

Christmas KB workout:

12 Day's of Christmas

1. Turkish Get Up (each side)
2. Goblet Squats
3. Snatches (each arm)
4. Halos
5. Presses
6. High Pulls
7. Toe Touches
8. Windmills (each side)
9. Russian Twists
10. Kettlebell Swings
11. Squat Kicks
12. Kettlebell Pushups

Christmas Tree Workout

- 1 minute Jumping Jacks
- 10 Planks/KB slide 10
- 20 Push Press (10 each side) 20
- 30 lunges (15 each side) 30
- 40 KB swings 40
- 50 Deadlifts 50

Christmas KB Complex

- 12 x KB clean and press
- 25 x KB swings
- 20 x KB squats
- 16 x KB swings