

Bottoms Up Walk 20 m

NOTE: FOR THIS EXERCISE COMPLETE ONE REP ONLY. VARY THE INTENSITY BY INCREASING THE LOAD CARRIED.

- Grasp a kettlebell in one hand so that the bottom of the kettlebell is facing the ceiling, other arm hanging by the side, standing erect, head neutral, chest up and out, and feet hip width apart.
- Engage the abdominals to maintain an erect posture throughout the exercise
- Walk 20 m carrying the kettlebell with the bottom up and with a head neutral and chest up and out.
- At the 20 m mark, turn around and walk back.
- Repeat on the opposite side.

