

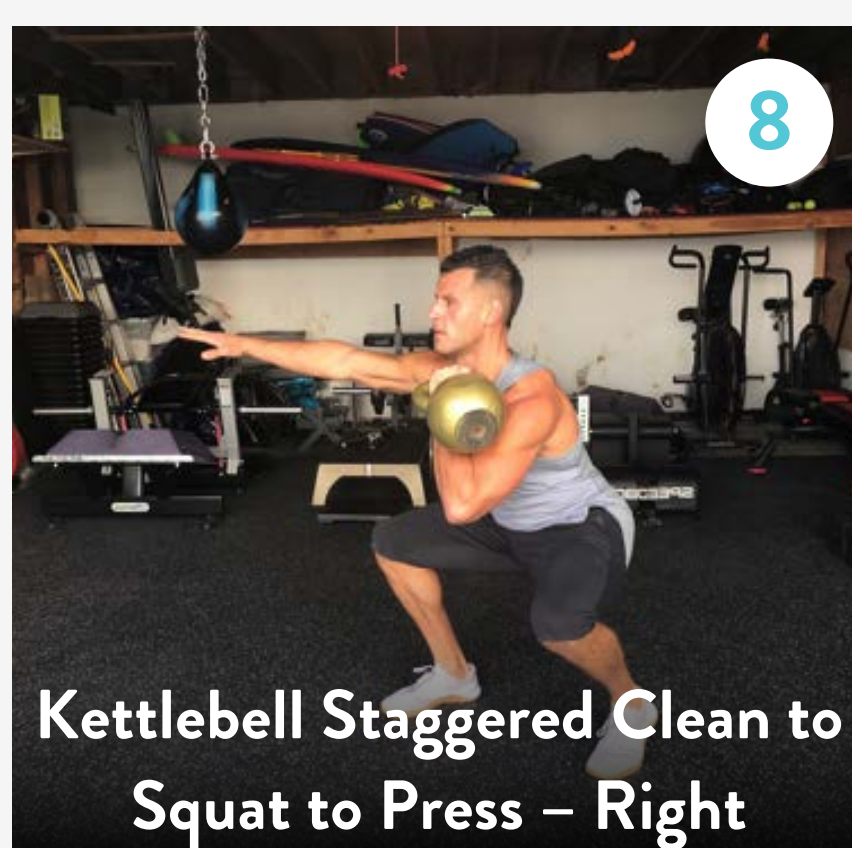
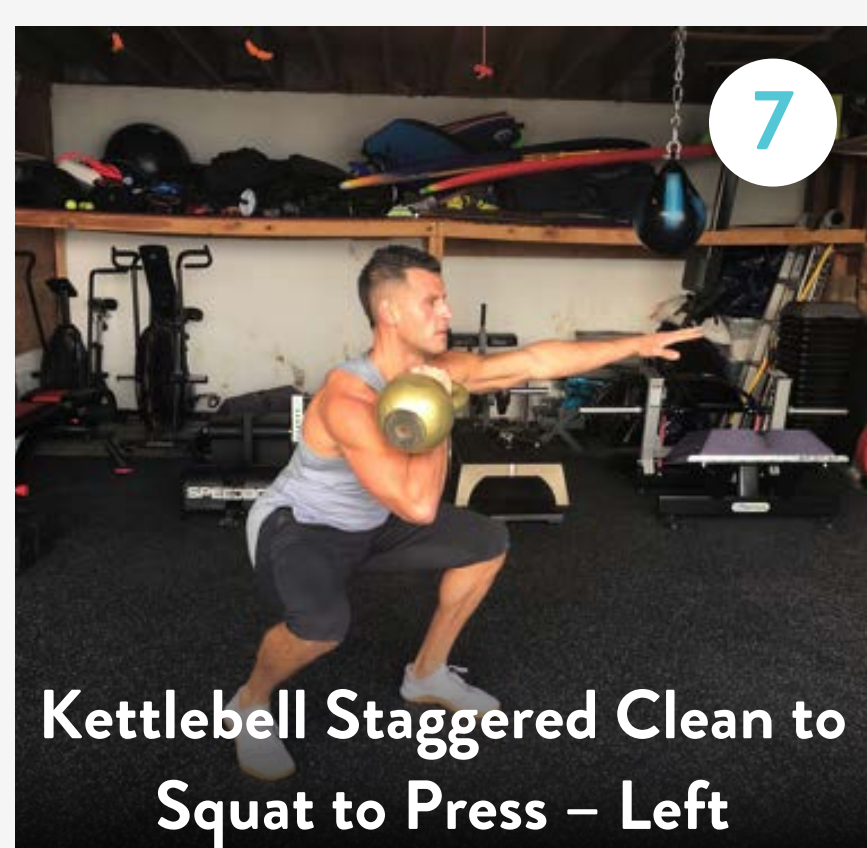
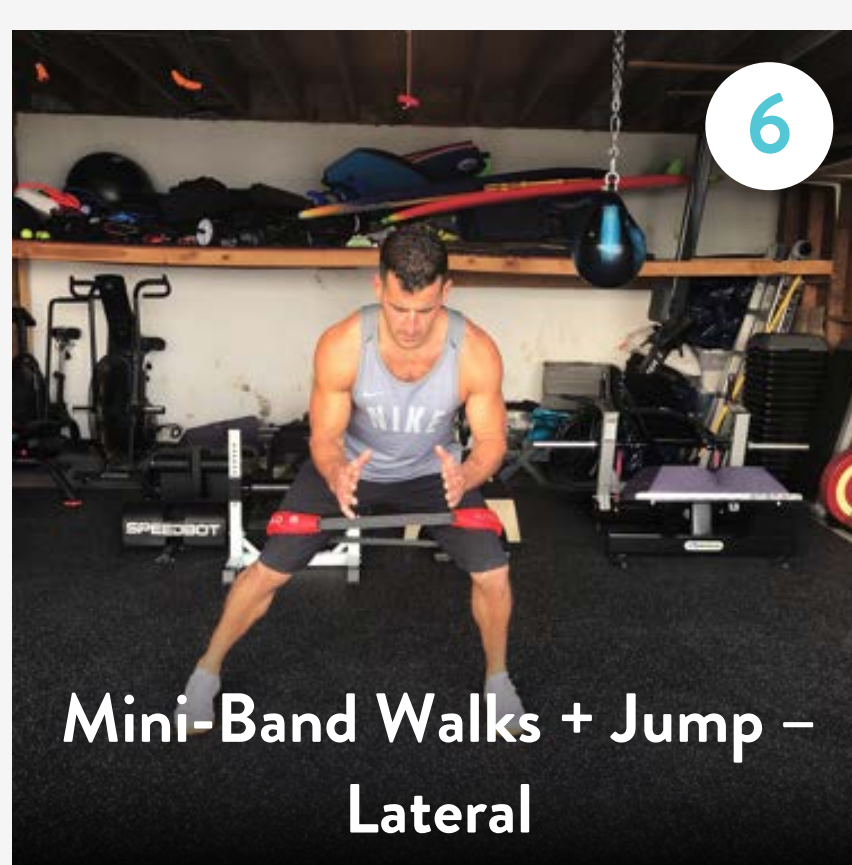
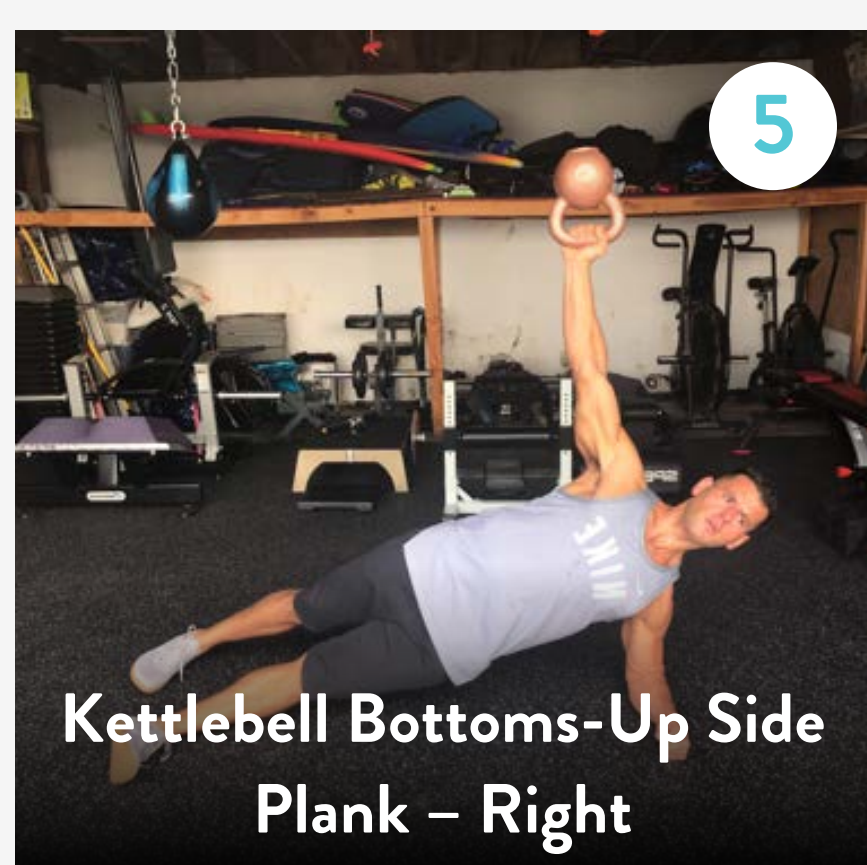
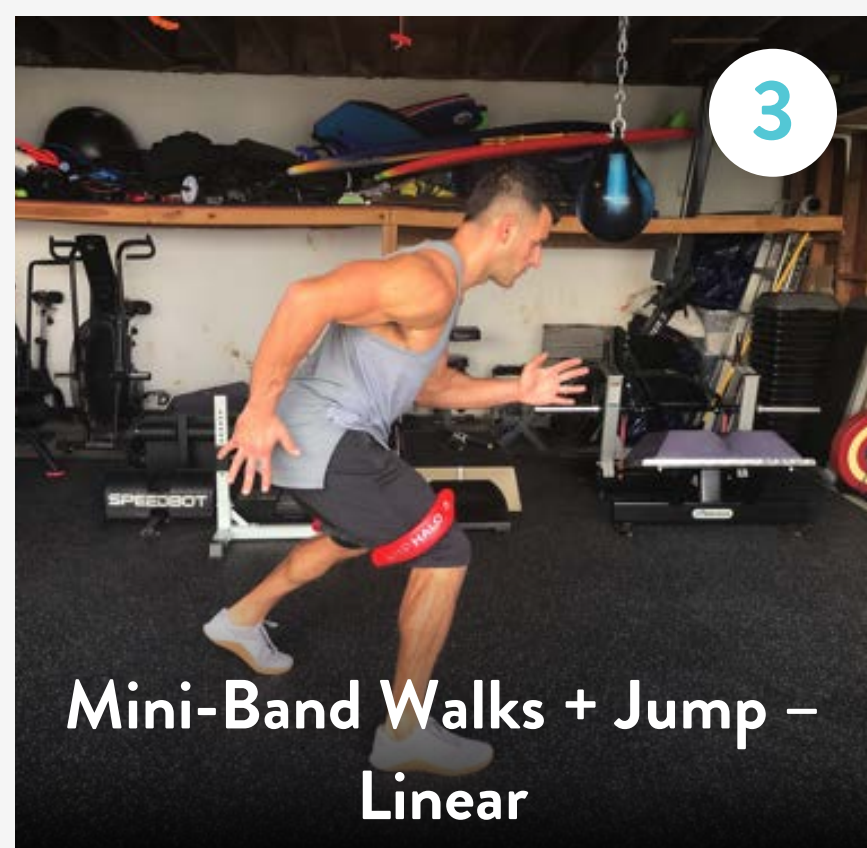
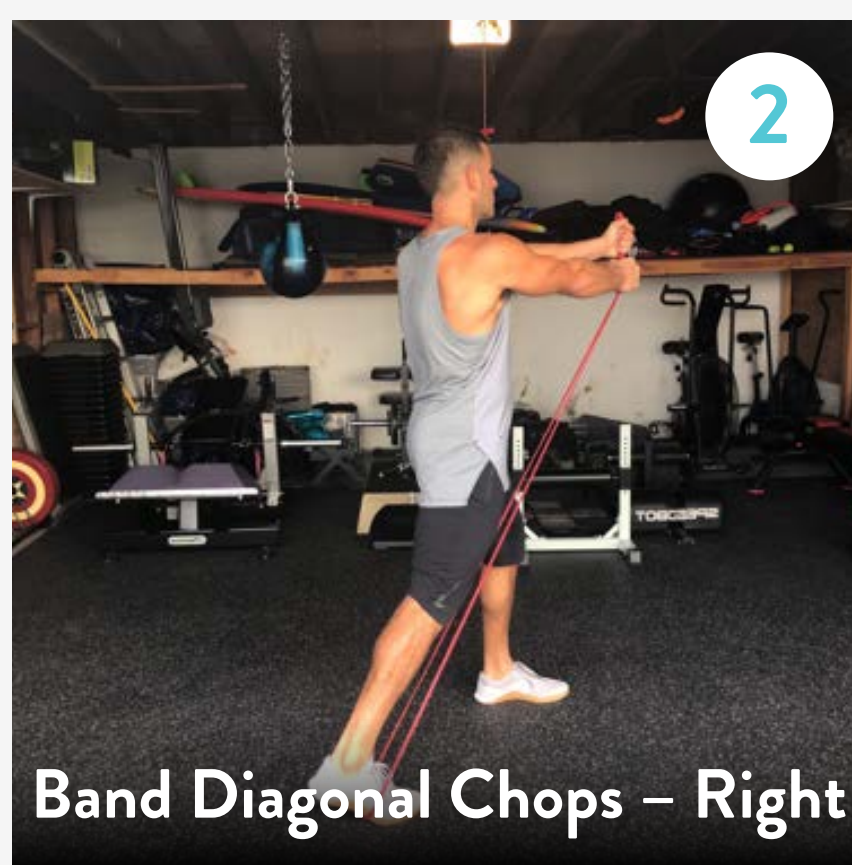
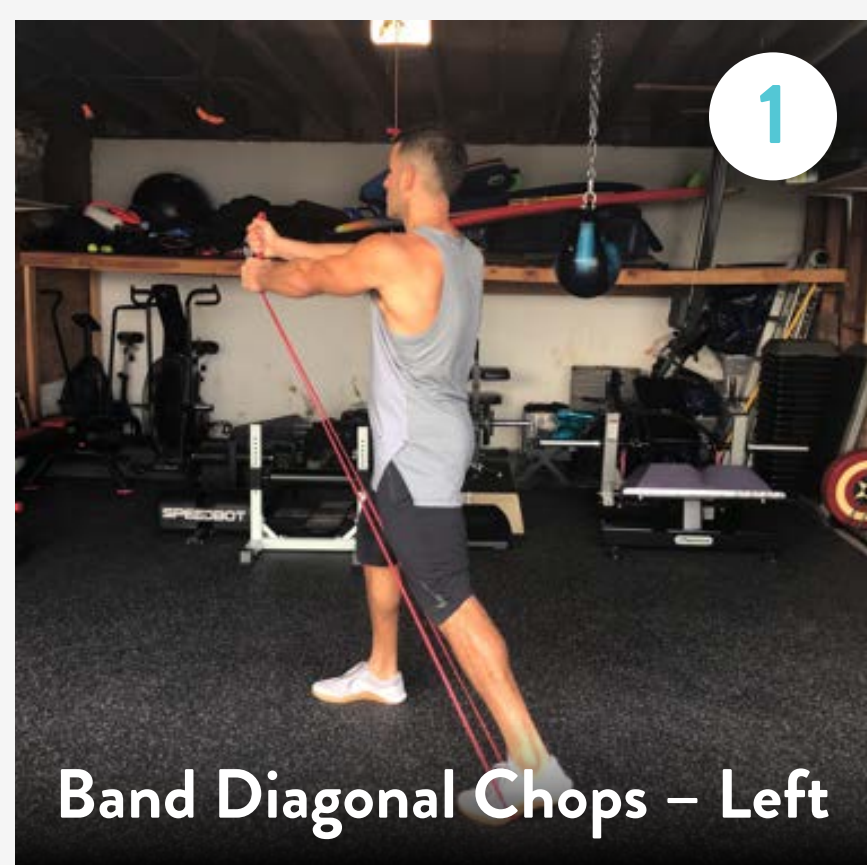
Bands & Bells

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	Band Diagonal Chops – Left	30s	15s
2	Band Diagonal Chops – Right	30s	15s
3	Mini-Band Walks + Jump – Linear	30s	15s
4	Kettlebell Bottoms-Up Side Plank – Left	30s	15s
5	Kettlebell Bottoms-Up Side Plank – Right	30s	15s
6	Mini-Band Walks + Jump – Lateral	30s	15s
7	KB Staggered Clean to Squat to Press – Left	30s	15s
8	KB Staggered Clean to Squat to Press – Right	30s	15s

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



See this workout at:

<https://thedailybj.vhx.tv/february-2019-workouts/videos/workout-5-bands-bells>