









# Kettlebells & Dumbbells

- Changing up your workout and incorporating a variety of equipment can help progress your training program and keep things fun and entertaining! Kettlebells and dumbbells are two great options to easily incorporate into your workouts.

Circuit	Exercise		Reps	Sets	Rest
A	KB Goblet Squat		60 sec	2	30 sec
	KB Overhead Press		60 sec	2	30 sec
Rest 60 sec					
B	DB Bicep Curls		60 sec	2	30 sec
	DB Row		60 sec	2	30 sec
Rest 60 sec					
C	KB Deadlift		60 sec	2	30 sec
	KB Russian Twist		60 sec	2	30 sec
Rest 60 sec					
D	DB Forward Lunge		60 sec	2	30 sec
	DB Weighted Step Ups		60 sec	2	30 sec

- Having a few kettlebells and/or dumbbells at home can provide tools for a quick & efficient workout. Check out the variety of options in the Life Time online store at <https://shop.lifetime.life/>