**BIG BOE STRENGTH™**

**Kettlebell Workout**

**Workout 1**

**Warm Up**

**A1. Jumping Jacks 3x25**

**A2. Walking Lunge 3x10 Each**

**A3. Push-up to Scap Push Up 3x10 Each**

**A4. Prone T’s 3x20**

**A5. Glute Bridge 3x15**

**A6. Plank 3x30 Seconds**

**Workout**

 **B1. Single Arm Kettlebell Snatch 3x10 Each**

 **B2. 5 Count Down Goblet Squat 3x12**

 **B3. Kettlebell Single Leg RDL 3x12 Each**

 **B4. Kettlebell Single Leg Calf Raise 3x12 Each**

 **B5. Sit Ups 3x25**

 **C1. 5 Count Down Single Arm Floor Press 3x12 Each**

 **C2. Bent Over Single Arm Kettlebell Row 2x15**

 **C3. Half Kneeling Single Arm Kettlebell Press 3x12 Each**

* **Knee that is down is the arm you press with.**

**C4. Single Arm External Rotation 3x10 Each**

* **Bottle of water as weight**

**BIG BOE STRENGTH™**

**Kettlebell Workout**

**Workout 2**

**Warm Up**

**A1. Jump Lunge 3x10 Each**

**A2. Lateral Lunge 3x10 Each**

**A3. Close Grip Push Up 3x10**

**A4. Prone Y’s 3x20**

**A5. Fire Hydrants 3x15**

**A6. Right/Left Plank 3x30 Seconds**

**Workout**

 **B1. Kettlebell Swing 3x15**

 **B2. 5 Count Down Goblet Split Squat 3x10 Each**

* **Leg that is back is the arm holding the kettlebell**

 **B3. Kettlebell RDL 3x12**

 **B4. Kettlebell Single Leg Calf Raise 3x12 Each**

 **B5. Leg Raises 3x25**

 **C1. Alternating Kettlebell Push Ups 3x12 Each**

 **C2. Kettlebell Renegade Row 2x15 Each**

 **C3. Single Arm Kettlebell Military Press 3x12**

**C4. Bent Over Rear Delt Raise 3x15**

* **Bottle of water as weight**