

POWER SIX

KETTLEBELL WORKOUT #2

COMPLETE 3-5 ROUNDS



**1. PASS THROUGH LUNGE
10X/SIDE**



2. FRONT SQUAT 12X



**3. ONE ARM SWING
12X/SIDE**



**4. HALF GET UPS
8X/SIDE**



**5. ONE ARM CLEAN AND
PRESS 10X/SIDE**



**6. WINDMILLS
5X/SIDE**