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# FULL BODY KETTLEBELL WORKOUT

Torch Those Calories & Build Muscle with this Full  
Body Kettlebell Workout Guide

**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](#)





# ARE YOU READY?

## INSTRUCTIONS

Perform this routine in super-set fashion. Meaning one KB exercise followed by the next. Then rest 1-2 minutes.

Group kettlebell exercises A1 with A2. Group kettlebell exercises B1 with B2. Group kettlebell exercises C1 with C2 and C3.

- Example:

- Perform A1 & A2. Rest.
- Perform B1 & B2. Rest.
- Perform C1, C2 & C3.

Days, Sets & Reps

- Monday - 3 x 12 reps
- Wednesday - 3 x 15 reps
- Friday - 3 x 20 reps

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

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# PUSH YOUR LIMITS.

## THE EXERCISES

- A 1 - [The Kettlebell Swing](#)
- A 2 - Kettlebell Goblet Squat
- B 1 - Overheard Kettlebell Strict Press
- B 2 - Bent Over Single Arm Kettlebell Row
- C 1 - Kettlebell Romanian Deadlift
- C 2 - Kettlebell Halo
- C 3 - Kettlebell Russian Twist

\*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.



**PERFORM ALL EXERCISES IN A CIRCUIT.**  
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