

Use the Mambo Max Kettlebells or any other exercise products only after consulting a trained licensed healthcare professional.

Windmill



One-Arm Military Press



Sumo High Pull



Slingshot



Get-Up Plank



Half Get-Up



Side Plank



One-Arm Snatch Targets



Two-Handed Swing



Lunge Press



Figure 8



One-Arm Floor Press



Russian Twist



High Pull



Front Squad



Dead Lift



Clean

