



PRIMAL WARRIOR FITNESS

Just Another Thursday

Kettlebell Workout

Please follow the reps beside each exercise as stated. If there is number in brackets (), this indicates how many you are doing each side.

Warm Up

Do this 3 times with 30 second rest in between sets

KB Swings	15
Goblet Squats	10
American KB Swings	5

Middle Complex

Do this twice with 1 min rest in between

Plank Rows	10 (5)
KB Sit Ups	10
½ Turkish GetUps	10 (5)
KB Leg Raises	10

Main Complex

Single Handed KB Swing	20 (10)
Russian Twists	20
Clean & Press	20 (10)
Sumo Squats	20
Windmills	20 (10)
Deadlifts	20
Figure of 8's	20 (10)
KB Toe Touches	20

Strong - Healthy - Happy