



## **Lower Body KB Workout**

\* Equipment needed – 2 Kettlebells\*

Warm Up

**Kettlebell Swing** – 5 sets of 20 reps

**Goblet Squat** – 5 sets of 20 reps

**Lateral Goblet Lunge** – 5 sets of 20 reps

**Front Squat** – 4 sets of 15 reps

**Reverse Lunge to Single Arm Press** – 4 sets of 15 reps

**Clean** – 4 sets of 15 reps

**Snatch** – 4 sets of 15 reps

**Turkish Get Up** – 3 sets of 12 reps

**Single Leg Romanian Deadlift to Clean and Press** – 3 sets of 12  
reps

Cool Down & Stretch