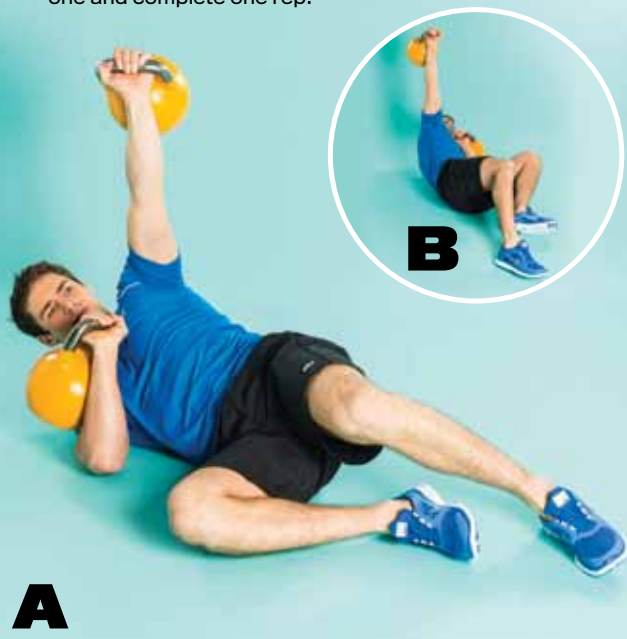


2. ROLLING FLOOR PRESS

- Lie on the floor with your knees bent and holding a kettlebell in each hand. Roll to one side as you press one kettlebell into the air, bringing your shoulder off the ground.
- As you lower the first kettlebell, roll over and press the other one and complete one rep.



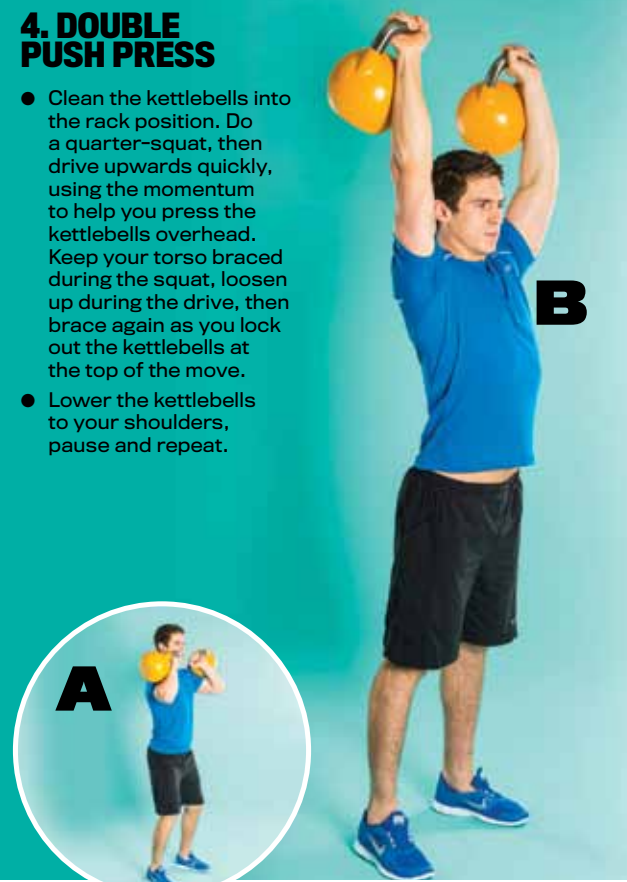
3. BENT-OVER ROW HOLD

- Holding two kettlebells, bend at the waist, then row one up, bringing your thumb towards your armpit.
- Hold the kettlebell there as you row with the other arm. Finish all your reps on one side before switching to the other. Keep your back straight throughout the move.



4. DOUBLE PUSH PRESS

- Clean the kettlebells into the rack position. Do a quarter-squat, then drive upwards quickly, using the momentum to help you press the kettlebells overhead. Keep your torso braced during the squat, loosen up during the drive, then brace again as you lock out the kettlebells at the top of the move.
- Lower the kettlebells to your shoulders, pause and repeat.



5. DOUBLE SWING

- Keeping your feet close together, bend at your hips and keep your arms loose, then snap your hips forward and swing the kettlebells up to eye level.
- You can also take a very wide stance and swing between your legs for better posterior chain and glute activation.

