



Hallmark Christmas Movies **KETTLEBELL WORKOUT**



Decorating a Christmas Tree

8 Snatches R/L

Ice Skating or Sledding

Alternating Bent Over Row 10 R/L

Someone Wrapping Presents

20 Swings

Santa Sighting

5 Goblet Squats

Someone Baking Cookies

4 Cleans R/L

People Dancing

ISO Hold Farmers March 30 Sec.

The Kiss

Swing + Clean + Snatch 4 R/L