



SURGE SERIES

Ultimate Kettlebell Challenge

WEEK 1

1. <u>UPPER BODY</u> <u>KETTLEBELL</u> <u>SUPERSETS</u>	2. <u>LOWER BODY KETTLEBELL</u> <u>STRENGTH</u> <u>SESSION</u>	3. <u>METCON</u> <u>(STRENGTH & CARDIO)</u> <u>& ABS</u>	4. <u>UPPER BODY</u> <u>KETTLEBELL STRENGTH</u> <u>SESSION</u>	5. <u>LOWER BODY</u> <u>KETTLEBELL</u> <u>SUPERSETS</u>	6. <u>FULL BODY</u> <u>KETTLEBELL FLOWS</u> <u>WORKOUT</u>	7. <u>KETTLEBELL MOBILITY</u> <u>ABS & STRETCH</u>
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WEEK 2

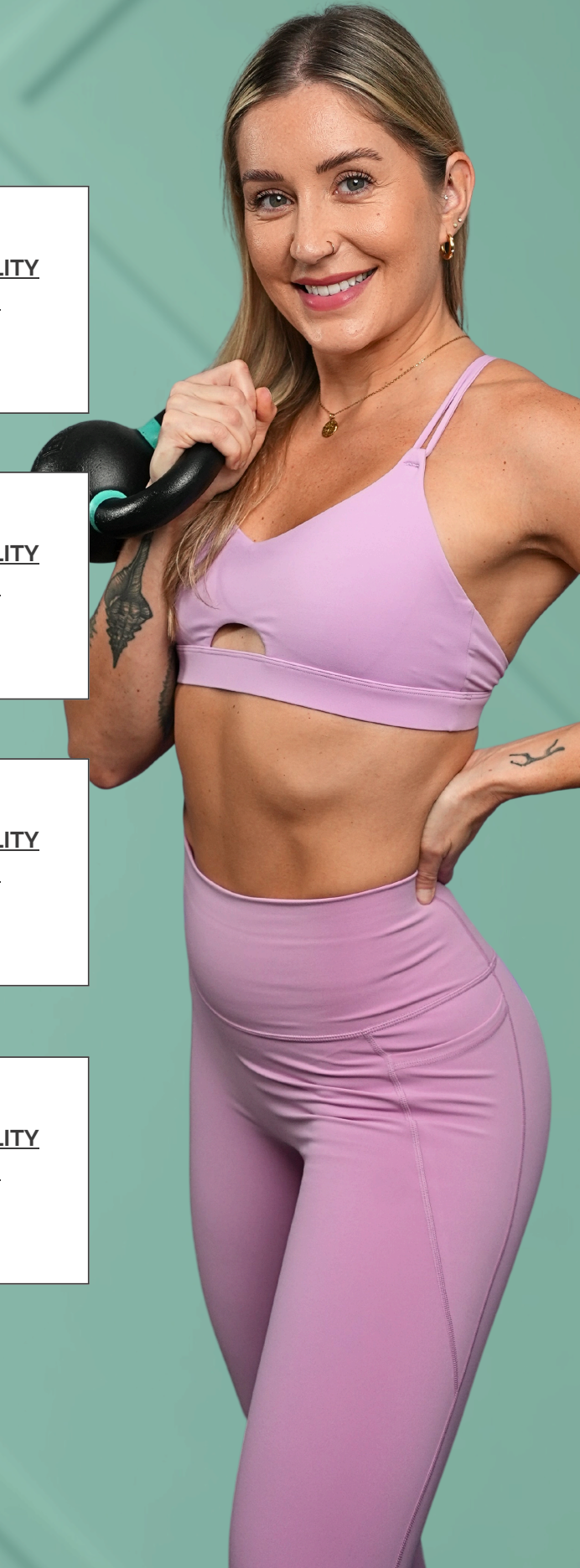
8. <u>UPPER BODY</u> <u>KETTLEBELL</u> <u>SUPERSETS</u>	9. <u>LOWER BODY KETTLEBELL</u> <u>STRENGTH</u> <u>SESSION</u>	10. <u>METCON</u> <u>(STRENGTH & CARDIO)</u> <u>& ABS</u>	11. <u>UPPER BODY</u> <u>KETTLEBELL STRENGTH</u> <u>SESSION</u>	12. <u>LOWER BODY</u> <u>KETTLEBELL</u> <u>SUPERSETS</u>	13. <u>FULL BODY</u> <u>KETTLEBELL FLOWS</u> <u>WORKOUT</u>	14. <u>KETTLEBELL MOBILITY</u> <u>ABS & STRETCH</u>
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WEEK 3

15. <u>UPPER BODY</u> <u>KETTLEBELL</u> <u>SUPERSETS</u>	16. <u>LOWER BODY KETTLEBELL</u> <u>STRENGTH</u> <u>SESSION</u>	17. <u>METCON</u> <u>(STRENGTH & CARDIO)</u> <u>& ABS</u>	18. <u>UPPER BODY</u> <u>KETTLEBELL STRENGTH</u> <u>SESSION</u>	19. <u>LOWER BODY</u> <u>KETTLEBELL</u> <u>SUPERSETS</u>	20. <u>FULL BODY</u> <u>KETTLEBELL FLOWS</u> <u>WORKOUT</u>	21. <u>KETTLEBELL MOBILITY</u> <u>ABS & STRETCH</u>
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WEEK 4

22. <u>UPPER BODY</u> <u>KETTLEBELL</u> <u>SUPERSETS</u>	23. <u>LOWER BODY KETTLEBELL</u> <u>STRENGTH</u> <u>SESSION</u>	24. <u>METCON</u> <u>(STRENGTH & CARDIO)</u> <u>& ABS</u>	25. <u>UPPER BODY</u> <u>KETTLEBELL STRENGTH</u> <u>SESSION</u>	26. <u>LOWER BODY KETTLEBELL</u> <u>SUPERSETS</u>	27. <u>FULL BODY</u> <u>KETTLEBELL FLOWS</u> <u>WORKOUT</u>	28. <u>KETTLEBELL MOBILITY</u> <u>ABS & STRETCH</u>
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