

KETTLEBELL CARDIO WORKOUT

Get fit fast and burn fat with this high-intensity cardio session.

HOW TO DO IT
Complete the following moves in order for the designated period of time. After the last move, rest for 30 seconds before starting again. Do this for six rounds.

1 KETTLEBELL TWO-ARM SWING

Test: 1 minute

This is the basis for every more complex kettlebell move, so it's well worth getting it right.

- i. Squat down, holding a kettlebell with both hands.
- ii. Bend all your legs, with your knees in line with your feet and



back straight, before snapping your hips forward to stand up straight and swing the weight up.

- iii. Control the weight using your core, back and shoulders, allowing the kettlebell to reach shoulder height before reversing back to the start.



2 SNATCH

Test: 30 seconds each arm

A complex move but worth the effort because it's great for your core, back and shoulders.

- i. Holding the kettlebell in one hand,



bend down and snap your hips to swing the weight forward.

- ii. As the weight passes waist height, pull your shoulder back, then punch your arm upward when



it reaches shoulder height.

- iii. Catch the kettlebell on your forearm once your arm is fully extended.



4 CLEAN, SQUAT AND PRESS

Test: 30 seconds each arm

A classic kettlebell move that works every muscle in your body.

- i. Bring the kettlebell to shoulder height and wrap it around your hand with both on your biceps and forearm, with your elbow resting on your midline — known as the "rack position".
- ii. Drop down into a deep squat, remembering to keep your knees over your toes and your back neutral.
- iii. Drive up through your heels, breathing out on the way up and pushing the weight above your head until your arms are straight.



Kettlebell Cardio Workout Mens Fitness Magazine

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Reviewing **Kettlebell Cardio Workout Mens Fitness Magazine**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Kettlebell Cardio Workout Mens Fitness Magazine**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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