



Kettlebell Complexes



Complex 1

- **Stiff Leg Deadlift**
- **Alt. Bent Over Row**
- **Suitcase Clean**
- **Front Squat**
- **Push Press**

Complex 2

- **Swing**
- **Snatch**
- **Push Press**
- **Bent over Row**

Complex 3

- **Alt. Bent Over Row**
- **Jump Squat**
- **Clean**
- **Front Squat + Push Press**



Kettlebell Complexes



Complex 4

- **High Pull**
- **Bent over Row**
- **Squat Clean**
- **Push Press**

Complex 5

- **Alt Bent Over Row**
- **Snatch**
- **Front Squat + Push Press**

Complex 6

- **Alt. Bent Over Row**
- **Swing**
- **Squat Clean + Push Press**