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BOWIE

KETTLEBELL CLUB

The Kettlebell Blast No. 9

1. The C & P (30 seconds left + 30 seconds right)
2. Goblet Squat (30 seconds)
3. Super plank (30 seconds)
REST (45-60 sec)
4. The one arm swing (30 seconds left + 30 seconds right)
5. The high pull (30 seconds left + 30 seconds right)
6. The snatch (30 seconds left + 30 seconds right)
REST (45-60 sec)
7. The two hand swing (30 seconds)
8. The H2H Swing (30 seconds left + 30 seconds right)
9. Squat Push Press (30 seconds left + 30 seconds right)
REST (45-60 sec)
10. Sit Up Get Up (30 seconds)
11. Four point plank (30 seconds)
12. Walk Outs (30 seconds)



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