ST	/				
WING THIS KETTLEBELL	10 TO 30 MIN KB / DB WORKOUTS	30 Progressive workouts	***See notes at bottom for mods /examples		
		A.®			
JOE DANIELS	#35ic	irretnepet	70JGHE		
ALTERNATING EXERCISES COLLECTION 1	COLLECTION 1-10				
EXERCISE A (odd mins) Exercise B (even mins)	Clean 4 reps e/s Push Press 5 reps e/s	Clean 6 reps e/s Push Press 6 reps e/s	Clean 8 reps e/s Push Press 7 reps e/s		
Recommended Duration	10-30 min	10-20 min	10-14 min		
EXERCISE A (odd mins)	Single Arm Snatch x 3 e/s	SA Snatch 5 reps e/s	SA Snatch 8 reps e/s		
Exercise B (even mins)	Single arm Jerk x 4 e/s	SA Jerk 7 reps e/s	SA Jerk 9 reps e/s		
Duration COLLECTION 3	10-30 min	10-20min	10-14 min		
EXERCISE A (odd mins) Exercise B (even mins)	Russian KB Swing 8 reps 3 pushups - 3 BW Squats	Russian KB Swing 10 reps 4 pushups - 3 Goblet Squats	Russian KB Swing 12 reps 5 pushups - 5 Goblet Squats		
Duration	10-30 min	10-20min	10-14 min		
EXERCISE A (odd mins)	Pullups 2-3 rens	Pullups 3-4 reps	Pullups 5-6 reps		
Exercise B (even mins)	Pullups 2-3 reps Alternating Goblet Lunges 3-4 reps	Alternating Goblet Lunges 4-6 reps	Alternating Goblet Lunges 6-10 reps		
Duration COLLECTION 5	10-30 min	10-20min	10-14 min		
EXERCISE A (odd mins) Exercise B (even mins)	Single Arm Swings 5 e/s Farmers Carry 2 Bells 30 sec	Single Arm Swings 7 e/s Farmers Carry 2 Bells 35 sec	Single Arm Swings 9 e/s Farmers Carry 2 Bells 45 sec		
Duration	10-30 min	10-20min	10-14 min		
EXERCISE A (odd mins)	Floor Start TGU 1 reps e/s	Floor Start TGU 1 rep e/s	Floor Start TGU 2 reps e/s		
Exercise B (even mins)	Single Arm KB Row 5 reps e/s	Single Arm KB Row 7 reps e/s	Single Arm KB Row 8 reps e/s		
Duration COLLECTION 7	10-30 min	10-20min	10-14 min		
EXERCISE A (odd mins) Exercise B (even mins)	Russian KB Swing 10 reps 3 Goblet Squat plus 10 sec Squat HOLD	Russian KB Swing 12 reps 4 Goblet Squat plus 15 sec Squat hold	Russian KB Swing 12 reps + 2 Goblet Squat Somersault Squat x 8 + 15 sec Squat hold		
Duration COLLECTION 8	10-30 min	10-20min	10-14 min		
EXERCISE A (odd mins)	Lying KB Pullovers x 5 reps	Lying KB Pullovers x 6 reps + 1 Deck Squat	Deck Squat to KB Pullover x 5		
Exercise B (even mins)	3 Half Snatch e/s	4 Half Snatch e/s	6 Half Snatch e/s		
Duration COLLECTION 9	10-30 min	10-20min	10-14 min		
EXERCISE A (odd mins) Exercise B (even mins)	One Arm Long Cycle (C+J) 2 e/s 3 Single Leg Deadlifts e/s	One Arm Long Cycle (C+J) 3 e/s Single Leg Deadlift to Clean from Floor 2-3 e/s	One Arm Long Cycle (C+J) 4 e/s Single Leg Deadlift into Half Snatch 3 e/s		
Duration COLLECTION 10	10-30 min	10-20min	10-14 min		
EXERCISE A (odd mins)	Half Snatch into Rack Squat 2 reps els	Half Snatch into Rack Squat 3 reps e/s	2 Snatches into Rack Squat 3 reps e/s		
Exercise B (even mins)	4-5 Pushups 10-30 min	Pushup to Knee 2 Elbow 3 reps e/s 10-20min	DiveBomber pushups x 3-5		
Duration	10-30 milti	10-20min	10-14 min		
M= Every Minute On Minute. ****** o of the minute start the set. ime you have when finished is rest until		DISCLAIMER: Exercise at your own risk See bottom left.			
ime you have when finished is rest until ext minute.					
bbells or Fatbells can be substituted					
ettlebells in the workouts.					
ase accordingly					
could do more than 1 workout apple collection 1 BASIC for 10 min , Rest collection 3 BASIC for 10 min					
IC workouts are less technical					
an be made tougher by doing more sets vorkouts have a few more reps in the min					
GHER workouts are more technical					
nany will have short rest periods.					
imer					