

FULL-BODY KETTLEBELL WORKOUT

Perform each pair of movements as a superset, completing 3 rounds of the first (A1 + A2) before moving on to the second (B1 + B2) and so on. A1, B1, and C1 are strength movements and should be performed slowly and with control. A2, B2, and C2 are power movements; perform these explosively. Rest for 60 seconds after each power movement.



'Bell beginner? Stick with a lighter weight until you master the movement!

MOVEMENT	SETS	REPS
A1) KB Front Squat	3	10
A2) KB High Pull	3	20
B1) KB Romanian Deadlift	3	10
B2) KB Swing	3	20
C1) KB Clean and Press	3	10/side
C2) KB Renegade Row	3	10/side