



# SURGE SERIES

## Ultimate Kettlebell Challenge

### WEEK 1

6. <u>UPPER BODY KETTLEBELL SUPERSETS</u>	7. <u>LOWER BODY KETTLEBELL STRENGTH SESSION</u>	8. <u>METCON (STRENGTH &amp; CARDIO) &amp; ABS</u>	9. <u>UPPER BODY KETTLEBELL STRENGTH SESSION</u>	10. <u>LOWER BODY KETTLEBELL SUPERSETS</u>	11. <u>FULL BODY KETTLEBELL FLOWS WORKOUT</u>	12. <u>KETTLEBELL MOBILITY ABS &amp; STRETCH</u>
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### WEEK 2

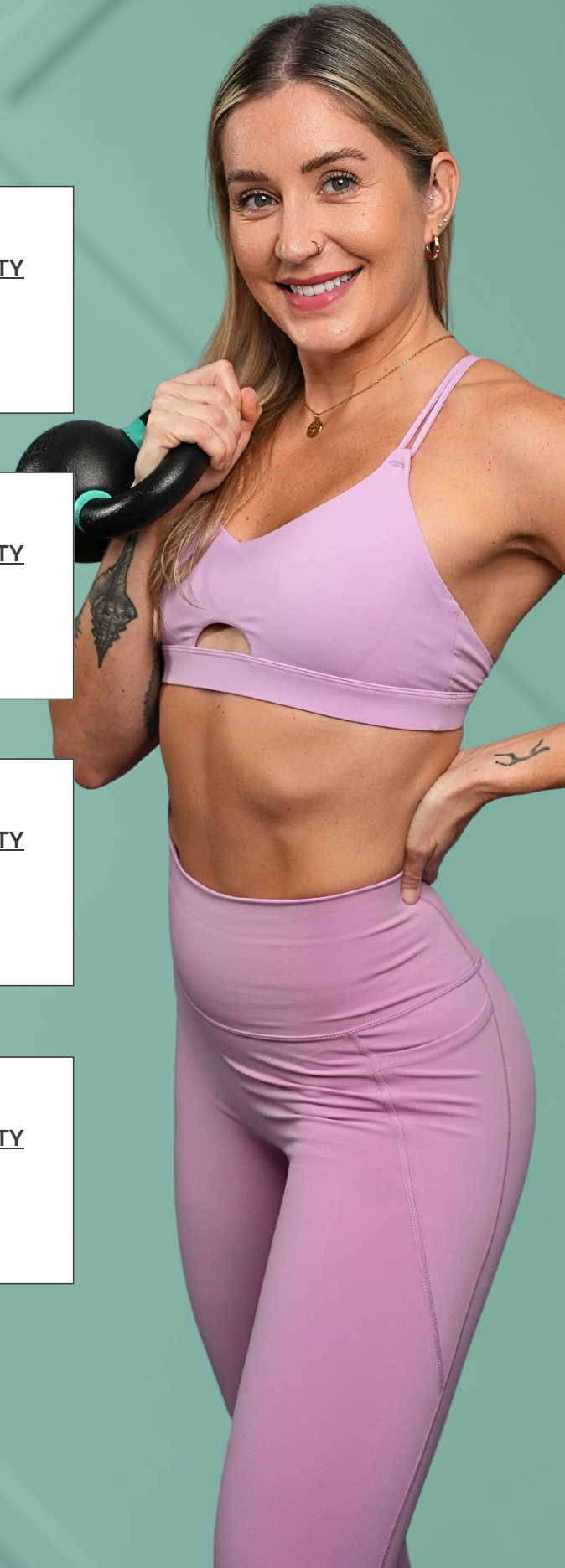
13. <u>UPPER BODY KETTLEBELL SUPERSETS</u>	14. <u>LOWER BODY KETTLEBELL STRENGTH SESSION</u>	15. <u>METCON (STRENGTH &amp; CARDIO) &amp; ABS</u>	16. <u>UPPER BODY KETTLEBELL STRENGTH SESSION</u>	17. <u>LOWER BODY KETTLEBELL SUPERSETS</u>	18. <u>FULL BODY KETTLEBELL FLOWS WORKOUT</u>	19. <u>KETTLEBELL MOBILITY ABS &amp; STRETCH</u>
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### WEEK 3

20. <u>UPPER BODY KETTLEBELL SUPERSETS</u>	21. <u>LOWER BODY KETTLEBELL STRENGTH SESSION</u>	22. <u>METCON (STRENGTH &amp; CARDIO) &amp; ABS</u>	23. <u>UPPER BODY KETTLEBELL STRENGTH SESSION</u>	24. <u>LOWER BODY KETTLEBELL SUPERSETS</u>	25. <u>FULL BODY KETTLEBELL FLOWS WORKOUT</u>	26. <u>KETTLEBELL MOBILITY ABS &amp; STRETCH</u>
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### WEEK 4

27. <u>UPPER BODY KETTLEBELL SUPERSETS</u>	28. <u>LOWER BODY KETTLEBELL STRENGTH SESSION</u>	29. <u>METCON (STRENGTH &amp; CARDIO) &amp; ABS</u>	30. <u>UPPER BODY KETTLEBELL STRENGTH SESSION</u>	31. <u>LOWER BODY KETTLEBELL SUPERSETS</u>	1. <u>FULL BODY KETTLEBELL FLOWS WORKOUT</u>	2. <u>KETTLEBELL MOBILITY ABS &amp; STRETCH</u>
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