

# 40-MINUTE FULL BODY KETTLEBELL WORKOUT

## **BLOCK 1: LOWER BODY POWER & STRENGTH** (10 MINUTES)

Kettlebell Goblet Squat  
Kettlebell Reverse Lunge  
(Alternating)

Kettlebell Deadlift  
Kettlebell Sumo Deadlift  
High Pull

## **BLOCK 2: UPPER BODY STRENGTH & STABILITY** (10 MINUTES)

Kettlebell Single-Arm Press  
Kettlebell Bent-Over Row  
(Renegade Variation)

Kettlebell Bent-Over Row  
(Single-Arm)  
Kettlebell Floor Chest Press

## **BLOCK 3: CORE STRENGTH & MIDLINE STABILITY** (10 MINUTES)

Kettlebell Russian Twists  
Kettlebell Dead Bug Hold  
Kettlebell Plank Drag-Through

Kettlebell Swings  
Kettlebell Clean to Press  
Kettlebell Shatch

## **BLOCK 4: CONDITIONING & POWER** (10 MINUTES)

Kettlebell Swings  
Kettlebell Clean to Press

Kettlebell Clean to Press  
Kettlebell Alternating Swings

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**G Thomas**



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**Monthly Catalog of United States Government Publications** United States. Superintendent of Documents,1991  
**Monthly Catalogue, United States Public Documents** ,1986 Agrindex ,1988 Congress '86 Canadian Information Processing Society. Congress,1986 **Computerworld** ,1985-12-09 For more than 40 years Computerworld has been the leading source of technology news and information for IT influencers worldwide Computerworld s award winning Web site Computerworld.com twice monthly publication focused conference series and custom research form the hub of the world s largest global IT media network **CIS U.S. Serial Set Index: 86th-91th Congresses, 1959-1969. 3 v** Congressional Information Service,1976 **Billboard** ,1986-02-22 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **The Compu-mark Directory of U.S. Trademarks** ,1990 **History of the U.S. Army Battle Command Training Program, 1986-2003** Priscilla Offenbauer,David L. Osborne,2007 This book provides a description and organizational history of the Battle Command Training Program BCTP at Fort Leavenworth Kansas The capstone of the U S Army s Combat Training Centers BCTP uses battle simulation to train commanders and their staffs from the echelon above corps through the brigade level Using a variety of mid to high intensity worldwide scenarios the program seeks to improve battlefield command and control by providing stressful and realistic combined arms training in a rigorous combat environment The book describes the program s basic components and methodology tracing their origins and how they were synthesized in BCTP The book also traces the significant changes in the program since it became operational in late 1987 as well as its role in various U S military operations in the last decade and a half The Congregationalist and Advance ,1918 Host Bibliographic Record for Boundwith Item Barcode 30112114118968 and Others ,1920 **The Michigan Argonaut** ,1885 **Popular Science Monthly and World's Advance** ,1918 Organizations Master Index Denise M. Allard,1987 Education for the Home Benjamin Richard Andrews,1914 **Proceedings of the American Society of Civil Engineers** American Society of Civil Engineers,1914 Vols for Jan 1896 Sept 1930 contain a separately page section of Papers and discussions which are published later in revised form in the society s Transactions Beginning Oct 1930 the Proceedings are limited to technical papers and discussions while Civil engineering contains items relating to society activities etc **The World Who's who of Women** Ernest Kay,1990 A list of all the women of the world who have in one way or another achieved something Documentation Abstracts ,1986 **Navy Air Pilot and Military Aeronautic Review** ,1918 Proceedings ,1914

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