

Kettlebell Club

# Q1 Foundations

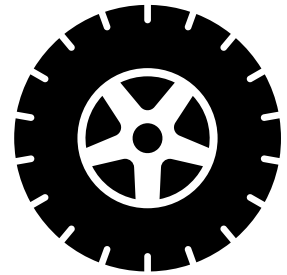
January 2023

## Workout A: Total-Body Strength

**Pre-Workout:** Turkish Get-Ups

**Hub:** Shin Box & Deadlift To Inch worm

- Spokes:**
1. Push-ups
  2. TRX Bridge to Row
  3. Hanging
  4. Pistol Squat (L)
  5. Pistol Squat (R)
  6. Loaded Sit-up



## Workout B: Accessory

**Pre-Workout:** Dips & Pullups

**Hub:** Box Squat Jumps & Swings

- Spokes:**
1. Reverse Curls
  2. Overhead Tricep Extensions
  3. Bicep Curls
  4. Lying Skull Crushers
  5. Hammer Curls
  6. Band Pressdowns

