

# POWER SIX

## KETTLEBELL WORKOUT #1 COMPLETE 3-5 ROUNDS



1. STANDING UPRIGHT ROW 12X



2. ONE ARM ROW 12X/SIDE



3. KETTLEBELL SWINGS 12X



4. KETTLEBELL DEAD LIFT 12X



5. KETTLEBELL CLEANS 12X



6. KETTLEBELL RUSSIAN TWIST 12X