



Total Body Conditioning

1 minute on 30 seconds off

- 1. Alternating Swing**
- 2. Kettlebell Twist**
- 3. Body Weight Squat**
- 4. Plank**
- 5. Clean 30secR/30secL**
- 6. Forward Lunge (no bell)**
- 7. Russian Swing**
- 8. Bent-over Row 30secR/30secL**
- 9. Plank**
- 10. Figure 8 Squat**
- 11. Single Hand Swing 30secR/30secL**
- 12. Kettlebell Twist**
- 13. Forward Lunge (no bell)**
- 14. Plank**
- 15. Alternating Swing**
- 16. Body Weight Squat**

SWING, SWEAT, SEE RESULTS!!!