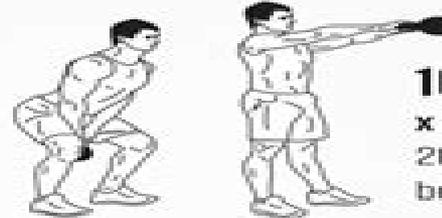


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2 minutes rest between exercises



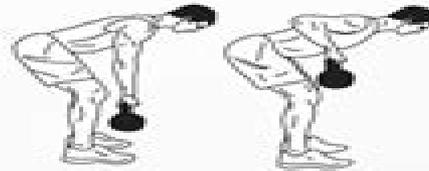
**10** squats  
**x 3 sets** in total  
20 seconds rest  
between sets



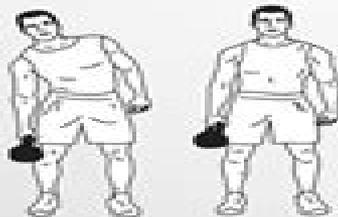
**10** swings  
**x 3 sets** in total  
20 seconds rest  
between sets



**10** deadlifts  
**x 3 sets** in total  
20 seconds rest  
between sets



**10** bent over rows  
**x 3 sets** in total  
20 seconds rest  
between sets



**10** side bends  
**x 3 sets** in total  
20 seconds rest  
between sets



**10** bicep curls  
**x 3 sets** in total  
20 seconds rest  
between sets

# Kettlebell Exercise Guide

**G Orfield**



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