



WELLNESS CHALLENGE:

# May Brings Kettlebell Swings



The kettlebell is one of the best pieces of equipment you can have for at home strength training. It is a versatile tool that can be used for a total body workout. This month, we will go through all the different kinds of movements that can be performed with a kettlebell. Join Dietitian Addie on the private Facebook group page for daily tutorials throughout the week. At the end of the week you will have 5 balanced movements that can be combined for a weekend workout! Happy Swinging!

SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>1</b> Goblet Squat	<b>2</b> Floor Press	<b>3</b> RDL	<b>4</b> Bent Over Row	<b>5</b> Plant KB Taps	<b>6</b>
<b>7</b>	<b>8</b> Reverse Lunge	<b>9</b> Bicep Curl	<b>10</b> Kettle Bell Swing	<b>11</b> Skull Crusher	<b>12</b> Suitcase Carry	<b>13</b>
<b>14</b>	<b>15</b> Step Up	<b>16</b> Upright Row	<b>17</b> Wall Sit	<b>18</b> Overhead Press	<b>19</b> Russian Twist	<b>20</b>
<b>21</b>	<b>22</b> Sumo Squat/ Dead Lift	<b>23</b> Clean to Press	<b>24</b> Single Leg RDL	<b>25</b> Kettlebell Halo	<b>26</b> Overhead Kettlebell Situp	<b>27</b>
<b>28</b>	<b>29</b> Good morning - Squat	<b>30</b> One Arm Kettlebell Swing	<b>31</b> <i>Surprise Workout!</i>			

