

THE 21 KETTLEBELL FAT-SMASHING WORKOUT

WARM UP

1. Front Swing Exercise (2-3 min with light weight)

UPPER BODY CIRCUIT

2. Kettlebell Bent Rows
3. Lying Chest Presses
4. Standing Lateral Shoulder Lifts
5. Standing Tricep Extensions
6. Bent Over Reverse Flys
7. Standing Bicep Curls

CARDIO

8. – Weighted Kettlebell Stair Climbs (4-5 min with light weight)

LOWER BODY CIRCUIT

9. Kettlebell Cleans
10. Roman Dead Lifts
11. Calf Extensions (on step)
12. Overhead Weighted Split Squat (each leg)
13. Weighted Lateral Lunges (each leg)
14. Goblet Squat

CARDIO

15. – Weighted Elbow to Knee's (2 min each side with light weight)

CORE CIRCUIT

16. Upward Wood Chops
17. Weighted Sit-ups (holding kettlebell above head)
18. Russian Twist (with light weight)
19. Kettlebell Good Morning's
20. Weighted Lateral Leans
21. Kettlebell Windmill

COOL DOWN & STRETCH

FIND MORE FITNESS & NUTRITION PRINTABLES AT YURIELKAIM.COM

10 KETTLEBELL FAVORITES

KETTLEBELL SWING



KETTLEBELL PRESS



ROMANIAN DEADLIFT KETTLEBELL SWING (RDL SWING)



1-ARM SWING



GOBLET SQUAT



SUMO SQUAT



REVERSE LUNGE PRESS



KB DEADLIFT



KETTLEBELL GRAB



KETTLEBELL TURKISH GETUP

