FUNCTIONAL FITNESS #1
KETTLE BELL WORKOUT

Start with a lighter weight kettle bell (10lbs) and work your way up once you perfect form (up to 45lbs).

Repeat circuit twice
1. Arm circles forward and back 30 seconds
2. Squats 30 seconds
3. Reverse lunges 30 seconds
4. Side lunges 30 seconds
5. Butt Kickers 30 seconds
6. High knees 30 seconds

Repeat circuit three times
1. Reverse lunges passing kettle bells under the bent front leg 10 reps
2. Kettle bell swings 20 reps
3. Side lunges 20 reps (10 each leg)
4. Curtsey lunges 20 reps (10 each leg)
5. Single leg deadlift 20 reps (10 each leg)

Repeat circuit twice. Moving to the mats with a light kettle bell (5–15lbs)
1. Squat to overhead press 20 reps
2. Single leg bridges 20 reps (10 each leg)
3. V-sit twists 20 reps
4. Crunches with kettle bell 20 reps
5. Reverse crunches with kettle bell to the side 15 reps

Cool Down
1. Overhead reach stretching core laying down 30 seconds
2. Figure 4 glute stretch 30 seconds (15 seconds each side)
3. Laying down twists looking over opposite shoulder 30 seconds (15 seconds each side)
4. Seated forward fold hamstring stretch 30 seconds
5. Downward dog calf stretch 30 seconds
6. Standing quad stretch 15 seconds each leg
7. Across body shoulder stretch 15 seconds each side
8. Arms behind back chest stretch 30 seconds