

30 Day Kettlebell Clean Challenge

| | | | | |
|--|--|--|---|--|
| <p>1 3× 5 REPS each side</p>  <p>Kettlebell Clean</p> | <p>2 8 REPS each side</p>  <p>Bottom's Up Kettlebell Clean</p> | <p>3 3× 5 REPS each side</p>  <p>Kettlebell Clean</p> | <p>4 10 REPS each side</p>  <p>Bottom's Up Kettlebell Clean</p> | <p>5 3× 5 REPS each side</p>  <p>Kettlebell Clean</p> |
| <p>6 12 REPS each side</p>  <p>Bottom's Up Kettlebell Clean</p> | <p>7 60 SECS each side</p>  <p>Kettlebell Clean</p> | <p>8 3× 5 REPS each side</p>  <p>Kettlebell Clean and Press</p> | <p>9 2× 8 REPS each side</p>  <p>Bottom's Up Kettlebell Clean</p> | <p>10 3× 5 REPS each side</p>  <p>Kettlebell Clean and Press</p> |
| <p>11 4× 5 REPS each side</p>  <p>Kettlebell Clean</p> | <p>12 3× 5 REPS each side</p>  <p>Kettlebell Clean and Press</p> | <p>13 2× 10 REPS each side</p>  <p>Bottom's Up Kettlebell Clean</p> | <p>14 90 SECS each side</p>  <p>Kettlebell Clean and Press</p> | <p>15 10 REPS each side</p>  <p>Kettlebell Clean, Squat and Press</p> |
| <p>16 5× 5 REPS each side</p>  <p>Kettlebell Clean</p> | <p>17 2× 12 REPS each side</p>  <p>Bottom's Up Kettlebell Clean</p> | <p>18 12 REPS each side</p>  <p>Kettlebell Clean, Squat and Press</p> | <p>19 4× 5 REPS each side</p>  <p>Kettlebell Clean and Press</p> | <p>20 5× 5 REPS each side</p>  <p>Kettlebell Clean</p> |
| <p>21 90 SECS each side</p>  <p>Kettlebell Clean, Squat and Press</p> | <p>22 3× 5 REPS each side</p>  <p>Kettlebell Side Lunge and Clean</p> | <p>23 3× 8 REPS each side</p>  <p>Bottom's Up Kettlebell Clean</p> | <p>24 3× 5 REPS each side</p>  <p>Kettlebell Clean, Squat and Press</p> | <p>25 25 REPS each side</p>  <p>Kettlebell Clean</p> |
| <p>26 3× 5 REPS each side</p>  <p>Kettlebell Side Lunge and Clean</p> | <p>27 2× 5 REPS each side</p>  <p>Kettlebell Single Leg Clean</p> | <p>28 5× 5 REPS each side</p>  <p>Kettlebell Clean and Press</p> | <p>29 3× 5 REPS each side</p>  <p>Kettlebell Single Leg Clean</p> | <p>30 4× 5 REPS each side</p>  <p>Kettlebell Clean, Squat and Press</p> |