

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

Larry Jellison



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