MOBILE FITNESS PERSONAL TRAINER

Date: **Name:**

Kettlebell Workout	**Date:**																							
Warm-up: 20 Lunges		1			2			3			4			5			6			7			8		
EXERCISES:		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
1. Kettlebell Swings	Kg: Reps:																								
1. One Arm Row	Kg: Reps:																								
1. Lying Leg Raise	Kg: Reps:																								
1. Star Jumps	Kg: Reps:																								
2. Alternating Clean & Press	Kg: Reps:																								
2. Upright Row	Kg: Reps:																								
2. Tricep Extentions Overhead	Kg: Reps:																								
2. Russain Twists	Kg: Reps:																								
3. Wide Squats	Kg: Reps:																								
3. Overhead Halo	Kg: Reps:																								
3. Lateral Side Bends	Kg: Reps:																								
3. Split Jumps	Kg: Reps:																								