

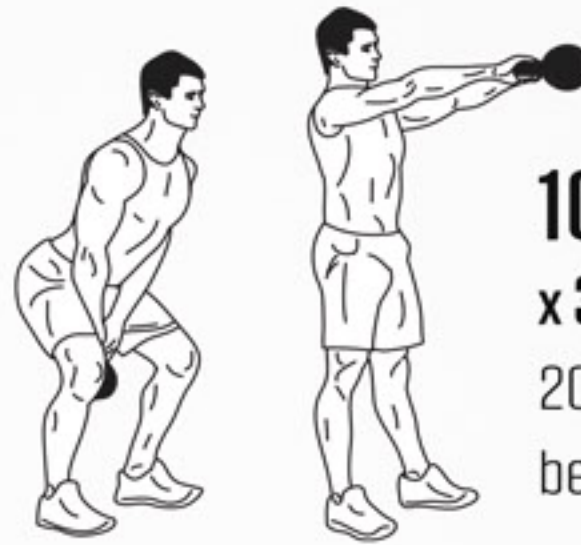
FULL-BODY KETTLEBELL

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



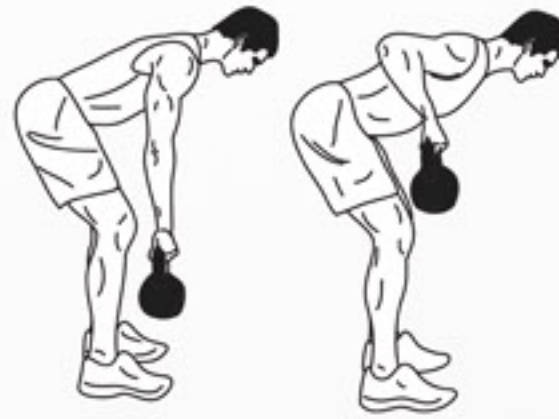
10 squats
x 3 sets in total
20 seconds rest
between sets



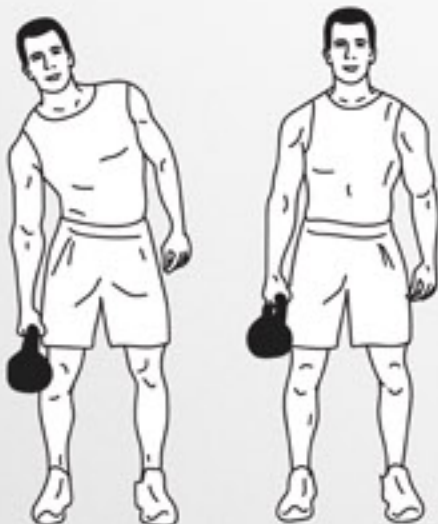
10 swings
x 3 sets in total
20 seconds rest
between sets



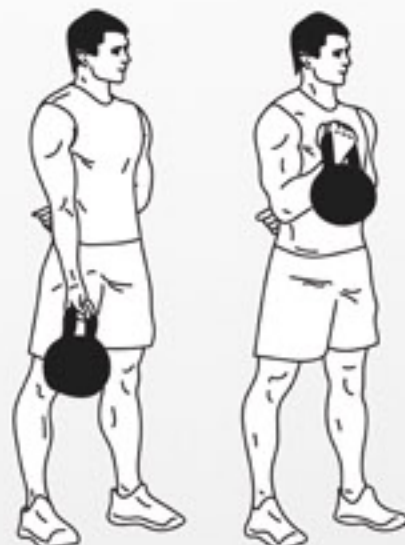
10 deadlifts
x 3 sets in total
20 seconds rest
between sets



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