

March 17, 2014

Written by Andrea
Sunday, 16 March 2014 19:46 -



Advanced

With a 12kg kettlebell:

15 Turkish get-ups, right arm

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20 one-armed swings, alternating

15 overhead squats, left arm

20 one-armed swings, alternating

15 overhead squats, right arm

20 one-armed swings, alternating

15 Turkish get-ups, left arm

Intermediate

With an 8kg kettlebell:

12 Turkish get-ups, right arm

15 one-armed swings, alternating

12 overhead squats, left arm

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15 one-armed swings, alternating

12 overhead squats, right arm

15 one-armed swings, alternating

12 Turkish get-ups, left arm

Beginner

With a 6kg kettlebell:

9 Turkish get-ups, right arm

10 one-armed swings, alternating

9 overhead squats, left arm

10 one-armed swings, alternating

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9 overhead squats, right arm

10 one-armed swings, alternating

9 Turkish get-ups, left arm

If you are well into the second trimester, start your Turkish get-ups from a seated position, rather than from on your back.