



EXPRESS A: Kettlebells & Dumbbells

Workout A: 50-10 Kettlebell/Dumbbell Wheel Workout

- 20-minute Express Workout
- Use the custom interval timer provided in the video description or set your own timer at 50 seconds of work and 10 seconds of rest alternating between the “hub” and the “spokes”. Rest 1 minute between cycles.

Hub: Hand-to-Hand Swings

Spokes:

1. 1-Arm Reverse Lunge to Clean Left
2. 1-Arm Reverse Lunge to Clean Right
3. Goblet Lateral Lunge to Curtsey Left
4. Goblet Lateral Lunge to Curtsey Right
5. Kettlebell Drag

Workout Notes:

- * *Use a dumbbell for beginner/intermediate option*
- * *Use a kettlebell for more advanced trainees.*
- * *For knee issues in the lunging exercises simply modify the range of motion for example, just use a step-back for the reverse lunge.*
- * *Track your weight in Week 1 and progress in Weeks 2 and 3.*
- * *Please post your post-workout report in the comment section*