KETTLEBELL INVICTUS
30 DAY KETTLEBELL CHALLENGE

Month :

SUN	MON	TUE	WED	THU	FRI	SAT
OFF	Kettlebell Snatch Ladder: 44, 53, 62, 70, 70 5 Reps Each Hand x 2	10 Rounds: 5 Gobelt Squats + 10 Kettlebell Swings	OFF	10 Rounds: 10 Kettlebell Swings + 5 Box Jumps	50 Clean & Jerk Left 50 Clean & Jerk Right	75 Burpees
OFF	50 Swings 8 Rounds 5 Double Cleans + 5 Double Press 50 Swings	EMOM: 32 Minutes 5 Snatches Left 5 Snatches Right	OFF	10 Rounds: 5 Thrusters Left 5 Thrusters Right	10 Rounds: 5 Deadlift Left 5 Clean Left 5 Jerk Left (Repeat Right)	75 Bupee Over Bell
OFF	8 Rounds: 8 Double Clean & Jerk 16 Swings	10 Rounds: 6 Burpees 8 Box Jumps	10 Rounds: 5 Clean 5 Snatch 5 Jerk (Repeat Right)	8 Rounds: 8 Goblet Squats 16 Swings	OFF	30 Minutes: 30 Second Hill Runs (Or Incline Treadmills)
OFF	10 Rounds: 5 Air Squats + 5 Box Jumps + 10 Kettlebell Swings	12 Rounds: 6 Snatches Each Hand + 8 Burpees	10 Rounds: 5 Double Cleans 3 Double Snatches 5 Double Jerks	OFF	8 Rounds: 8 Thruster Left + 16 Swings (Repeat Right)	150 Snatches