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BOWIE

KETTLEBELL CLUB

The Fat Burn **Kettlebell Challenge** **No. 2**

The 10 Exercises
30 sec. on 30 sec. off

1. 30 sec. 2 Hand Swing
2. 30 sec. Left Hand Press / 30 sec. Right Hand Press
3. 30 sec. Goblet Squat
4. 30 sec. High Pull Left / 30 sec. High Pull Right
5. 30 sec. Super Plank
6. 30 sec. H 2 H Swing
7. 30 sec. Squat Push Press Left / 30 sec. Right
8. 30 sec. Snatch Left / 30 sec. Snatch Right
9. 30 sec. KB Crunch
10. 30 sec. Sit Up to Get Up
11. 30 sec. Walkouts and Jump
[T 10min. 30 sec.]



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