

POWER SIX

KETTLEBELL WORKOUT #3

COMPLETE 3-5 ROUNDS



1. ONE ARM SNATCHES
10X/SIDE



2. KETTLEBELL FIGURE EIGHTS
5-10X



3. THRUSTERS W/TURN
5X/SIDE



4. AROUND THE WORLD
5X EACH WAY



5. TURKISH GET UPS
5X/SIDE



**6. PLANK KETTLEBELL
ROWS 8X/SIDE**