



Upper Body KB Workout

* Equipment needed – 1 Kettlebell*

Warm Up

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

Single Arm Kettlebell Swing – 4 sets of 10 reps

Jerk Press – 5 sets of 8 reps

Jack Knife Pullover – 6 sets of 6 reps

Single Arm Close Chest Press – 4 sets of 10 reps

Single Arm Row – 5 sets of 8 reps

Acid Drop into Triceps Extension – 6 sets of 6 reps

Figure 8 Curl – 4 sets of 10 reps

Clean and Press – 5 sets of 8 reps

Cool Down & Stretch