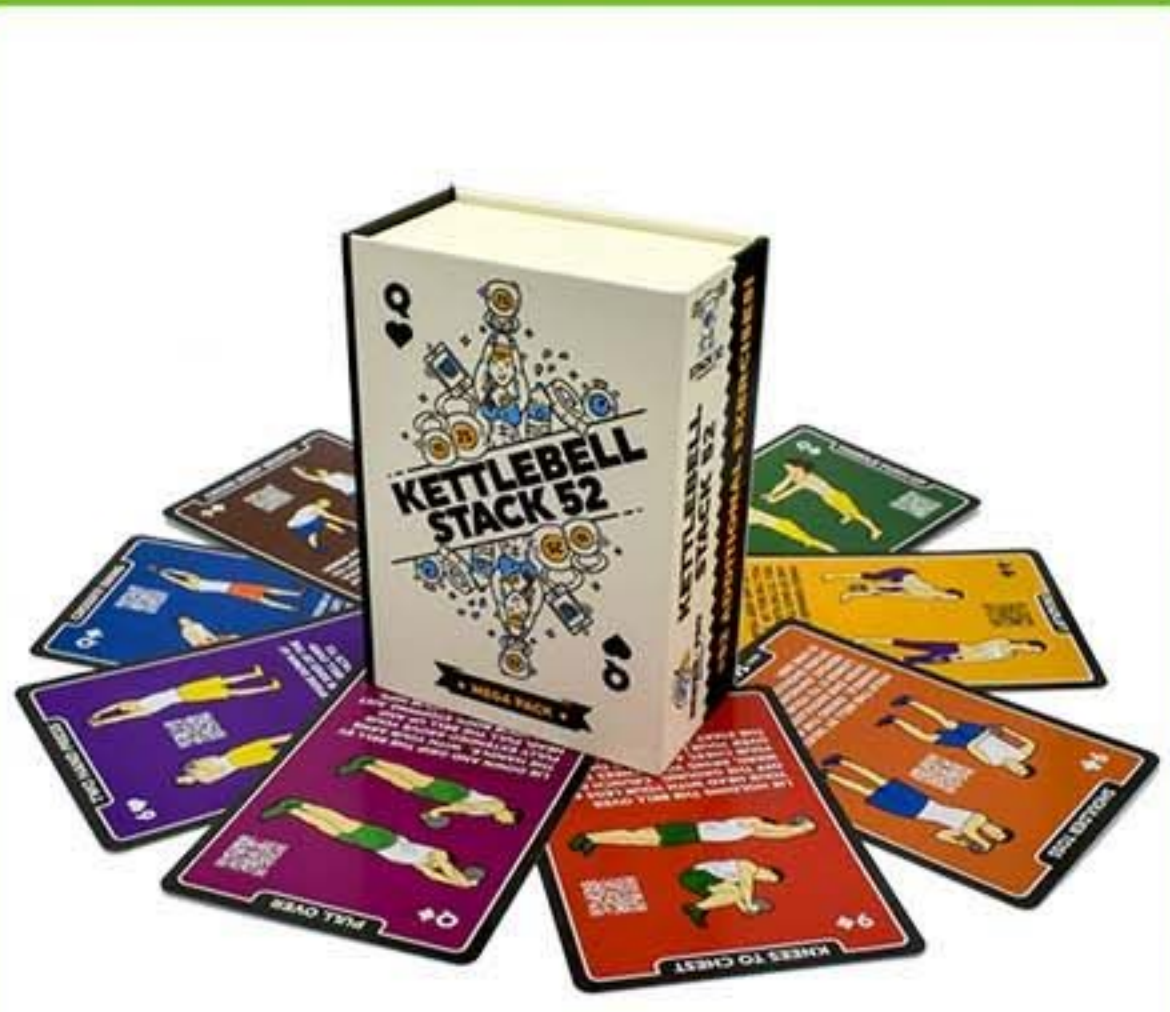
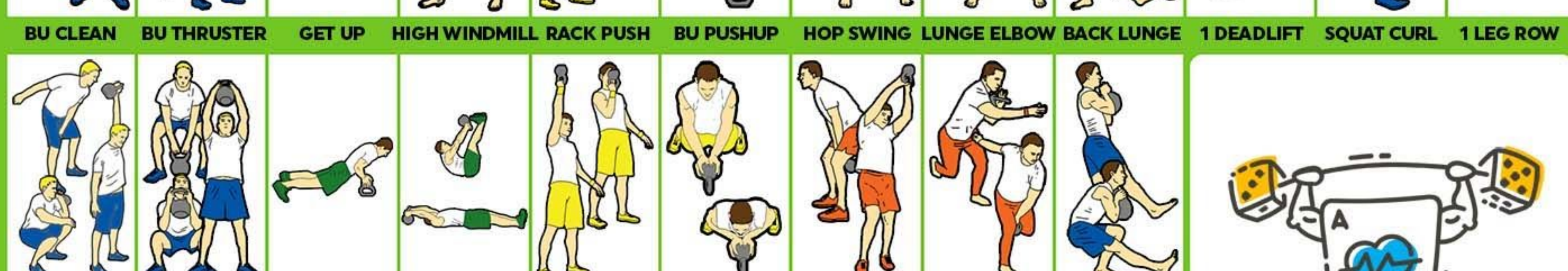
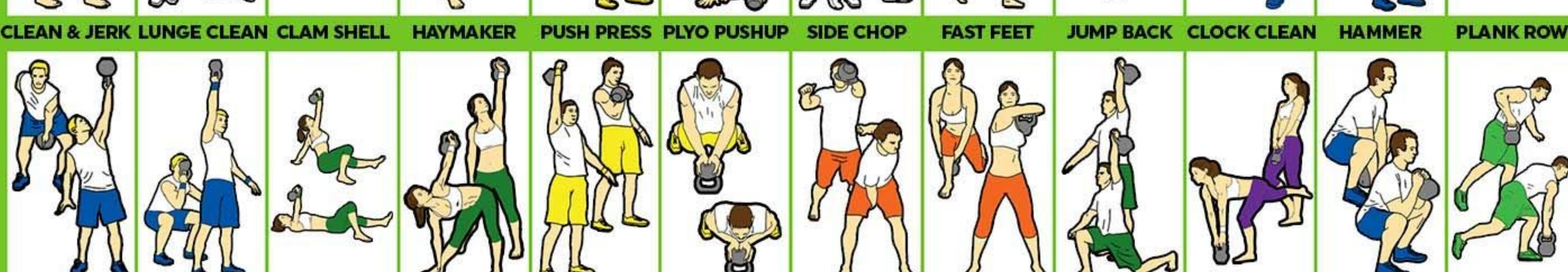
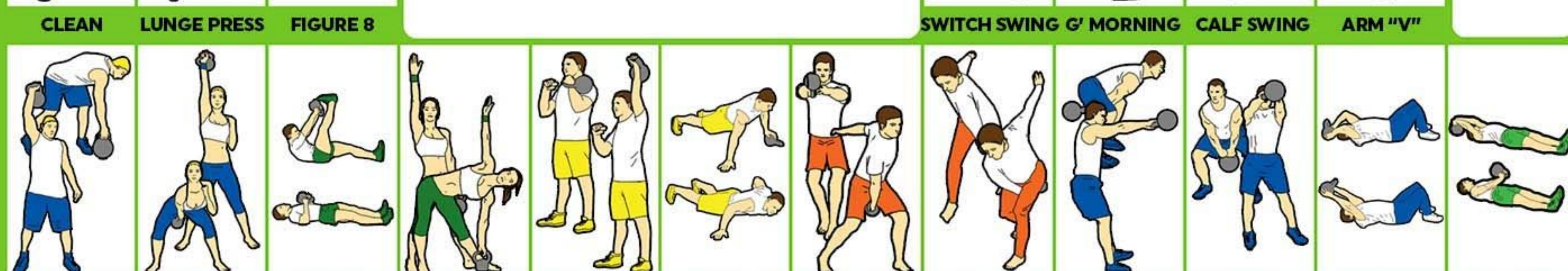
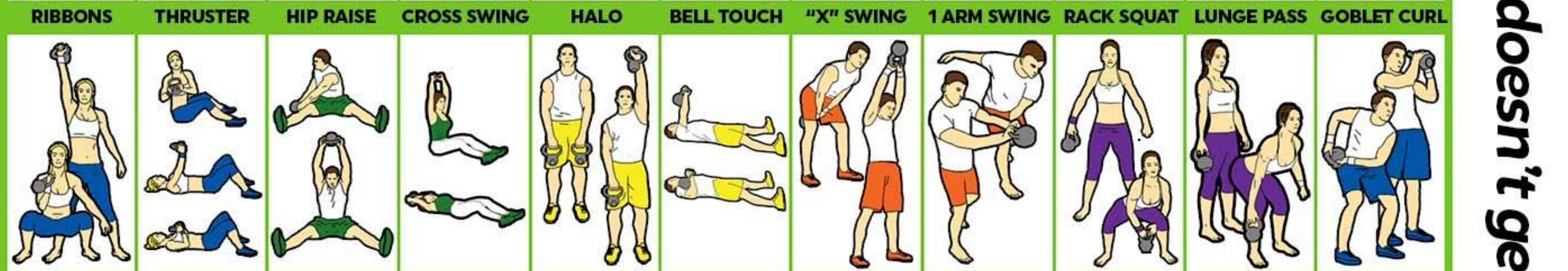
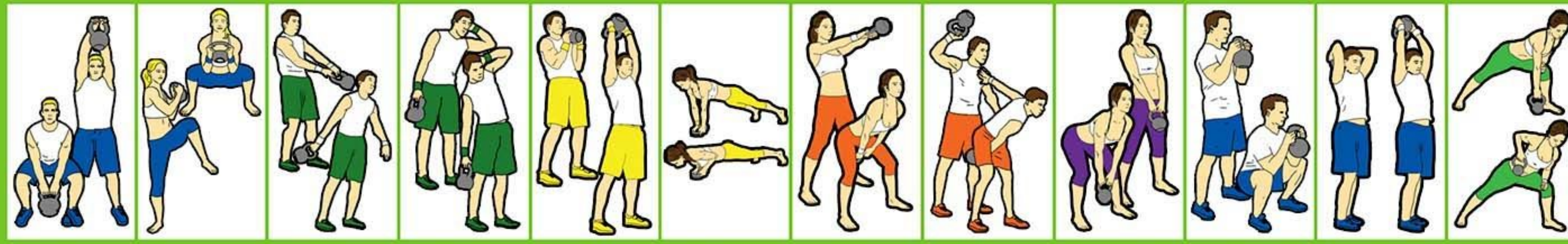
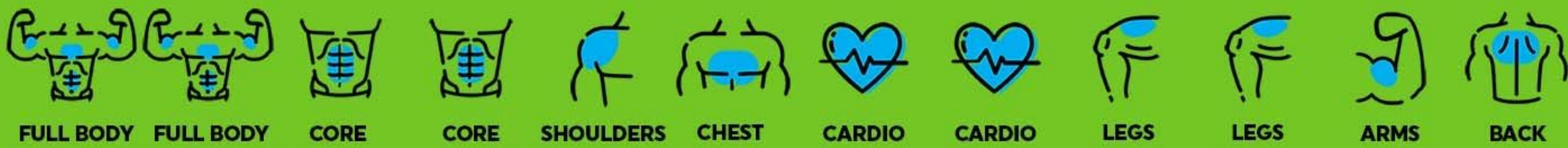


PERIODIC TABLE OF KETTLEBELL EXERCISES



All exercises
are in the
Kettlebell
Stack 52
Mega Pack!

- THE GAME OF FIT -



BEGINNER

INTERMEDIATE

ADVANCED

"It doesn't get easier. You get stronger."

TURKISH GETUP

1 ARM PUSHUP SKIP SWING WALK BACK