



Kettlebell Exercises

Shrugs
Forward-Side
Curls
Curl-Press
Shoulder Press
Squat Press
Squat
Overhead Squat
Swing Squat
Bench Press
Bent-Over Row

Med Ball Exercises

Slam Pass
Chest Pass
1-arm Chest Pass
Overhead Pass
Standing Side Pass
Sitting Side Pass
Figure 8
See Saws
MB Handoff
Wall Ball