

KETTLEBELL WORKOUTS

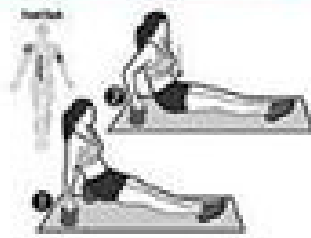
UPPER BODY



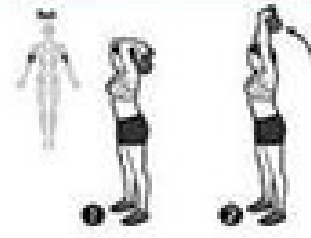
Alternating Curl



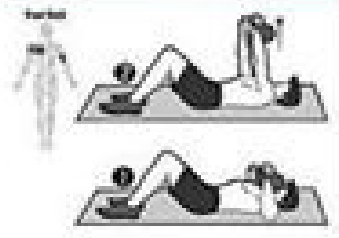
Push-Up



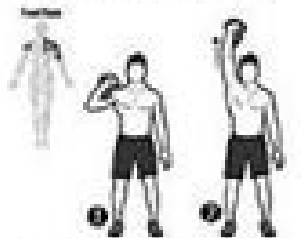
Tricep Dip



Tricep Extension



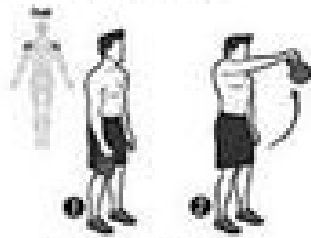
Chest Press



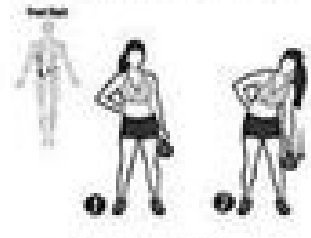
Shoulder Press



Side Raise



Front Raise



Side Bend



Pullover

CORE



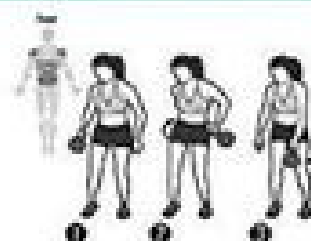
Russian Twist



Straight Arm Sit



Side Swing



Around the Body



Half Turkish Get Up

BACK



Bent Over Row



Renegade



Single Arm Row

LOWER BODY



Bob and Weave

LOWER BODY



Goblet Squat



Deadlift



Single Leg Deadlift



Lunge

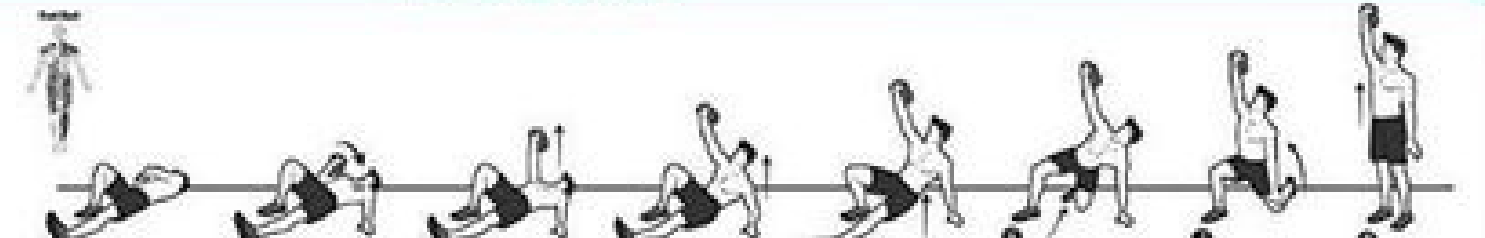


Side Lunge

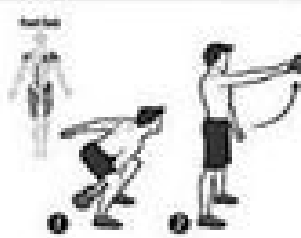
TOTAL BODY



Double Arm Swing



Turkish Get Up



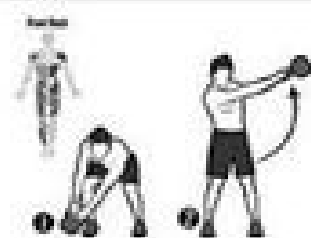
Single Arm Swing



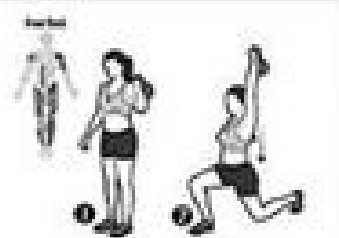
Thruster



Windmill



Wood Chop



Lunge Press



Overhead Squat



Farmer's Walk



Snatch



Clean

Upper Body Kettlebell Workout

Exercise	Sets	Reps
Kettlebell Shoulder Press	3	10
Kettlebell Side Raise	3	12
Kettlebell Chest Press	3	10
Kettlebell Row	3	12
Kettlebell Renegade Row	3	12

Lower Body Kettlebell Workout

Exercise	Sets	Reps
Kettlebell Sumo Deadlift	3	15
Goblet Squat	3	15
Kettlebell RDL	3	12
Kettlebell Reverse Lunge	3	10 Each
Kettlebell Swing	3	15

Upper Body Kettlebell Workout

Exercise	Sets	Reps
Kettlebell Deficit Push Up	3	15
Kettlebell Halo	3	8 Each
Kettlebell High Pull	3	10
Kettlebell Row	3	12
Kettlebell Renegade Row	3	15

Lower Body Kettlebell Workout

Exercise	Sets	Reps
Kettlebell Single Leg Deadlift	3	15
Kettlebell Squat	3	15
Kettlebell Walking Lunge Pass	3	10 Each
Kettlebell Swing	3	15
Kettlebell Step Up	3	10 Each