

Workout Of the Month april 2017

EASTERN BELLS

1. KETTLEBELL SWING (3 x 12)



5. KETTLEBELL PASS THROUGH LEGS (2 x 20 R & L)



2. KETTLEBELL WIDE SQUAT TO UPRIGHT ROW (3 x 12)



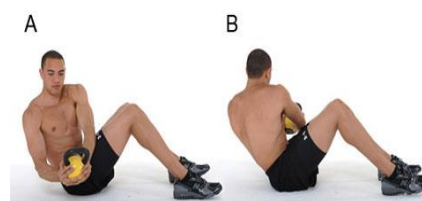
6. KETTLEBELL AROUND THE BODY (2 x 20 R & L)



3. KETTLEBELL SHOULDER PRESS (2 x 10 R & L)



7. KETTLEBELL RUSSIAN TWIST (2 x 20)



4. KETTLEBELL ONE LEG DEADLIFT (2 x 10 R & L)



8. KETTLEBELL BURPEE (3 x 10)



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