

TTT Fat Burner of the Month

Review the following guidelines to learn the proper technique for safely completing your Fat Burner.

Walking 1 Arm Swings: Complete 16-20 repetitions of walking 1 arm swings. Rest for 30 - 60 seconds and repeat.

Start & Finish



Walking 1 Arm Swings

How To:

1. Hold a kettlebell or dumbbell between your legs
2. Stand shoulder width apart
3. Swing the weight up to head height by thrusting your hips up and forward
4. As the weight reaches the top of the movement step forward with your left leg
5. Allow the weight to swing down between your legs
6. Swing the weight up again using your hips
7. This time step forward with your right leg as the weight reaches its peak
8. Continue with the walking 1 arm swings until you hit 8-10 repetitions and then switch arms to continue the 2nd half of the set
9. Remember to breathe with each rep
10. Keep your back and chest from rounding forward
11. Rest after 16-20 seconds
12. Repeat 2-5 more times

Step #2

