



PRIMAL WARRIOR FITNESS

No Rest for the Wicked

Kettlebell Workout

Please follow the reps beside each exercise as stated. If there is a 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

Single Handed KB Swings	20 (10)
Deadlift	10
Windmills	10 (5)

Super Set x 2 (45 secs - 1 min Rest in between)

Reverse Lunges with One Arm Shoulder Press	10 (5)
Goblet Squat with Chest Press	8

Tabatas

20 secs Work, 10 secs Rest x 8 Rounds (2 min Rest between Tabata 1 & 2)

Tabata 1

American KB Swings
Single Handed KB Swing (Right)
American KB Swings
Single Handed KB Swings (Left)
American KB Swings
Clean & Press (Right)
American KB Swings
Clean & Press (Left)

Tabata 2

Goblet Squats
KB Sit Ups
High Pulls
Russian Twists
Figure of 8's
KB Leg Overs
Sumo Squats
KB Toe Touches

Strong - Healthy - Happy