

01 Total Body	Turkish Get-Up					Clean							
01 Total Body	Double Arm Swing	Single Arm Swing	Wood Chop	Windmill	Snatch								
01 Total Body	Atlas Swing		Somo High Pull		Thruster		Side Plank Row		02 Upper Body	Shoulder Press			
02 Upper Body	Deficit Push-Up	Chest Press	Pull-Over		Rais		Curl		Tricep Extension				
02 Upper Body	Side Raise	Front Raise	Side Bend		03 Core	Sidewinder			Around-the-Body				
03 Core	Half Turkish Get-Up	Overhead Sit-Up	Russian Twist		Side Plank		Figure Eight						
03 Core	Leg Raise	Torso Twist		04 Core	Bent-Over Row		Renegade Row		05 Lower Body	Dead Lift		Farmer's Walk	
05 Lower Body	Single Leg Dead Lift		Weighted Lunge		Lunge Pass		Squat		Squat Flip		Overhead Squat		

# Kettlebell Exercise Guide

**Christopher Brown**



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