

PROGRESSION FITNESS

BELL STRONG CHALLENGE

2 Russian

Kettlebell Swing:
5x20
Ring Row: 5x5
Push-Up: 5x5

3 Russian Kettlebell
Swing: 5x20
SeeSaw Press:
5x20
Bent Over Row:
5x10

1 Initial
Inbody
Scan

4 Russian Kettlebell
Swing: 5x20
Air Bike: 5x2
minutes
Goblet Squat:
5x10

5 Russian
Kettlebell Swing:
5x15 (Heavier)
Pull-Ups or Ring
Row: 5x5
Push-Up: 5x6

6 Russian
Kettlebell Swing:
5x15 (Heavier)
SeeSaw Press:
5x20
Bent Over Row:
5x10 (double
bells)

3 Russian Kettlebell
Swing: 5x15
Air Bike: 5x2
minutes
Goblet Squat:
5x10

8 Russian
Kettlebell Swing:
5x20 (Same
weight)
Pull-Ups or Ring
Row: 5x5
Push-Up: 5x7

4 Russian
Kettlebell Swing:
5x20 (Same
weight)
SeeSaw Press:
5x20
Bent Over Row:
5x10 (double
bells)

9 Russian Kettlebell
Swing: 5x20
Air Bike: 5x2
minutes
Goblet Squat:
5x10

11 Russian
Kettlebell Swing:
5x25 (Same
weight)
Pull-Ups or Ring
Row: 5x6
Push-Up: 5x8

7 Russian
Kettlebell Swing:
5x25 (same
weight)
SeeSaw Press:
5x16
SeeSaw Row:
5x10 (double
bells)

14 Final
Inbody
Scan

10 Russian Kettlebell
Swing: 5x25
Air Bike: 5x2
minutes
Goblet Squat:
5x10

