



STEVE MAXWELL



300

KETTLEBELL CHALLENGE

CHAPTER LIST

DISC ONE: CHALLENGE EXERCISES

Intro

1. Around The Body Pass
2. Halo
3. Good Morning
4. Windmill
5. One Arm Swing
6. Swing High Pull
7. Snatch
8. Clean & Press
9. Circular Clean
10. Squat Press Combination
11. Cossack Curl
12. Reverse Lunge & Press
13. Deck Squat
14. Reverse Turkish Get-Up
15. Suitcase Row
16. Crush Press Situp
17. Russian Twist
18. Crush Pushup

DISC TWO: 300 KETTLEBELL CHALLENGE WORKOUT

