

TENNESSEE WORKOUT

EQUIPMENT NEEDED FOR WORKOUT:

SWISS BALL, BARBELL, KETTLEBELL & BALL

PART 1 OF 2 - 2-3 SETS, THEN MOVE TO PART 2

LIFT

REPS

REST



KNEELING SWISS BALL ALL
SHOULDER PRESS

10-12 each

NO REST



RENEGADE SQUAT (FMP)

10

NO REST



SWISS BALL PUSH JACK

MAX Form

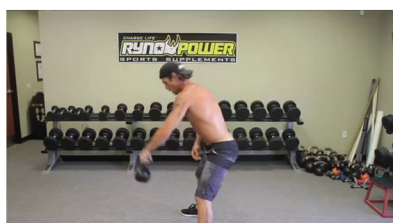
NO REST



SWISS BALL SIDE FLEXION

30 seconds each

NO REST



KETTLE BELL SWINGS

10 each

NO REST