



PRIMAL WARRIOR FITNESS

Mike Tyson

Kettlebell Workout

If you can make it to the 10th round of this bad boy, you are a true champion!

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 twice with 30 seconds rest in between sets

| | |
|-------------------------------------|---------|
| KB Swings | 10 |
| Goblet Squats | 10 |
| KB Side Reach (5) with Windmill (5) | 20 (10) |

Main Complex

Repeat for 10 Rounds with little to no rest in-between rounds

| | |
|-------------------------|---------|
| Single Handed KB Swings | 20 (10) |
| Sumo Squats | 15 |
| KB Leg Overs | 10 |
| Clean & Press | 10 (5) |
| High Pulls | 5 |
| KB Sit Ups | 5 |

Strong - Healthy - Happy