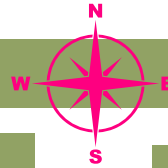


14 DAY KETTLE BELL CHALLENGE FOR HIKERS!

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

WEEK 1



WEEK 2

1

- KETTLEBELL GOBLET SQUATS: 3 SETS OF 10 REPS
- KETTLEBELL SWINGS: 3 SETS OF 15 REPS
- KETTLEBELL CLEAN AND PRESS: 3 SETS OF 8 REPS (EACH ARM)

2

- KETTLEBELL DEADLIFTS: 3 SETS OF 8 REPS
- KETTLEBELL LUNGES: 3 SETS OF 12 REPS (EACH LEG)
- KETTLEBELL SNATCHES: 3 SETS X 8 REPS EACH ARM

3

- KETTLEBELL CLEAN AND PRESS: 3 SETS OF 8 REPS (EACH ARM)
- KETTLEBELL REVERSE LUNGES: 3 SETS OF 12 REPS (EACH LEG)
- KETTLEBELL RUSSIAN TWISTS: 3 SETS OF 10 REPS (EACH SIDE)

4

- KETTLEBELL ONE-ARMED SWINGS: 3 SETS OF 15 REPS (EACH ARM)
- KETTLEBELL SINGLE-LEG DEADLIFTS: 3 SETS OF 10 REPS (EACH LEG)
- KETTLEBELL FIGURE 8S: 3 SETS OF 20 REPS

1

- KETTLEBELL SNATCHES: 3 SETS X 8 REPS EACH ARM
- KETTLEBELL LUNGES: 3 SETS X 10 REPS EACH LEG
- KETTLEBELL SUMO SQUATS: 3 SETS X 12 REPS

2

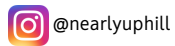
- KETTLEBELL CLEAN AND PRESS: 3 SETS X 8 REPS
- KETTLEBELL LUNGES: 3 SETS X 10 REPS EACH LEG
- KETTLEBELL HALOS: 3 SETS X 10 REPS EACH DIRECTION

3

- KETTLEBELL GOBLET SQUATS: 4 SETS X 8 REPS
- KETTLEBELL SIDE LUNGES: 3 SETS X 10 REPS EACH LEG
- KETTLEBELL WINDMILLS: 3 SETS X 8 REPS EACH SIDE

4

- KETTLEBELL CLEAN AND PRESS: 3 SETS X 8 REPS
- KETTLEBELL DEADLIFTS: 3 SETS X 10 REPS
- KETTLEBELL RUSSIAN TWISTS: 3 SETS X 12 REPS EACH SIDE



5

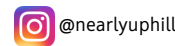
- KETTLEBELL HIGH PULLS: 3 SETS OF 10 REPS (EACH ARM)
- KETTLEBELL SIDE LUNGES: 3 SETS OF 12 REPS (EACH LEG)
- KETTLEBELL SUMO SQUATS: 3 SETS OF 10 REPS

6

REST DAY!

7

- KETTLEBELL HALOS: 3 SETS OF 10 REPS (EACH DIRECTION)
- KETTLEBELL WINDMILLS: 3 SETS X 8 REPS EACH SIDE
- KETTLEBELL SINGLE-LEG DEADLIFTS: 3 SETS OF 10 REPS (EACH LEG)



5

- KETTLEBELL SWINGS: 5 SETS X 20 SECONDS ON, 10 SECONDS OFF
- KETTLEBELL SINGLE-LEG DEADLIFTS: 3 SETS X 8 REPS EACH LEG
- KETTLEBELL FIGURE 8S: 3 SETS X 20 REPS

6

- KETTLEBELL SUMO SQUATS: 4 SETS X 10 REPS
- KETTLEBELL HIGH PULLS: 3 SETS X 12 REPS
- KETTLEBELL SNATCHES: 3 SETS X 8 REPS EACH ARM

7

- KETTLEBELL GOBLET SQUATS: 3 SETS X 12 REPS
- KETTLEBELL CLEAN AND PRESS: 3 SETS X 8 REPS
- KETTLEBELL LUNGES: 3 SETS X 12 REPS EACH LEG