



## **SFT KETTLEBELL STRENGTH 2**

### **WARM UP**

#### **4X4 MOVEMENT FLOW**

4 Reps of each movement (then repeat the sequence on the other side)

- Split squat with arms sweeping up
- Twisting hamstring stretch in split stance
- Lunge to wild thing
- Bear plank to down dog

#### **HIP ROLLS WITH ONE LEG EXTENDED**

5 Reps on Each Side

### **CIRCUIT**

#### **1 - GOBLET SQUATS**

15x

#### **2 - SINGLE LEG DEADLIFTS**

1st round of circuit - 8x each side in parallel

2nd round of circuit - 8x each side in internal rotation

3rd round of circuit - 8x each side in external rotation

#### **3 - POSTERIOR LUNGE & ROW**

10x each side

#### **4 - KETTLEBELL SWINGS**

15x

#### **5 - SINGLE LEG BALANCE WITH KETTLEBELL PASS**

4x through the sequence on each side

Sequence = pass in mini squat, pass in mid squat, pass in low squat, pass in mid squat, pass in mini squat

#### **6 - TURNING JUMP WITH LATERAL SWING**

8x alternating sides

### **COOL DOWN**

#### **2X2 MOVEMENT FLOW**

2 Reps of each movement (then repeat the sequence on the other side)

- Split squat with arms sweeping up
- Twisting hamstring stretch in split stance
- Lunge to wild thing
- Bear plank to down dog

#### **HIP ROLLS WITH ONE LEG EXTENDED OR IN FULL SPLITS**

5 Reps on Each Side