



Kettlebell Workout

Warm Up

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

(Complete 1 – 4 rounds, depending on available time and fitness level)

Goblet Squat – 15 reps

Side Lunge with Overhead Press and Knee Lift – 10 reps each leg

Single Arm KB Swing – 20 reps each arm

Lunge with Figure 8 KB Pass Through Legs – 15 each leg

Single Arm Wide Row to Narrow Row (1 Wide Row + 1 Narrow Row = 1 full repetition) – 10 reps
each arm

Sitting Twists – 1 min

Cool Down & Stretch