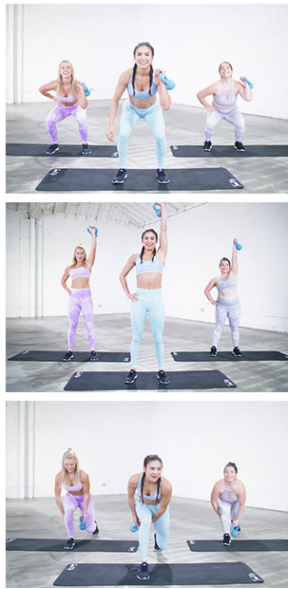




kettle FIRE

WITH [TONEITUP.COM](https://www.toneitup.com)



MOVE 1

TRIPLE SQUAT + PRESS + PASS THROUGH LUNGE

Tones your booty, legs, and arms!

DO FOR 60 SECONDS, ALTERNATING SIDES



MOVE 2

KETTLEBELL JACKS

Sculpts your legs, booty, and core, and revs your heart rate!

DO FOR 30 SECONDS



MOVE 3
**REVERSE LUNGE
 + KNEE DRIVE TWIST**
Tones your booty, legs, and obliques!
 DO FOR 30 SECONDS ON EACH SIDE



MOVE 4
KETTLEBELL SWING
Sculpts your core and booty, and raises your heart rate!
 DO FOR 60 SECONDS



MOVE 5
KETTLEBELL WOOD CHOP
*Tones your obliques, shoulders,
 and arms, and revs your heart rate!*
 DO FOR 30 SECONDS ON EACH SIDE



MOVE 6
KETTLEBELL HOP OVER BURPEE
Works your entire body and boosts your heart rate!
 DO FOR 60 SECONDS, ALTERNATING SIDES



MOVE 7
ROCK THE BOAT + LEG PULSE
Tones your obliques, hips, and thighs!
 DO FOR 60 SECONDS, ALTERNATING SIDES