

Isolated HIT/Kettlebell Program Level II

		Set # 1	Set # 2	Set # 3
1	Double Military Press - 10			
2	Kettlebell Pull-Up - 12			
3	Double Front Squat - 15			
4	Double Swing 8			
5	Double Windmill - 8 (<i>left and right</i>).			
6	Double Floor Press - 15			
7	Figure 8 - 10			
8	Double Bent-over Row - 15			
9	One-legged Squat - 8 (<i>left and right</i>).			
10	Double Snatch - 10			
11	Turkish get ups - 10 (<i>left and right</i>).			
12	One Arm Seated Press 10			
13	Double Sots Military Press - 10			
14	Double Bent-over Row - 12			
15	Double Front Squat - 20			
16	Double Swing - 12			
17	Double Windmill - 8 (<i>left and right</i>).			
2 mile run when you finish				

