

Whole Fitness YouTube February Workout Calendar

PLEASE START HERE!	Intro to <u>Kettlebell and Swing</u>	How to <u>Kettlebell Goblet Squat</u>	How to <u>Kettlebell Clean and Press</u>		
	Upper Body and Core <u>"You Are Called"</u>	KB EMOM <u>"Living in Abundance"</u>	<u>Kettlebell and Yoga</u>	Kickboxing and Kettlebell <u>"Freedom"</u>	Full Body <u>"Move with Compassion"</u>
	Lower Body Kettlebell <u>"Good Plans"</u>	Kettlebell/Mini Band Full Body <u>"Break the Cycle of Bad Thinking"</u>	Mobility for <u>Hips and Hamstrings</u>	Kettlebell HIIT <u>"Your Body is a Temple"</u>	Full Body Kettlebell <u>"Light of the World"</u>
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