

Shihan.com Presents



# STEVE GOTTER

## EXTREME KETTLEBELL WORKOUT

### CHAPTER LIST

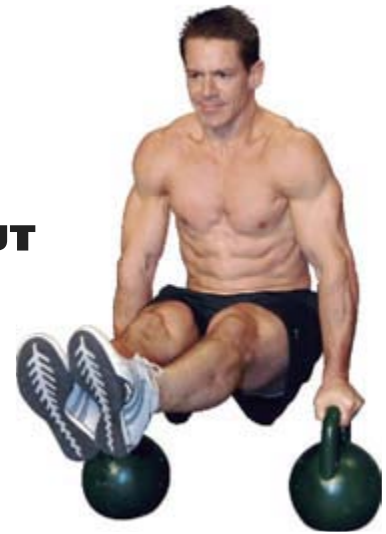


#### **VOLUME ONE: UPPER BODY WORKOUT**

- 1 - INTRO TO UPPER BODY
- 2 - UPPER BODY WARM UP
- 3 - UPPER BODY WORKOUT

#### **VOLUME TWO: LOWER BODY WORKOUT**

- 1 - INTRO TO LOWER BODY
- 2 - LOWER BODY WARM UP
- 3 - LOWER BODY WORKOUT



#### **VOLUME THREE: ABS/CORE WORKOUT**

- 1 - INTRO TO ABS AND CORE
- 2 - 10 MINUTE ABS AND CORE STANDING WORKOUT
- 3 - 10 MINUTE ABS AND CORE FLOOR WORKOUT 1
- 4 - 10 MINUTE ABS AND CORE FLOOR WORKOUT 2
- 5 - CORE / CIRCUIT WORKOUT 1
- 6 - CORE / CIRCUIT WORKOUT 2

#### **VOLUME FOUR: CARDIO/CIRCUIT WORKOUT**

- 1 - KETTLEBELL CIRCUIT WORKOUT
- 2 - 20 MINUTE CARDIO WORKOUT
- 3 - 10 MINUTE CARDIO WORKOUT



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