

THE KILLER KETTLEBELLS WORKOUT

Complete each exercise back-to-back. Rest for one to two minutes, then repeat for a total of two or three circuits. Do this routine two or three days a week, using a 10- to 15-pound kettlebell.

1 AROUND-THE-BODY PASS 10 REPS



2 BENT ROW 10-12 REPS



3 DEAD LIFT 10-12 REPS



4 FIGURE 8 10 REPS



5 HALF GET-UP 5 REPS



6 SWING 15-20 REPS



7 FRONT SQUATS 10-15 REPS



8 WINDMILL 5-10 REPS



Kettlebell Exercises A Beginners Guide

Minjie Lin



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