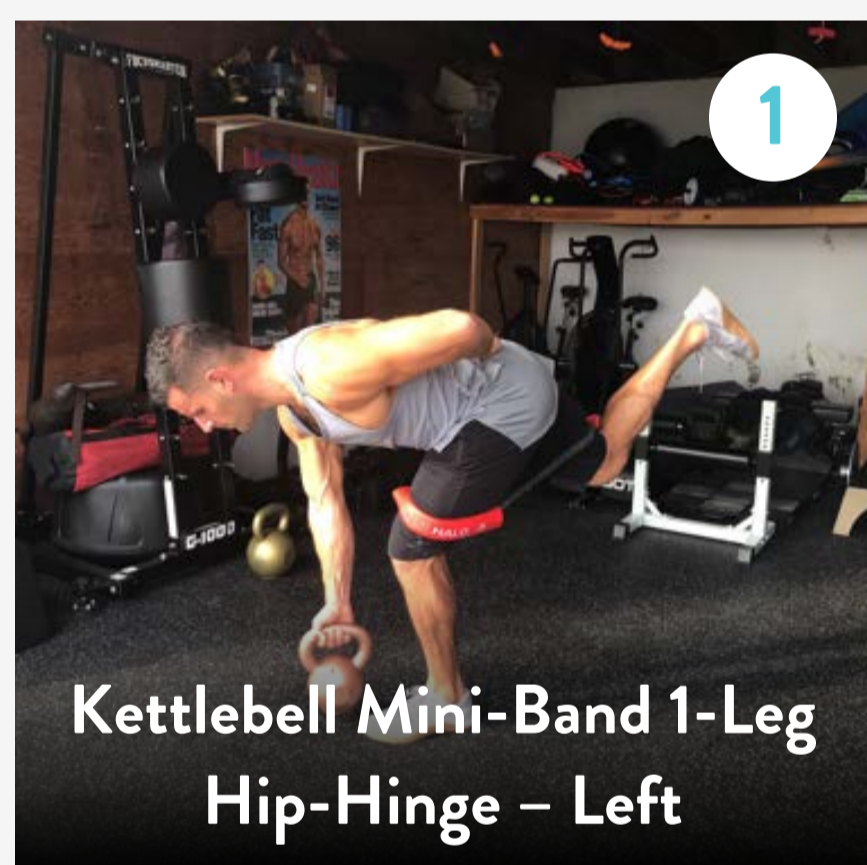
## Bands & Bells

Perform each move for 30 seconds of work with 15 seconds of rest between moves:

Perform 3-5 total rounds, resting a minute between rounds.

	Exercise	Work	Rest
1	Kettlebell Mini-Band 1-Leg Hip-Hinge – Left	30s	15s
2	Kettlebell Mini-Band 1-Leg Hip-Hinge – Right	30s	15s
3	Band 1-Arm Overhead Press – Left	30s	15s
4	Band 1-Arm Overhead Press – Right	30s	15s
5	Band 1-Arm Bent-Over Row – Left	30s	15s
6	Band 1-Arm Bent-Over Row – Right	30s	15s
7	Kettlebell Mini-Band Goblet Drop Squat	30s	15s
8	Kettlebell 2:1 Russian/American Swings	30s	15s

1 Round = 6 Minutes. Repeat **3x-5x**



See this workout at:

<https://thedailybj.vhx.tv/february-2019-workouts/videos/workout-2-bands-bells>