

Advanced Kettlebell Workout

Perform exercises A1-A6 with very little rest in between, resting 1 minute or less after completing a full round

Exercise	Sets	Reps	Notes
A1) Full TGU	3-5	1-2 R/L	Perform the full TGU.
A2) Kettlebell 1-Leg Squat/Pistol	3-5	3-6 R/L	Hold one bell in two hands. If using weight is too difficult, use only your BW.
A3) 1-Arm or 2-Arm Kettlebell Clean and Press	3-5	6-8 (R/L)	Clean on every rep before pressing.
A4) Kettlebell 1-Leg Deadlift	3-5	6-8 R/L	Hold one bell in two hands. Keep the lats engaged.
A4) Kettlebell Renegade Row	3-5	5-6 R/L	Keep the core engaged, and take a wide stance with the feet.
A5) Kettlebell Snatch	3-5	8-10 R/L	Keep the back flat and use those glutes! Keep the bell close to your body. Rest only as necessary, and return to A1.