

### 1. Partial Cossack Squat | Goblet (Kettlebell)



**Sets:** 2-3  
**Reps:** 10  
**Beginner:** 3kg  
**Intermediate:** 5kg  
**Advanced:** 8kg+  
**Frequency:** 3/week with days rest inbetween

### 2. Clean and Stop | Unilateral (Kettlebell)



**Sets:** 2-3  
**Reps:** 10  
**Beginner:** 3kg  
**Intermediate:** 5kg  
**Advance:** 8kg+  
**Frequency:** 3/week with days rest inbetween

### 3. Chop (Medicine Ball)



**Sets:** 2-3  
**Reps:** 10  
**Beginner:** 3kg  
**Intermediate:** 5kg  
**Advanced:** 6kg +  
**Frequency:** 3/week with days rest inbetween

## 1. Partial Cossack Squat | Goblet (Kettlebell)

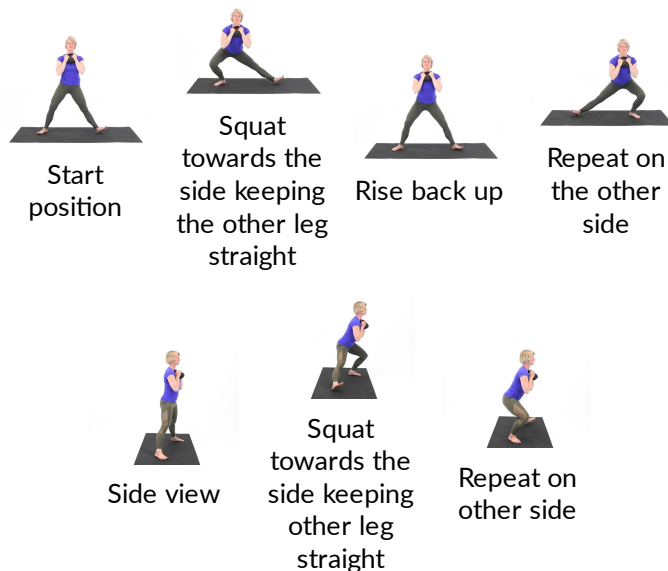
Sets: 2-3 | Reps: 10 | Beginner: 3kg | Intermediate: 5kg |  
 Advanced: 8kg+ | Frequency: 3/week with days rest inbetween

### Preparation:

- Begin in a wide stance, toes pointed outwards, holding a kettlebell at chest height as shown

### Execution:

- Squat towards the side keeping the other leg straight
- Repeat on other side



## 2. Clean and Stop | Unilateral (Kettlebell)

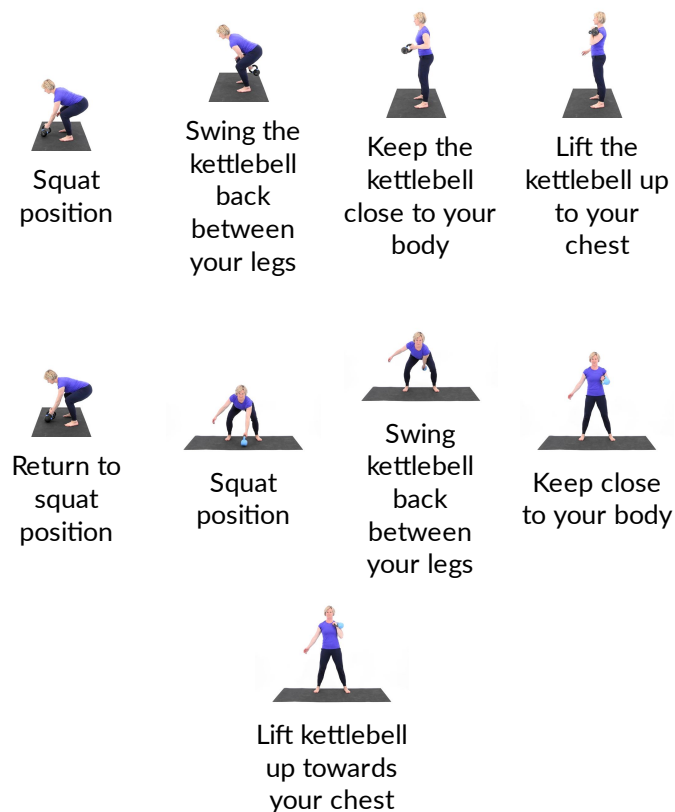
Sets: 2-3 | Reps: 10 | Beginner: 3kg | Intermediate: 5kg |  
 Advance: 8kg+ | Frequency: 3/week with days rest inbetween

### Preparation:

- Begin in a squat position, holding the kettlebell on the floor in front of you with one hand

### Execution:

- Swing the kettlebell back between your legs
- Rise up while lifting the kettlebell up to your chest



### 3. Chop (Medicine Ball)

Sets: 2-3 | Reps: 10 | Beginner: 3kg | Intermediate: 5kg | Advanced: 6kg + |  
Frequency: 3/week with days rest inbetween

#### Preparation:

- Begin holding a medicine ball at your side, feet shoulder width apart as shown.

#### Execution:

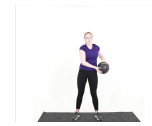
- Lift the medicine ball across your body above your head
- Lower the medicine ball back to your side.
- Repeat on other side.



Hold a medicine ball at your side, feet shoulder width apart



Lift the medicine ball across your body, above your head



Repeat on the other side



Lift the ball on a diagonal overhead