

TOTAL  
BODY

# WORKOUT

15  
MIN

## KETTLEBELLS

After the warm up, perform each WORKOUT kettlebell moves in the number of reps indicated. These moves will be performed consecutively for a 15 minute workout. Rest as needed. If time allows, repeat the WORKOUT for a 30 minute burn!

## WARMUP

- High Knees - 30 seconds
- Butt Kicks - 30 seconds
- Jumping Jacks - 30 seconds
- Trunk Rotations - 30 seconds
- Arm Circles (each direction) - 60 seconds

## WORKOUT

- Deadlift --> Clean --> Squat --> Overhead Press X **10**
- Swings X **15**
- Pushups X **15** (on two KB if available)
- Squats x **20**
- Deadlift x **20**
- Shoulder Press (each arm) X **10-15**
- Straight Leg Deadlift X **15**
- Burpee w/ Deadlift x **10**
- Calf Raises (3 Position) X **30** (10 per position)