



Circuit Kettlebell Workout

****Perform 5 rounds of 20 repetitions each or 10 rounds starting with 20 repetitions each and drop down by two each rotation. Every even exercise will be conducted with bodyweight.****

Warm Up

(5-8 minutes to prepare your body for the workout)

Station 1 – Kettlebell Swings

Station 2 – Burpees

Station 3 – Single Arm Clean and Press

Station 4 – Mountain Climbers

Station 5 – Upright Row

Station 6 – Explosive Squat

Station 7 – Rear Lunge

Station 8 – V-Up

Station 9 – Sitting Twists

Station 10 - Crunches

Cool Down & Stretch