



WORKOUT SCHEDULE

WITH LANCHANA GREEN

LIGHT KETTLEBELL CORE WORK

8-12 x Wall Chair with Straight Arm Raises

8-12 x Renegade Rows

8 x Wood Chop with Squat

20 x Cycle with Overhead Drop

20 x KB Drags from Push Up Position

PROGRESS NOTES

Equipment: Kettlebell - light-ish.

All movements slow & controlled. Prevent back from arching by tucking pelvis under. STOP if you feel lower back taking over.

Rest Period: 45-90 secs.

Rounds: 4-6.