



Full Body Kettlebell Superset

* Equipment needed – 2 Kettlebells *

Warm Up

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

KB Biceps Curl / Overhead Triceps Extension - 4 sets of 12 reps

Farmer's Carry / Walking Lunge – 4 sets minimum 25 feet

Deltoid Lateral Raise / Shoulder Press – 4 sets of 10 reps

Hammer Grip Bent Over Row / Neutral Grip Bent Over Rear Delt Row – 4 sets of 12 reps

Goblin Squat / Standing Calf Raise 4 sets of 20 reps

Cool Down & Stretch