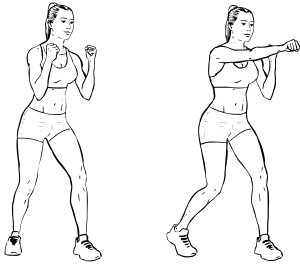


Upper Body-Kettlebells

23 min · Abs, Arms, Back, Chest, Legs, Shoulders, Yoga

to increase intensity, increase weights until you can only just complete sets.

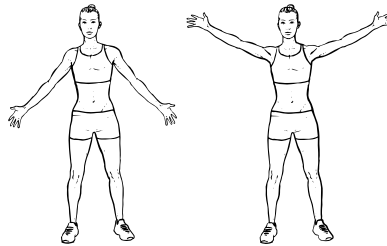
Shadow Boxing



1 sets 60 secs

Warm up

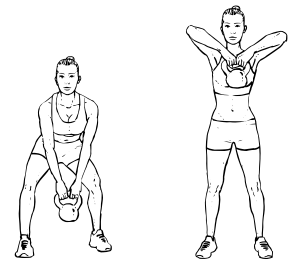
Standing Arm Circles



1 sets 100 reps

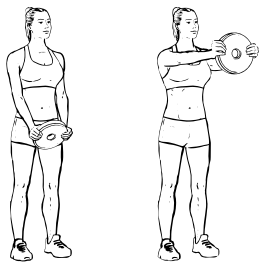
50 one direction, 50 in the other, try keep shoulders relaxed. Warm up

Upright Kettlebell Front Rows



4 sets 8 reps 5 kg

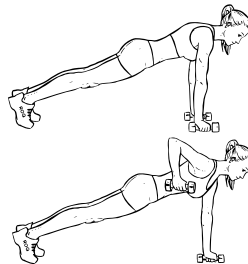
Standing Front Shoulder Plate Raises



3 sets 8 reps 4 kg

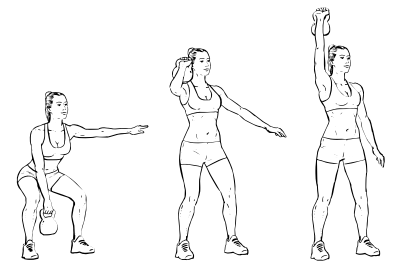
Start with 5kg Kettle bell up in front hold then up over your head and over to work triceps

Renegade Rows



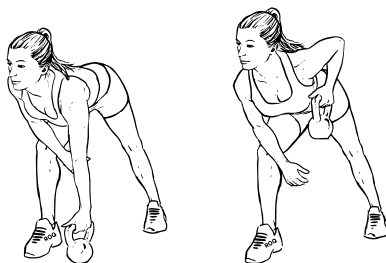
3 sets 8 reps 4 kg

Kettlebell Single Arm Clean and Press



4 sets 8 reps 4 kg

One-Arm Kettlebell Rows



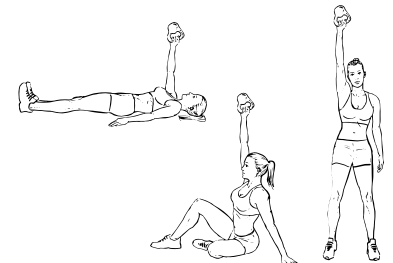
4 sets 8 reps 4 kg

Two-Arm Kettlebell Squat Swings



3 sets 8 reps 4 kg

Turkish Get Ups



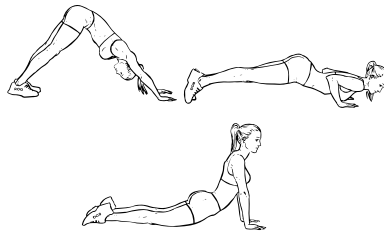
3 sets 8 reps 4 kg

Lunge Stretch



1 sets 180 secs 30 lbs

Hindu Push-ups



1 sets 5 reps 10 sec rest

Neck Stretch



1 sets 5 reps 10 sec rest

Overhead Triceps Stretch



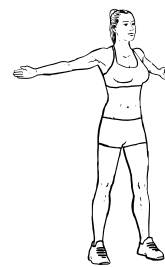
1 sets 5 reps 30 sec rest

Shoulder Stretch



1 sets 10 reps 10 sec rest

Wide Arm Chest Stretch



1 sets 10 reps 10 sec rest

Extended Side Angle · Utthita Parsvakonasana



6 breaths

Anchor outer edge of foot to floor · Align knee over ankle · Center body weight evenly between feet