

# HALLOWEEN

## kettlebell challenge

Pick a kettlebell move each day and do AMRAP in a minute, for 10 minutes.

Single arm/hand moves do per side.

Single Arm Deadlift	Double Arm Deadlift	Turkish Get Up	Two Hand Swing	Single Hand Swing
Double Bell Swing	Single Arm Snatch	Seesaw Presses	High Plank Pull Throughs	Single Arm Clean
Double Arm Clean	Double Arm Bent Over Row	Single Arm Thrusters	Double Arm Thrusters	Slingshot
Windmill	Goblet Squat	Alternating Single Hand Swings	Good Morning	Halo
Single Arm High Pulls	Single Arm Overhead Press	Single Arm Clean and Press	Clean Squat Press	Clean Forward Lunge
Clean Reverse Lunge	Renegade Row	Single Arm Bent Over Row	Floor Press	Figure Eight

