

TWO-ARM  
KETTLEBELL ROW



KETTLEBELL  
GOBLET SQUAT



RUSSIAN  
KETTLEBELL SWING



KETTLEBELL  
LUNGE PRESS



# 12 reps each exercise

\*\*\*Repeat 3x

\*\*\*Time: 20—25



Get Fit  
**FRIDAY**

Valentines day should be spent with your #1

Gym... Here I come

someecards  
user card

