



SFT KETTLEBELL STRENGTH

WARM-UP

SHOULDER CAR'S IN QUADRUPED
5x each arm

STANDING HIP CAR'S
5x each leg

3 WAY HAMSTRING STRETCH IN STAGGERED STANCE
5x through the sequence on each leg

KETTLEBELL CIRCUIT

3 WAY LUNGES WITH KETTLEBELL TWIST
5x in each direction, on each side

PLANK WITH KETTLEBELL DRAG
10x in each direction

GOBLET SQUAT 3 WAYS
5x in each foot position

WAITER OR SUITCASE CARRIES
30 second lap on each side

POSTERIOR LUNGE TO TWISTING OVERHEAD PRESS
6x in each direction, on each leg

TURKISH GET UP WITH KETTLEBELL
2-3x on each side

*if bottom-up kettlebell hold is too challenging, you can try rack hold