

WARM-UP

Hip Hinge Drill 30 sec

Arm Circles 30 sec

Bodyweight Squats 45 sec

Plank Walkouts

Light Kettlebell Deadlift
30 reps

ROUND 1

LOWER BODY POWER & STRENGTH

Kettlebell Goblet Squat
12 reps

Reverse Lunges (Alternating)
12 reps each leg

Kettlebell Deadlift
12 reps

Kettlebell Swings
20 reps

ROUND 2

UPPER BODY STRENGTH + PUSH/PULL

Single-Arm Kettlebell Row
10 reps each

Kettlebell Floor Press
12 reps

Kettlebell Overhead Press
10 reps

Kettlebell High Pull
12 reps

ROUND 3

CORE STRENGTH + EXPLOSIVE CONDITIONING

Kettlebell Russian Twist
20 reps

Kettlebell Suitcase Carry
30 seconds each side

Kettlebell Snatch
(or Single-Arm Swing)

Kettlebell Clean to Squat P
10 reps

Kettlebell Alternating
Swings
20 reps

Kettlebell Thrusters

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Mark Steyvers



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