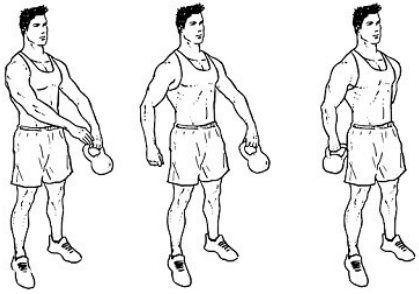
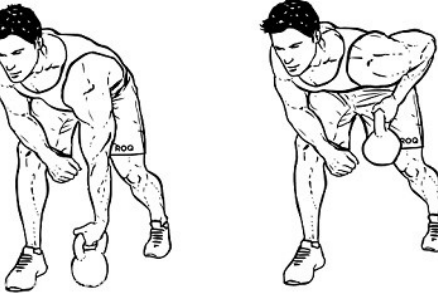
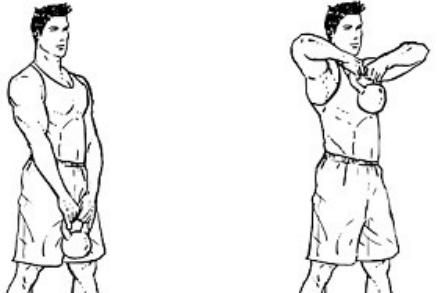
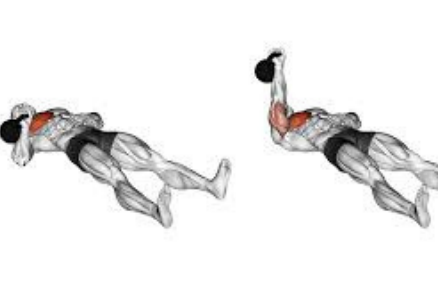



# Upper body kettlebell-workout

NA ELKE RONDE 2 MINUTEN RUST. DOE IN TOTAAL  
3-5 RONDES.

ACTIVITEIT	TIJD	REPS
Kettlebell around the worlds		20 x L 20 x R
One arm kettlebell row		15 x L 15 x R
Kettlebell upright rows		20 x
Kettlebell floor press		15 x L 15 x R
Kettlebell Military press. Double or single		20 x Total