## Hand

## KETTLEBELL WORKOUT

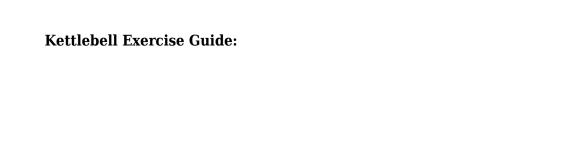


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01	Turkish Get-Bp				Clean	
Total Body	A A A A TO THE THE HE HE HE TENT					
[ 01 ]	Double Arm Swing Single Arm Swing		Wood Chap Windmill		Snatch	
Tetal Body	* % T	12 T	するが	TAR	1 南京	AA
01	Atter	Swing	Somo Righ Pull	Director	Side Plank Row	02 Shoulder Press
Total Body	中人分	AX	中央人	中长. 1.	1:5	# \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\
0.2	Belicit Push-Up	Chest Press	Pull-Brer	Kalo	Curt	Tricep Extension
Opper Body	1	1	150	THE	***	1.1.
02	Side Raise	Front Raise	Side Bead	03 s	dewinder	Around-the-Body
Upper Body	<b>小市</b>	1 4.47	TAT		AR	* 1 1
03	Matt Turkish Get-Up	Overhead Sit-8ip	Russian leist	Side Plank	Figure	Eight
Corre	1	1	****	*	个个	AAN
0.3	Leg Raise	Torso Twist	Best-Drer Row	Renegade Row	05 Dead Lift	Farmer's Walk
Sing	1	***	4.5.6	1	Town life of the last of the l	<b>小是人</b>
[05]	Single Leg Bend Lift	Weighted Lunge	Lunge Pass	Squart	Squat Flip	Overhead Squat
Lower Body	AN TO	1 1	中意 通 曾	1 18 A	4575	1

# **<u>Kettlebell Exercise Guide</u>**

**Larry Jellison** 



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