



WORKOUT SCHEDULE

WITH LANCHANA GREEN

KETTLEBELL STRENGTH SESH

12 steps x Bottoms Up Carry
3 x Half or Full Turkish Get Up
6-8 x Over Head Press
6-8 x Rear Foot Elevated Split Squat
8-12 x Rows
6-8 x Single Legged Deadlift
Reps listed are for one side.

PROGRESS NOTES

Equipment: Kettlebell 1 or 2.
All movements slow & controlled. To increase difficulty of OH Press try the bottoms up position.
Choose your own position for the Rows.
Rest Period: 45-90 secs.
Rounds: 4-6.