

# KETTLEBELL WORKOUTS

## UPPER BODY



Alternating Curl



Push-Up



Tricep Dip



Tricep Extension



Chest Press



Shoulder Press



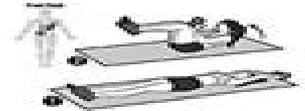
Side Raise



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

# Kettlebell Workout Guide

**RC Schank**



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