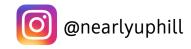
## 14 DAY KETTLE BELL CHALLENGE FOR HIKERS!

## **GET STRONG IN APPROX 15 MINUTES A DAY FOR 2 WEEKS!**

## WEEK 1 WEEK 2 . KETTLEBELL KETTLEBELL • KETTLEBELL KETTLEBELL KETTLEBELL **GOBLET DEADLIFTS: 3** CLEAN AND . KETTI EBELL **ONE-ARMED** KETTLEBELL KETTLEBELL PRESS: 3 SETS **CLEAN AND CLEAN AND SOUATS: 3 SETS OF 8 SWINGS: 3 GOBLET SNATCHES: 3 SETS OF 10** REPS OF 8 REPS **PRESS: 3 SETS SQUATS: 4** PRESS: 3 SETS **SETS OF 15 SETS X 8 REPS** (EACH ARM) X8REPS **SETS X 8 REPS** X 8 REPS **REPS** KETTLEBELL **REPS (EACH EACH ARM** KETTLEBELL · KETTLEBELL **LUNGES: 3** KETTLEBELL • KETTLEBELL • KETTLEBELL ARM) KETTLEBELL REVERSE **SWINGS: 3** SETS OF 12 **LUNGES: 3** LUNGES: 3 SIDE LUNGES: **DEADLIFTS: 3** KETTLEBELL LUNGES: 3 3 SETS X 10 SETS X 10 SETS X 10 **SETS OF 15 REPS (EACH** SETS X 10 SINGLE-LEG SETS OF 12 **REPS EACH REPS EACH REPS REPS EACH REPS** LEG) **DEADLIFTS: 3 REPS (EACH** KETTLEBELL KETTLEBELL KETTLEBELL **SETS OF 10** LEG) **CLEAN AND** . KETTLEBELL KETTLEBELL **RUSSIAN SNATCHES: 3 REPS (EACH** KETTLEBELL KETTLEBELL **WINDMILLS: 3 HALOS: 3 SETS** TWISTS: 3 **PRESS: 3 SETS SETS X 8 REPS SUMO** LEG) RUSSIAN **OF 8 REPS** X 10 REPS **SETS X 8 REPS** SETS X 12 **EACH ARM SOUATS: 3** • KETTLEBELL TWISTS: 3 EACH **EACH SIDE REPS EACH** (EACH ARM) **SETS X 12** FIGURE 8S: 3 SETS OF 10 **DIRECTION** SIDE REPS SETS OF 20 **REPS (EACH REPS** SIDE) @nearlyuphill @nearlyuphill KETTLEBELL KETTLEBELL KETTLEBELL KETTLEBELL • KETTLEBELL **HIGH PULLS: 3 HALOS: 3 SETS SWINGS: 5 SUMO GOBLET SETS OF 10** OF 10 REPS **SETS X 20 SQUATS: 4 SQUATS: 3** (EACH **REPS (EACH** SETS X 10 SECONDS ON. SETS X 12 DIRECTION) 10 SECONDS REPS **REPS** KETTLEBELL KETTLEBELL OFF KETTLEBELL KETTLEBELL **SIDE LUNGES: WINDMILLS: 3** HIGH PULLS: 3 **CLEAN AND** KETTLEBELL **3 SETS OF 12 SETS X 8 REPS** SINGLE-LEG **SETS X 12 PRESS: 3 SETS EACH SIDE REPS (EACH DEADLIFTS: 3** REPS X 8 REPS LEG) KETTLEBELL **SETS X 8 REPS** KETTLEBELL KETTLEBELL KETTLEBELL SINGLE-LEG **SNATCHES: 3** LUNGES: 3 **EACH LEG** SUMO **DEADLIFTS: 3** KETTLEBELL **SETS X 8 REPS** SETS X 12 **SQUATS: 3 SETS OF 10** FIGURE 8S: 3 **EACH ARM REPS EACH**



LEG

SETS X 20

**REPS** 

**REPS (EACH** 

LEG)

**SETS OF 10** 

REPS