

EXERCISES	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
<i>Kettle bell Workout</i>																						
<b>Deadlift</b> - keep your back straight																						
<b>Half Get Ups</b> - slow and steady																						
<b>One Arm Push Press</b> - Up 1-2 Down 1-2-3-4																						
<b>Goblet Squat</b> - keep your back straight, feet flat																						
<b>Goblet Swings</b> - Inbetween legs to FULL extension																						
<b>Full Get Ups</b> - remember the sequence "form"																						
<b>One Arm High Pulls</b> - pull up towards your chin																						
<b>Lunge Press</b> - arm staright with KB, lunge up and down																						
	<b>Total Number of Reps</b>																					

Please remember : You do 60 seconds of the first exercise, Count the number of Reps and write it down into the sheet, then you do exercise number 2 and do the same . This happens for all 8 exercises.