



PRIMAL WARRIOR FITNESS

On The Up

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

Deadlift	15
American KB Swings	10
Goblet Squats	5

Upper Body Workout x 2 (30 secs Rest in between)

One Arm Bicep Curls	20 (10)
Skullcrushers	10
KB Swing Hold	8

(Do a normal KB Swing and when the KB reaches chest height lock out and hold it at arms length for a count of 5 then swing down and repeat)

Main Complex

KB Swings	10
Windmills	10
KB Swings	10
Sit Ups	10
KB Swings	10
Russian Twists	10
KB Swings	10
Leg Overs	10
KB Swings	10
Toe Touches	10