

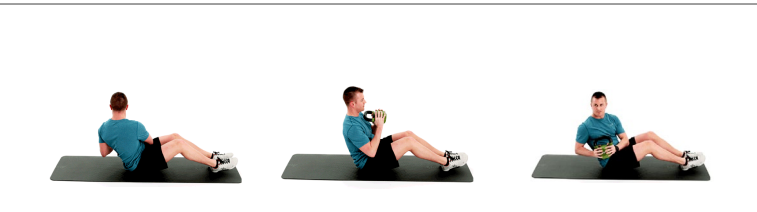










# INTRO TO KETTLEBELLS

- Kettlebells are a great addition to your workout routine to change up current exercises. Since the weight of a kettlebell is not distributed evenly as with a dumbbell and/or barbell, they engage stabilizer muscles making the exercise more challenging.

**THE WORKOUT:** Choose a weight you can do for 10-12 reps each set, while maintaining proper form.

Circuit	Exercise		Sets	Reps	Rest
1	KB Swing		3	45 sec	60 sec
	KB Squat			45 sec	
	KB Russian Twist			45 sec	
Rest 90 sec					
2	KB One Arm Press		3	45 sec	60 sec
	KB Reverse Lunge			45 sec	
	KB Goblet Squat			45 sec	
Rest 90 sec					

# INTRO TO KETTLEBELLS

Circuit	Exercise		Sets	Reps	Rest
3	KB Single Arm Row		3	45 sec	60 sec
	KB Sumo Squat			45 sec	
	KB Forward Lunge			45 sec	
Rest 90 sec					
4	KB One Arm Overhead Squat		3	45 sec	60 sec
	KB Farmer's Walk			45 sec	
	KB Lateral Lunge			45 sec	
Rest 90 sec					