

40-MINUTE FULL BODY KETTLEBELL WORKOUT

BLOCK 1: LOWER BODY POWER & STRENGTH (10 MINUTES)

Kettlebell Goblet Squat
Kettlebell Reverse Lunge
(Alternating)

Kettlebell Deadlift
Kettlebell Sumo Deadlift
High Pull

BLOCK 2: UPPER BODY STRENGTH & STABILITY (10 MINUTES)

Kettlebell Single-Arm Press
Kettlebell Bent-Over Row
(Renegade Variation)

Kettlebell Bent-Over Row
(Single-Arm)
Kettlebell Floor Chest Press

BLOCK 3: CORE STRENGTH & MIDLINE STABILITY (10 MINUTES)

Kettlebell Russian Twists
Kettlebell Dead Bug Hold
Kettlebell Plank Drag-Through

Kettlebell Swings
Kettlebell Clean to Press
Kettlebell Shatch

BLOCK 4: CONDITIONING & POWER (10 MINUTES)

Kettlebell Swings
Kettlebell Clean to Press

Kettlebell Clean to Press
Kettlebell Alternating Swings

Advanced Home Workout For Small Business For Beginners

Sabine Zange



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