SIMPLE KETTLEBELL ROUTINE

Torch Those Calories & Build Muscle with this Simple Kettlebell Routine

KETTLEBELLS ON MON/WED/FRI
CARDIO /30 MINUTES ON TUES & THURS

Have questions about the workout? We're here to help.
Click Here To Visit Our Contact Page
Perform this routine in super-set fashion. Meaning one KB exercise followed by the next. Rest 1-2 minutes between sets & repeat from beginning. Note: Beginners should consult a certified kettlebell instructor or reach out with any questions.

- Example:
  - Perform exercise 1. Then rest 1 min.
  - Perform exercise 2. Then rest 1 min.
  - Perform exercise 3. Then rest 1 min and so on...

Days, Sets & Reps
- Monday - 3 x 12 reps
- Wednesday - 3 x 15 reps
- Friday - 3 x 20 reps

PERFORM ALL EXERCISES IN A CIRCUIT. CARDIO ON TUES/THURS.
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PUSH IT.

THE EXERCISES

- 1 – Kettlebell Clean & Press
- 2 – Kettlebell Pushups
- 3 – Kettlebell Single Arm Rows
- 4 – Kettlebell Sumo Deadlifts
- 5 – Kettlebell Single Arm High Pulls
  - 6 – Kettlebell Swing
  - 7 – Kettlebell Low Windmill

*Not sure how to do the exercises? Hover over the exercise and click for how-to article.

Need more help? Click below to contact us.

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