

Kettlebell Club

Q1 Foundations

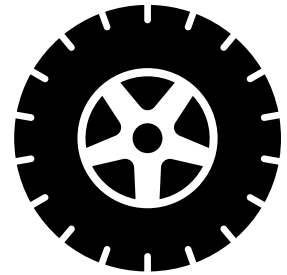
January 2023

Workout A: Total-Body Strength

Pre-Workout: Turkish Get-Ups

Hub: Shin Box & Deadlift To Inch worm

- Spokes:**
1. Push-ups
 2. TRX Bridge to Row
 3. Hanging
 4. Pistol Squat (L)
 5. Pistol Squat (R)
 6. Loaded Sit-up



Workout B: Accessory

Pre-Workout: Dips & Pullups

Hub: Box Squat Jumps & Swings

- Spokes:**
1. Reverse Curls
 2. Overhead Tricep Extensions
 3. Bicep Curls
 4. Lying Skull Crushers
 5. Hammer Curls
 6. Band Pressdowns

