

KETTLEBELL QUICK STRIKE

V2

Click Calander Day to Open Video

Mon	Tue	Wed	Thur	Fri
Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15

[Click Here for V1](#)

[Click Here for V2 Bonus Content](#)



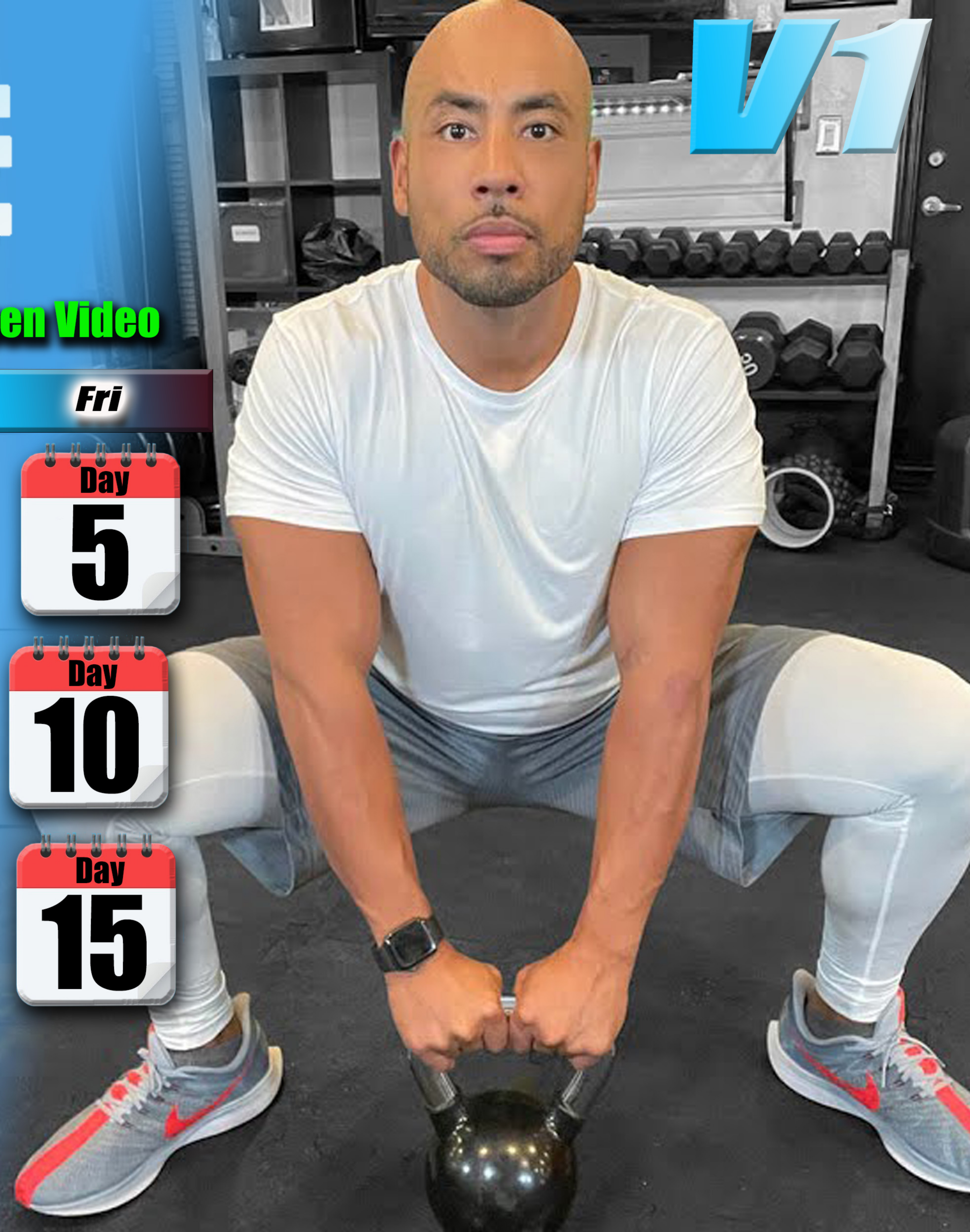
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Bonus

Dumbbells2 V3



Sandbag V2



Bodyweight V2

