

### Intermediate 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) Half TGU	3-4	3 R/L	Perform the very first few moves of the TGU by going up to the lunge and back down.
A2) Kettlebell Step-Up	3-4	8-10 R/L	Hold one bell in two hands. Keep the lats engaged.
A3) 1-Arm Kettlebell Clean	3-4	6-8 R/L	Keep the bell very close to your body.
A4) 1-Arm Kettlebell Press (or push press)	3-4	6-8 R/L	Don't shrug the shoulders!
A5) Kettlebell Unilateral Rack Squat OR Double rack squat	3-4	6-8 (R/L)	Make sure you switch sides and hold the bell on the opposite arm if only using one bell.
A6) Kettlebell Swing	3-4	10-20	Keep the back flat and use those glutes!  Rest only as necessary, and return to A1.