



## 10...1 Kettlebell Warm Up

Coach Cambio

*Pick a weight that you can pretty much do everything with. I tend to have two bells. A heavy one and a light one for halos and arm bars.*

10 Swings

8 Squats

6/6 Halos

4/4 SLDL

2/2 TGU

1/1 Arm Bar