

WORKOUT #4

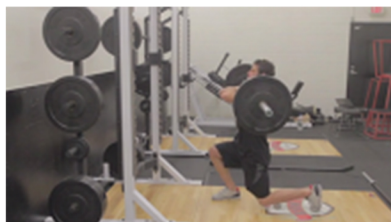
**EQUIPMENT NEEDED FOR WORKOUT:
 BARBELL, KETTLE BELLS, SWISS BALL, BODY BLADE**

SETS: 3 - 4

LIFT

REPS

REST



LUNGE WITH BAR IN FRONT

6 - 8

**NO REST:
 CONTINUE TO
 NEXT MOVEMENT**



KETTLE BELL SIDE SWING

10 - 12 EACH

**NO REST:
 CONTINUE TO
 NEXT MOVEMENT**



RENEGADE SQUATS

10 - 12 EACH

**NO REST:
 CONTINUE TO
 NEXT MOVEMENT**



KETTLE BELL CHEST PRESS ROLL

10 - 12 EACH

**NO REST:
 CONTINUE TO
 NEXT MOVEMENT**



SWISS BALL BODY BLADE

**30 SECS EACH
 SIDE**

**REST: 2 MIN-
 UTES
 BEGIN NEXT SET**