



BEGINNERS BELLS

BONUS WORKOUTS

PHASE 1 BONUS COMPLEX

This can be used on off days as an added workout!

15 Swings

10 Goblet Squats

5 Push ups

AMRAP (As Many Reps as Possible) | 12 minutes

PHASE 2 BONUS COMPLEX

This can be used on off days as an added workout!

SA Swings x 10 each side

Off set KB Front Squat x 5 each side (swing to switch)

Standing OH press x 3 ea

AMRAP (As Many Reps as Possible) | 12 minutes

PHASE 3 BONUS COMPLEX

This can be used on off days as an added workout!

Goblet reverse lunge x 12

Push ups x 8

Swings x 20

5 Rounds