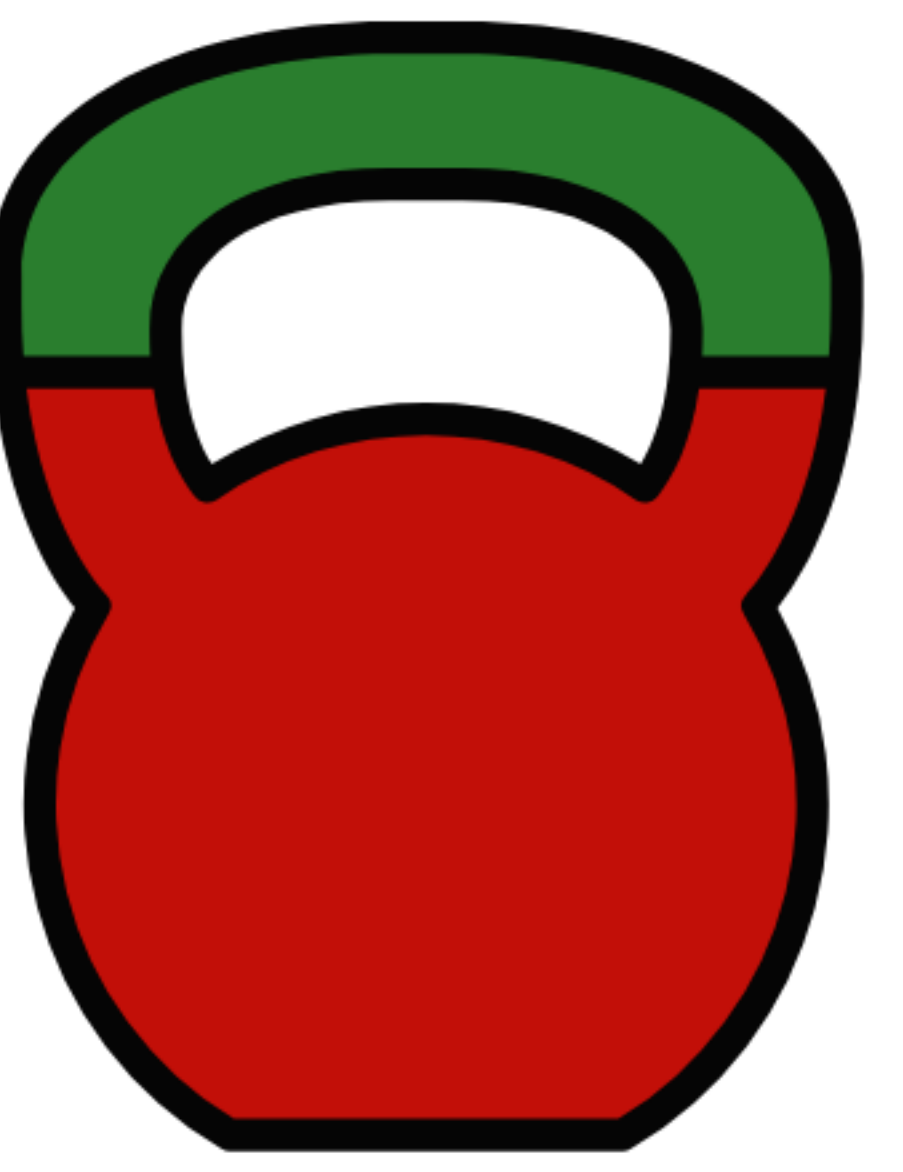


12 Days of Christmas

Kettlebell Challenge



Repeat each daily set as many times listed in the corner

1 Swing *x12*
1 Clean L/R
1 Snatch L/R
1 Goblet Squat

2 Swings *x11*
2 Cleans L/R
2 Snatches L/R
2 Goblet Squats

3 Swings *x10*
3 Cleans L/R
3 Snatches L/R
3 Goblet Squats

4 Swings *x9*
4 Cleans L/R
4 Snatches L/R
4 Goblet Squats

5 Swings *x8*
5 Cleans L/R
5 Snatches L/R
5 Goblet Squats

6 Swings *x7*
6 Cleans L/R
6 Snatches L/R
6 Goblet Squats

7 Swings *x6*
7 Cleans L/R
7 Snatches L/R
7 Goblet Squats

8 Swings *x5*
8 Cleans L/R
8 Snatches L/R
8 Goblet Squats

9 Swings *x4*
9 Cleans L/R
9 Snatches L/R
9 Goblet Squats

10 Swings *x3*
10 Cleans L/R
10 Snatches L/R
10 Goblet Squats

11 Swings *x2*
11 Cleans L/R
11 Snatches L/R
11 Goblet Squats

12 Swings *x1*
12 Cleans L/R
12 Snatches L/R
12 Goblet Squats