

Weight listed for kettlebell #2 & #3 can be altered to your level of strength (whatever that may be for you) but reps stay the same.

-Warmup-

1 min arm circles - Forward (palms down)

1 min arm circles - Reverse (palms up)

1. Incline Bench Press - 4 sets

Drop sets (Start with your heaviest and drop 20lb of the bench each set and increase the reps)

Document where you start so you can aim for a heavier weight later on!

2. Snatches - 3 sets each side

25-35lbs @ 25-35 snatches each side! Whatever weight you choose, stick with that weight for all 3 rounds.

Be careful here, whatever number you land on, you must hit that number in the remaining sets!

If it is south of 35, push yourself to be it on the other rounds, if its 35 then its 35 through!

3. Bench Press - 3 sets

Increase your weight! (Now increase 20lbs each sets, and drop the reps)

Document where you start so you can aim for a heavier weight later on!

4. Kettlebell Presses - 3 sets each side

40-50lbs @ 15-20 presses each side! Same deal with #2

5. Tricep Pushups - 3 sets @ 20 pushups

6. Wide Pushups - 3 sets @ 20 pushups

-Cool Down-

Downward Dog - 1 brutal minute!

Camel Pose - 1 brutal minute!