

**Kaibab
Chevron
is Hiring!**

JOB POSITIONS

- **F/T Asst. Manager**
- **P/T Cashier**

Stop in to pick up an application!

**SPONSORED BY
CULTURAL PRESERVATION OFFICE**

MEETING INVITATION

SENIORS

60+

"Strive To Be Greater Company"

Thursday, September 7, 2023
Senior Building
6:00PM -6:30PM

THERE WILL BE PIES

Our Agenda

- Building Storage Needs
- Space Clean-Up
- Your Ideas For Future Activities
- Sign-Up To Share Your Talents 2023 Winter Tuhweenup



If you are unable to make the meeting you can call me and we can talk over the phone (928) 643-7365 M-Th 10AM-3PM

2023

Upcoming Education/Library Events

19
SEPT

AFTER SCHOOL

After School Homework Help Resumes

I will be on personal leave while the construction crew finishes our space. Homework help will resume on September 19th.

1
OCT

10:00 AM - 2:00 PM

Women's Craft

Spooky and Fall Women's Craft

5
OCT

5:00 PM-8:00 PM

Read-a-Thon

Come read and eat dinner with us

Amanda Bundy
Kaibab Band of Paiute Indians
Interim Tribal Administrator
928-643-8302
435-689-0522

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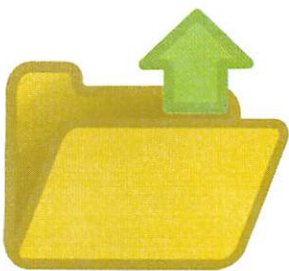
If you have moved recently, please update the Tribal Trust/Enrollment Office of your new address. Use the Per Capita Information Form with your new address, and don't forget to use the Minor's Per Capita Form to update your children's address as well. Providence Trust relies on the information on file with the Tribal Trust/Enrollment Office to verify addresses. Both forms can be found on the tribe's website on the Tribal Trust link. Both forms need to be notarized before you submit the forms.

If your move has caused you to change banks and you use direct deposit to receive your Per Capita payments, make sure to update your banking information as well. This form can be found on the tribe's website: kaibabpaiute-nsn.gov; Tribal Trust link; ACH

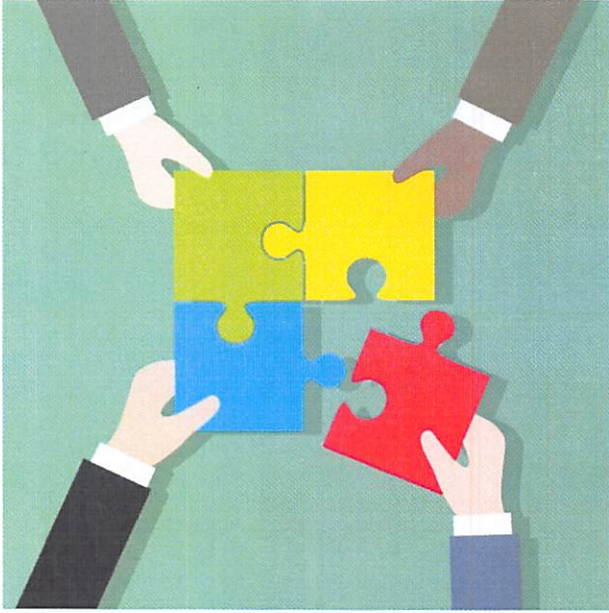
Authorization Form. Do not forget to check one of the boxes on the Account # line indicating either a checking account or a savings account; this is important for our Finance Department to ensure that your direct deposit transfers correctly.

If you need assistance with any of the forms, please contact Valencia at 928-643-8321, or vcastro@kaibabpaiute-nsn.gov. I am in the office Monday through Thursday, from 8:00 am till 12:00 pm. If I am not in the office when you turn in your updated forms, you can leave them with the receptionist to place in my mail slot.

Please do not submit any form using **Facebook Messenger**. This is not a secure way to submit a form that contains confidential information.



The next scheduled Enrollment Committee meeting is scheduled for September 7, 2023. The committee will be reviewing all completed enrollment applications for automatic enrollment.



Vacant Enrollment Committee member seat

The Enrollment Committee is looking for a new member to join us. The committee meets twice a quarter, and it is a two-year commitment. The enrollment committee reviews all applications for enrollment into our tribe and makes recommendations to the tribal council for action; reviews all

applications for adoption into our tribe; and reviews the quarterly Per Capita list and recommends to the Tribal Council approval of the membership lists.

For an application to be on the Enrollment Committee please ask for the form at the receptionist desk. All applicants will be approved by the Tribal Council.

If you have any questions, please contact Valencia at 928-643-8321, or vcastro@kaibabpaiute-nsn.gov. Please do not use Facebook Messenger for communications regarding the vacant committee member seat.



This Photo by Unknown Author is licensed under [CC BY-ND](https://creativecommons.org/licenses/by-nd/4.0/)

For any questions, concerns, requests, or assistance regarding Tribal Trust/Enrollment issues, please do not use Facebook Messenger to contact Valencia. Facebook Messenger is not a secure portal to conduct sensitive business relating to your enrollment issues.

I am in the office Monday through Thursday, from 8 am till 12 pm. My direct telephone number is 928-643-8321; my email address is vcastro@kaibabpaiute-nsn.gov.

News from the Tribal Housing Department

Fall is coming. We will be shutting down swamp coolers and sweeping the chimneys September 25-29, 2023.

Pest control September 12, 2023. If you having problems with spiders/bugs and you have weeds around your home, that could be part of the problem. This was relayed to us by our Pest Control people.

We are having problems with tenants treating our contract workers and our own tribal workers awful. They've cussed them out, yelled at them. We are asking that we all practice a little bit of kindness. Let's treat people with respect.

If you see any of the dumpsters with their lids open, please shut them. It's much appreciated. Also make sure that all garbage is bagged. Absolutely NO appliances, weeds, beds and chairs in the dumpsters. Please dispose of the big items in the dumpster behind the Housing office. Weeds can be dumped in the washes, but not in the dumpsters.

Just a reminder **ALL** work orders must be called in or emailed to either Yolanda or LaWanda. If this is not done, the work needed will not be completed. This covers both you and the department.

DPW payments are due before the 20th of the month. If you pay after

the 20th, you will be assessed a 5% fee in addition to your balance due.

Rental/House payments are due by the 15th of the month. You are considered late on the 16th.

Both Rent/House and DPW payments can be made using a debit/credit card. There is a \$4.00 fee and you can call finance to make your payment.

If you know your going to be late, please contact us.

Also remember ALL Rental tenants must report an increase/decrease of income as soon as possible.



Pest Control

September 12, 2023

Starting at 8am

ALL rental units, inside and outside will be sprayed.

All MH/homeowners contact our office if interested, 928-643-8308 or 8328, the cost is \$50.00

The next pest control will be November, 2023

**Winterizing
Starting September 25-29,
2023**

**Swamp cooler shut down &
covered**

**Chimney sweep All Rental
units**

**\$50.00 charge for everyone
else. If interested, please let
contact Housing, Yolanda
928-643-8308 or LaWanda
928-643-8328.**



**FIRE
PREVENTION
WEEK™**

Fire won't wait. Plan your escape.™

The _____ Family's Home Safety Action Plan

ACTION #1

Make the first Saturday of each month "Smoke Alarm Saturday"!

A working smoke alarm will clue you in that there is a fire and you need to escape. Fire moves fast. You and your family could have only minutes to get out safely once the smoke alarm sounds.

- Smoke alarms should be installed in every sleeping room, outside each sleeping area, and on every level of the home, including the basement.
- Test all of your smoke alarms by pushing the test button. If it makes a loud beep, beep, beep sound, you know it's working. If there is no sound or the sound is low, it's time to replace the battery. If the smoke alarm is older than 10 years old, you need to replace the whole unit.
- If your smoke alarm makes a "chirp," that means it needs a new battery. Change the battery right away.
- Make sure everyone in the home knows the sound of the alarm and what to do when it sounds. (See ACTION #2.)



ACTION #2

Develop a home fire escape plan and practice it at least twice a year!

Having a home fire escape plan will make sure everyone knows what to do when the smoke alarm sounds so they can get out safely.

- Draw a map of your home, marking two ways out of each room, including windows and doors.
- Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure they are part of the plan.
- Make sure all escape routes are clear and that doors and windows open easily.
- Pick an outside meeting place (something permanent like a neighbor's house, a light post, mailbox, or stop sign) that is a safe distance in front of your home where everyone can meet.
- Everyone in the home should know the fire department's emergency number and how to call once they are safely outside.
- Practice! Practice! Practice! Practice day and nighttime home fire drills. Share your home escape plans with overnight guests.



REMEMBER:

When You Hear a Beep, Get On Your Feet!

Get out and stay out. Call **9-1-1** from your outside meeting place.

Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire alarm if it is older than 10 years old. If you don't remember how old it is, replace it.

All Set For Fall



Home Maintenance Fall Checklist

- **Check** roof for missing, loose, or damaged shingles
- **Check** smoke detectors and fire extinguishers
- **Clean** chimney and fireplace
- **Seal** any gaps around windows and doors with weather stripping and check for cracks
- **Wrap** indoor pipes
- **Inspect** your heating system and schedule a routine furnace check
- **Turn off** outdoor water supply, remove and store hoses
- **Install** outdoor faucet covers.
- **Trim** tree branches
- **Clean** gutters
- **Remove** debris and dead vegetation

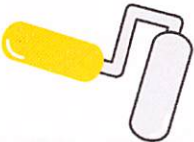
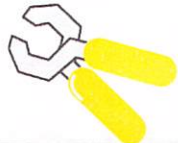
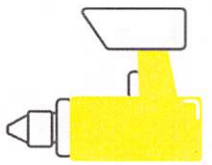


UNDER CONSTRUCTION

at The library and COMMUNITY Building

We are

We apologize for the inconvenience but look forward to having the renovations complete for our new education and library space. For the remainder of August and the entire month of September, we will be completing walls, painting, and flooring in the building. Tutoring will be available by appointment only until further notice. The community building will also be unavailable for use during September as we will be putting together the new furniture in preparation for a quick and easy move once the construction is complete. We appreciate your patience throughout this process. If you have any questions, please contact Mandy 928-643-6023



THE UNIVERSITY OF CHICAGO

PHYSICS DEPARTMENT

5720 S. UNIVERSITY AVE.

CHICAGO, ILL. 60637

PHYSICS 311: CLASSICAL MECHANICS

LECTURE 10: HARMONIC OSCILLATION

LECTURER: JOHN H. COOPER

DATE: OCTOBER 15, 2014

TOPICS: HARMONIC OSCILLATION

1. HARMONIC OSCILLATION

2. SIMPLE HARMONIC MOTION

3. DAMPED HARMONIC MOTION

4. DRIVEN HARMONIC MOTION

Thank You.



Women's Craft

Come create a spooky craft for
the haunting season.

Sunday, October 1st
10:00 am-1:00 pm
Lunch will be served

Brought to you by Housing and Library

News & Information from the Wildlife, Fisheries & Parks Department

Tribal Member Hunters Make sure to read this - Mule Deer Hunts – The FOLLOWING HUNTS HAVE BEEN Canceled, the Southern Paiute Youth Hunt, the Indian Hunt, and the Big Game Hunt. The Tribal member hunts this year will consist of two (2) DOE ONLY HUNTS. The first **Tribal Member Doe (only) Hunt** will be **October 21 – 31, 2023** and the second Tribal Member Doe (only) Hunt will be **November 18 – 28, 2023**. **The limit for each household this year will be two (2) DOES ONLY.**

Mountain Lion - TRACKS have been seen near homes, when outside watch out for your kids, pets, and be aware of your surroundings.

Rattle Snake – Are out watch out for them.

TRESPASSERS – THERE GETTING TO BE MORE – Report them, and anyone riding Off Highway Vehicles on the Trail, to BIA Police or Wildlife Department.

Highly Pathogenic Avian Influenza (HPAI) “Bird Flu” – HPAI is highly contagious in wildlife and is expected to rise during birds’ regular spring migration. HPAI is considered low risk for human health concern according to the Centers for Disease Control; however, infections in humans have been reported. Chicken owners beware!!

Condor – If you see one on the Reservation **Do not Disturb it**, the bird flu has been found in Condors.

Turkeys – Have been seen in Eagle Mountain Village, **PLEASE DO NOT FEED THEM.**

Fishpond – Reminder you need a permit to fish, and Children under 18 need to have someone over 18 with them. ONLY Tribal Members can swim, at your own RISK.

Muppits Trail is closed - To the public right now, only Tribal Members can use it.

Moccasin Wash Road is closed, The Bureau of Indian Affairs has not repaired it, so you’ll have to go through the farm, this should be repaired soon.

Watch out for DEER – SLOW DOWN! between the store and Moccasin, if one crosses in front of you, there are more behind it, and sometimes they will run into the side of the Vehicle. All Car/Deer accidents need to be reported to Mohave County Sheriff, BIA Police, or this Department, if not you could receive a ticket, this is in the Wildlife Ordinance and in Arizona state law.

Minors Hunters Safety Card – On the internet go to **hunter-ed.com** – Everyone 10 to 18 years old needs to attend a hunter’s safety course, to get a card. The minor will need one to get a Tribal hunting permit. This is not something new, it has been in the Ordinance since the beginning. It is better to get a Hunters Safety card in the state you live in so you can participate in the state hunts.

Firewood – Tribal Members you do not need a permit to get firewood unless you are selling it off the Reservation. But, to get wood for personal use or for a Tribal Member, you do not need a permit. You can get wood anywhere on the Reservation as long as it’s not green wood it will burn slow and will plug up your chimney faster. Fire Restriction No Chainsaw usage.



Are you going off the paved road? – If for some reason you go off the paved roads, beware of the sand, mud remember to tell someone where you are going and about what time you will return, take a lot of water, warm coat, blanket, some snacks, a good flashlight, and bring a shovel, tow chain, and a jack (Handyman), Cell phone may or may not work, Text messaging may work better, and pick up all litter, **KEEP MAIN GATES CLOSED!**, if the road gets sandy, muddy turn back you don’t want to get stuck. If you know of someone that has gone out and has not returned call this Department at any time, (office or Home) contact any Wildlife Committee member, **or BIA-Police. (928) 643-6050** This will only be to get them home.

Questions or concerns contact Danny Bullets, Jr. at (928) 643-8305/7245, cell phone (435) 689-1624 (text) or email me at dbullettsjr@kaibabpaiute-nsn.gov. 866-969-5879 new office number.

Some Exemptions of the Law

While the goal of the Smoke-Free Arizona Act is to protect Arizona's citizens from the dangers of secondhand smoke, there are some specific public places where smoking will be allowed.

- Private residences (except when used as a licensed child care, adult day care or health care facility)
- Hotel and motel rooms designated as smoking rooms (no more than fifty percent of rooms rented to guests in a hotel or motel are so designated)
- Veterans and fraternal clubs, when they are not open to the general public
- Outdoor patios, so long as tobacco smoke does not enter areas where smoking is prohibited through entrances, open windows, ventilation systems, or other means

For a complete list of all the exemptions of the Smoke-Free Arizona Act, please visit our website at smokefreearizona.org.

Why It's Important

The main purpose of the Smoke-Free Arizona Act is to protect workers, customers, and the general public from the harmful effects of secondhand smoke in most enclosed public places and places of employment. Why is it so important?

- 4,000 chemical compounds have been identified in secondhand smoke, 200 are poisons and at least 40 cause cancer¹
- Exposure to the secondhand smoke of just one cigarette per day accelerates the progression of atherosclerosis (hardening of the arteries)²
- Smoke-filled rooms have up to six times the air pollution as a busy highway³
- Secondhand smoke is responsible for approximately 3,000 lung cancer deaths annually in U.S. non-smokers⁴

¹American Lung Association, www.lungusa.org; ²American Heart Association, www.heart.org; ³Centers for Disease Control, *It's Time to Stop Being a passive Victim*, 1993; ⁴CDC Tobacco Use in the U.S., Retrieved Sept. 30, 2003, www.cdc.gov/tobacco/overview/tobus_us.htm.

Tips for Going Smoke-Free

Inform your employees about the new Law. Some effective ways to communicate with your employees are listed below:

- Discuss the Law at a staff meeting or distribute a memo to staff explaining the Law (fact sheet available online at smokefreearizona.org)
- Add a "No Smoking" policy to employee manual
- Explain that the Law doesn't prohibit smoking, it protects the health of employees and customers
- Include articles in your employee newsletter about the requirements of the Law and the health effects of secondhand smoke
- Distribute information about the Law as a paycheck insert
- Provide assistance to your employees who want to quit:

Call the Arizona Smokers' Helpline 1-800-556-6222 for free phone counseling, information about cessation programs in your area, and help with reduced cost medication.

Resources are also available online at ashline.org.

For More Information

Visit smokefreearizona.org
Call 1-877-AZSTOPS or 1-877-297-8677
Email: smokefreearizona@azdhs.gov

To Report a Violation

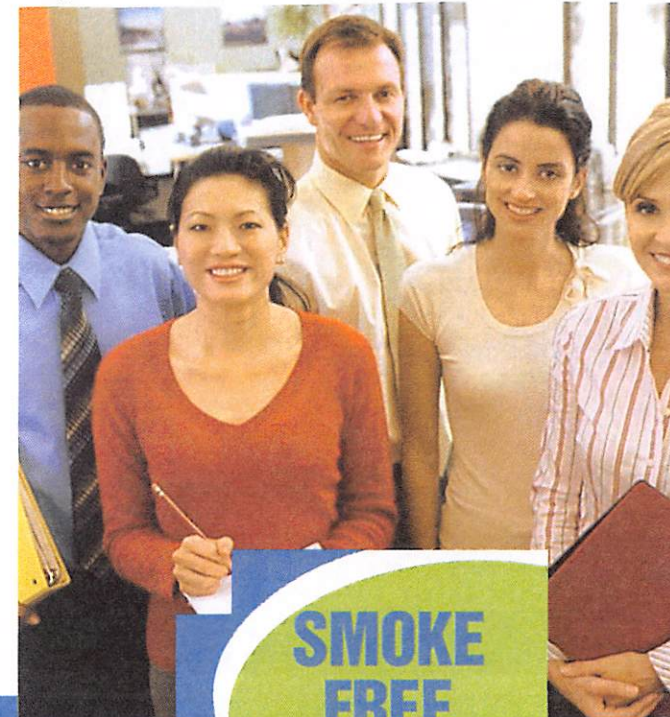
The public is encouraged to report a violation of the Smoke-Free Arizona Act to the Arizona Department of Health Services by one of the following options:

Fill out an online form at smokefreearizona.org
Call 1-877-4-AZNOSMOKE or 1-877-429-6676
Email: nosmokingarizona@azdhs.gov



Arizona Department of Health Services
Office of Environmental Health
Smoke-Free Arizona Program
150 North 18th Avenue, Suite 430
Phoenix, AZ 85007-3247

Credit: AZDHS
McKenna Yracheta - Tobacco Coordinator
myracheta@kaibabpaute-nsh.org



**SMOKE
FREE
ARIZONA**

**Clearing the Air About the
Smoke-Free Arizona Act**



FLU VACCINE

Myths & Facts

REFERENCES

¹ www.cdc.gov/flu/highrisk/qa_vacpregnant.htm
Accessed August 2020

² www.cdc.gov/flu/prevent/misconceptions.htm
Accessed August 2020

³ www.cdc.gov/vaccinesafety/concerns/thimerosal/
Accessed August 2020

⁴ www.cdc.gov/flu/vaccines-work/vaccineeffect.htm
Accessed August 2020

⁵ www.cdc.gov/flu/about/disease/spread.htm
Accessed August 2020

⁶ www.cdc.gov/flu/prevent/nasalspray.htm
Accessed August 2020

⁷ www.cdc.gov/flu/highrisk/65over.htm
Accessed August 2020

⁸ www.cdc.gov/flu/prevent/adjuvant.htm
Accessed August 2020

⁹ www.cdc.gov/flu/prevent/keyfacts.htm
Accessed August 2020

¹⁰ www.cdc.gov/flu/symptoms/symptoms.htm
Accessed August 2020

**Protect yourself and your loved ones.
Get vaccinated today.**

MyFluVaccine.com | (800) 843-7477

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FLU VACCINE

Myths & Facts



fff enterprises
Helping Healthcare Care®



Myth _____
"It's not safe to get an influenza shot while I'm pregnant..."

Fact _____
Since pregnant women experience changes to their body that may affect their immune system, lungs and heart, they are especially susceptible to severe illness from flu. CDC recommends that pregnant women receive an influenza vaccine during any trimester of their pregnancy to protect themselves and their newborn babies from flu.¹

Myth _____
"The influenza vaccine is only necessary for the old and very young..."

Fact _____
The influenza vaccine is for anyone who does not want to be sick with the flu or inadvertently spread the virus to others. CDC recommends annual immunization for all people 6 months and older.²

Myth _____
"I'm better off taking my chances..."

Fact _____
Getting vaccinated is a much safer choice than taking your chances of contracting flu. Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions. A flu infection can also result in serious complications, hospitalization or death.²

Myth _____
"It's too late to get vaccinated. Besides, I got one last year..."

Fact _____
While the end of October and November are the recommended months for vaccination, getting vaccinated later in the season (December-March) can still protect you because flu season often peaks after January and can last as late as May.²

Myth

"All influenza vaccines contain the preservative mercury..."

Fact

Thimerosal is a mercury-based preservative used in multi-dose influenza vaccine vials to keep the vaccine free from contamination and to prevent the growth of microbes.

Thimerosal contains ethylmercury, which is cleared from the human body more quickly than methylmercury and is therefore less likely to cause any harm. Although scientific research does not show a link between thimerosal in vaccines and autism, no childhood influenza vaccines contain thimerosal as a preservative.³

Myth

"Influenza shots don't really work. I got the vaccine and still got the flu..."

Fact

The vaccine reduces the risk of contracting the flu by approximately 40 to 60 percent when the flu viruses are well-matched to the flu vaccine.⁴ Vaccine effectiveness is subject to such variables as:

- amount of time between vaccination and exposure to the flu
- age and health status
- match between the virus strains in the vaccine and those in circulation²

Myth

"I exercise and eat healthy, so I don't need to get vaccinated..."

Fact

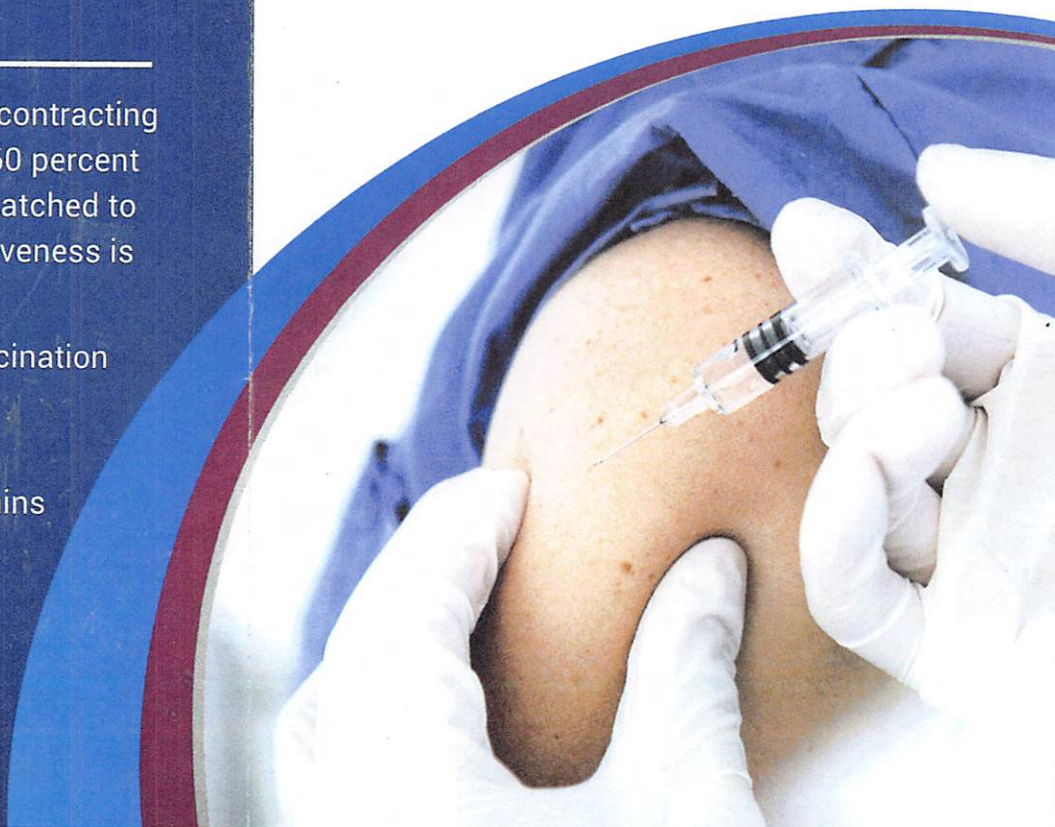
Healthy people can contract the flu since it can spread when a sick person coughs, sneezes or talks, and when touching a surface with flu virus. Even healthy people can be infected with the flu virus without showing any symptoms.⁵

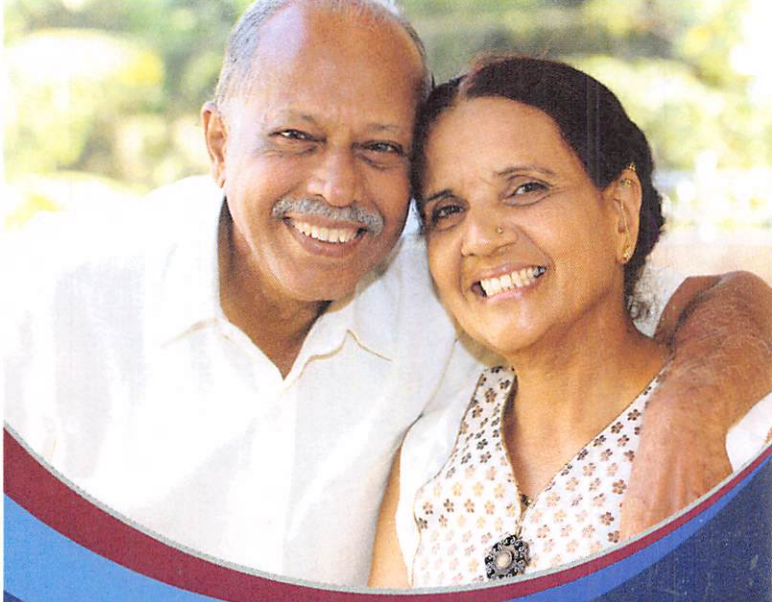
Myth

"I'm afraid of needles, and influenza vaccines are only available in a shot..."

Fact

The nasal spray* influenza vaccine is approved for use in non-pregnant individuals, 2 years through 49 years of age.⁶





Myth

"There are no influenza vaccines made just for seniors..."

Fact

There are two vaccines designed specifically for people 65 years of age and older. The high dose vaccine is tailored for adults over 65, and contains 4 times the amount of antigen as the regular influenza shot.⁷ The adjuvanted influenza vaccine has an adjuvant added to help enhance immune response in those 65 and older.⁸

Myth

"The influenza shot can increase my risk of getting COVID-19..."

Fact

There is no evidence that getting a flu vaccine increases the risk of getting COVID-19. In fact, with the risk of contracting COVID-19 as a communicable disease, it's even more important to do everything possible, such as getting your influenza vaccine, to reduce the onset of illnesses.⁹

Myth

"I got vaccinated last year. That influenza shot should be good for this year too..."

Fact

Since the body's immune response to an influenza vaccine declines over time, a yearly vaccine is the best protection. And, because flu viruses are always changing, the strains are reviewed each year and are sometimes revised to keep up with changing flu viruses.⁹

Myth

"Getting sick with the flu is not that serious..."

Fact

According to CDC, millions of people get flu every year, hundreds of thousands of people are hospitalized and thousands to tens of thousands of people die from flu-related causes every year.⁹ Flu symptoms, (including fever, headaches, cough, sore throat, nasal congestion, extreme tiredness and body aches), can disrupt your work, school and social life for up to two weeks.¹⁰

Myth

"I could get the flu from the influenza shot..."

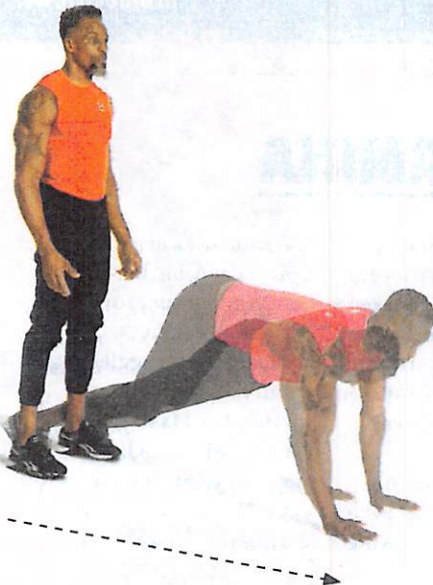
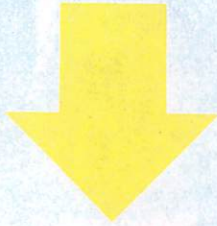
Fact

An influenza vaccine will not give you the flu. The viral strains in injectable influenza vaccines have been inactivated, therefore are not infectious.² The viral strains in the nasal spray* vaccine are weakened so that they will not cause influenza illness.⁶

POWER BELL

To feel great and move well for years to come, you need *more* than muscle. You need power, the ability to create force quickly. Build that in this single-kettlebell workout that's over in 30 minutes.

BY JERRY ST. LOUIS, NSCA-C.P.T.



WARMUP

SQUAT TO PLANK WALKOUT

▶ Start standing, then push your butt back and bend at the knees and hips, lowering into a deep squat. Place your hands on the floor and crawl forward until you're in pushup position, abs tight. Reverse the moves to return to the start. The entire series warms up every muscle in your body. Do reps for 1 minute, then rest for 30 seconds. Work for 2 rounds.

TANK BY UNDER ARMOUR; PANTS BY VRST; SNEAKERS BY REEBOK.

WORKOUT

DIRECTIONS: Do reps of each move for 1 minute, then rest for 30 seconds. Do 3 rounds of each movement, then move on to the next exercise. You can attack this workout 4 or 5 days a week. On all other days, go for a 20-minute run or walk.

1

KETTLEBELL DEADLIFT

▶ Blast your hamstrings and glutes with this critical lift. Stand over a kettlebell, shins parallel to the bell, feet shoulder-width apart, then push your butt back and lower your torso until you can grasp the bell with both hands. Tighten your abs. Stand and squeeze your glutes. Lower. That's 1 rep.



2

PLANK DRAG

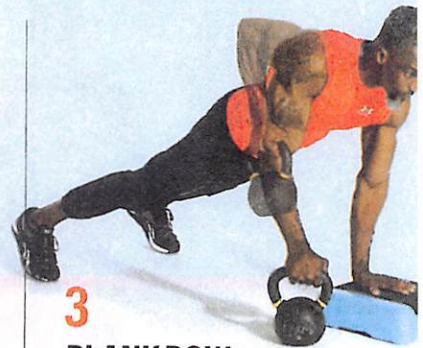
▶ Challenge your core to stabilize your entire torso. Get in pushup position, a kettlebell just outside your left hand. Keeping your hips square to the floor, reach your right hand toward the bell; grab it and pull it to the right. Return to pushup position. Repeat on the other side. That's 1 rep.



3

PLANK ROW

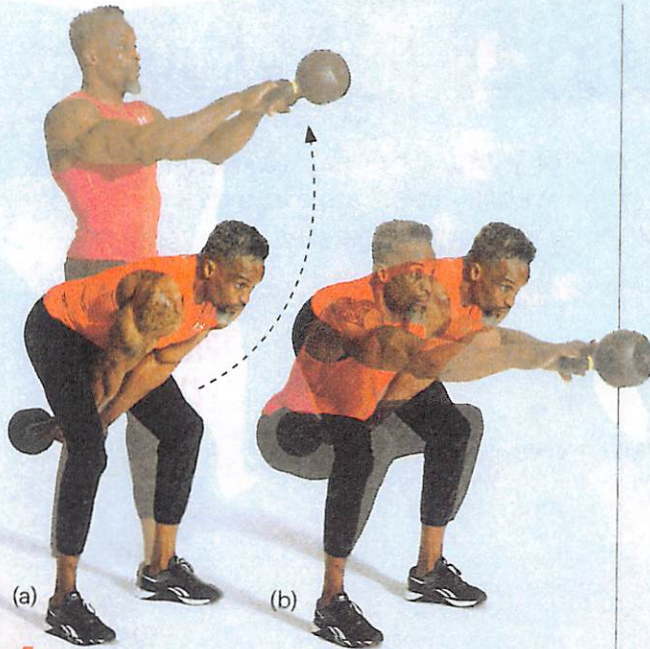
▶ Build mid-back muscle to protect your shoulders. Start in pushup position, right hand on a kettlebell hand. Keeping your hips and shoulders square, row the bell to your right hip. Lower. That's 1 rep. Do reps for 30 seconds on the right side, then 30 seconds on the left side.



Credit; Men's Health 2023 September edition
McKenna Yracheta-Diabetes Fitness Coordinator
myracheta@kaibabpaiute-nsn.gov

► **TRAINER SPOTLIGHT: JERRY ST. LOUIS, NSCA-C.P.T.**, is a kettlebell specialist with Wolfpack who trains clients in Brooklyn. He was part of the 2022 cohort of *MH*'s Strength in Diversity Initiative, which aims to deliver education, resources, and mentorship to trainers from marginalized communities. Follow him on Instagram at @jaycoachz.

WORKOUT MODEL: COLIN DARING is a 53-year-old trainer and kettlebell specialist. He's worked with St. Louis for years at Wolfpack.

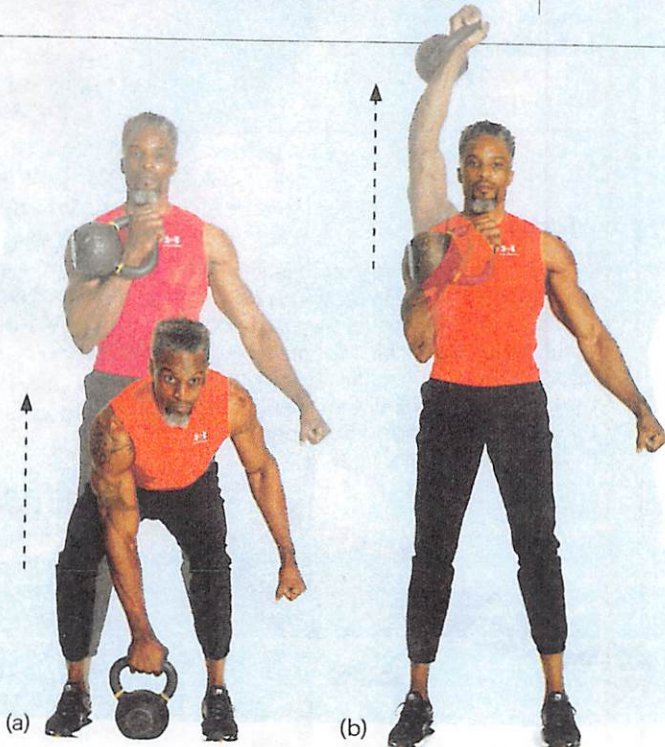
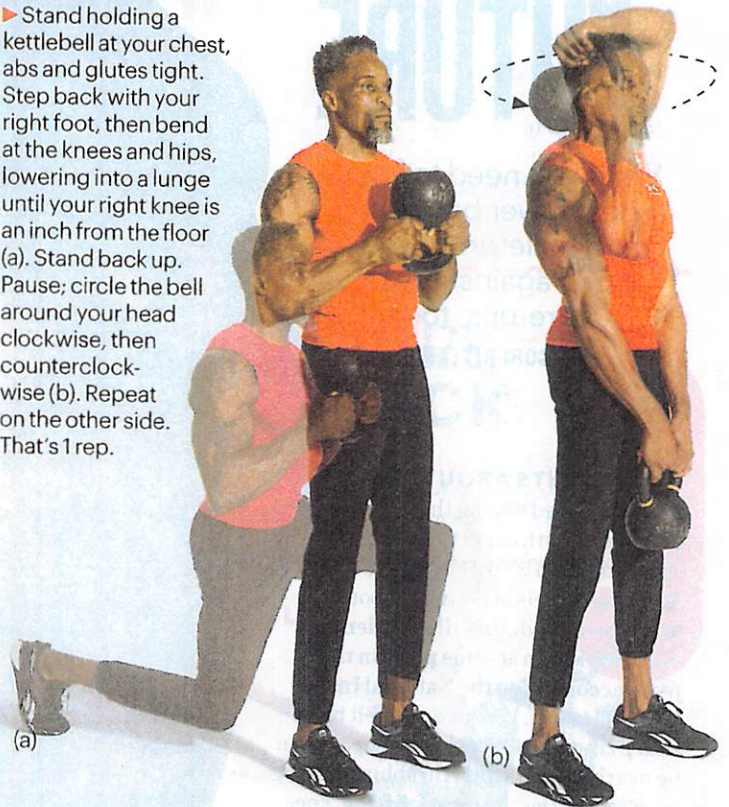


4 KETTLEBELL SWING TO SQUAT SWING

► Stand 2 feet behind a kettlebell, feet shoulder-width apart. Push your butt back and lower your torso until you can grasp the bell with both hands. Keep your abs tight. This is the start. Explosively pull the bell behind you (a), then squeeze your glutes and stand explosively. Let the bell's momentum carry it between your legs again; this time, when it does, sit into a squat and pull the bell forward (b). Alternate between these 2 moves until time is up.

5 KETTLEBELL LUNGE TO HALO

► Stand holding a kettlebell at your chest, abs and glutes tight. Step back with your right foot, then bend at the knees and hips, lowering into a lunge until your right knee is an inch from the floor (a). Stand back up. Pause; circle the bell around your head clockwise, then counterclockwise (b). Repeat on the other side. That's 1 rep.



6 ALTERNATING DEAD CLEAN TO PRESS

► Stand with a kettlebell between your feet. Push your butt back and lower your torso until you can grasp the bell with your right hand. Explosively stand and squeeze your glutes, pulling the bell straight up as you do this (a). As it nears your chest, pull it to your shoulder and drive your elbow to your rib cage, finishing in a racked position. Press the bell overhead (b). Reverse the movements, then repeat on the other side. That's 1 rep.

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