

BALLS AND BELLS WORKOUT



Equipment needed: Kettlebells, medicine ball, lat pull down machine

Participate at your own risk.

Exercise	Weight	Reps
Walking lunges alternating twists w/ medicine ball	6	20
Lat pulls downs	30	20
Side lunge, squat shoulder press (alternating side lunges) - w/ medicine ball	6	20
Single leg dead lift - w/ medicine ball (L/R)	6	20
Jump squat medicine ball touch ground	6	20
Lat pull downs	30	20
Side lunge, squat shoulder press (alternating side lunges) - w/ medicine ball	6	20
Single leg dead lift -w/ medicine ball (L/R)	6	20
Jump squat medicine ball touch ground	6	20
Walking lunges alternating twists w/ medicine ball	6	20
Alternating side lunge, center squat with kettlebell	17	20
Diamond Push Ups	NA	20

REPEAT 2 X