

WORKOUT #2

EQUIPMENT NEEDED FOR WORKOUT:

BOX, KETTLE BELLS, SWISS BALL

SETS: 3 - 4

LIFT

REPS

REST



KETTLE BELL CLEAN AND PRESS

6 - 8

**NO REST:
CONTINUE TO
NEXT MOVEMENT**



KETTLE BELL SIDE SWING

10 - 12

**NO REST:
CONTINUE TO
NEXT MOVEMENT**



ALTERNATE BALL KETTLE BELL PRESS

8 -10 EACH ARM

**NO REST:
CONTINUE TO
NEXT MOVEMENT**



SWISS BALL KETTLE BELL CHEST PRESS

6 - 8 EACH ARM
(10 MAX)

**NO REST:
CONTINUE TO
NEXT MOVEMENT**



KETTLE BELL FRONT SWING

10 EACH ARM

**REST:
1 - 3 MINUTES
BEGIN NEXT SET**