

# THE KILLER KETTLEBELLS WORKOUT

Complete each exercise back-to-back. Rest for one to two minutes, then repeat for a total of two or three circuits. Do this routine two or three days a week, using a 10- to 15-pound kettlebell.

## 1 AROUND-THE-BODY PASS 10 REPS



## 2 BENT ROW 10-12 REPS



## 3 DEAD LIFT 10-12 REPS



## 4 FIGURE 8 10 REPS



## 5 HALF GET-UP 5 REPS



## 6 SWING 15-20 REPS



## 7 FRONT SQUATS 10-15 REPS



## 8 WINDMILL 5-10 REPS



# Kettlebell Exercises A Beginners Guide

**L Reisser**



## **Kettlebell Exercises A Beginners Guide:**

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