

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

Pro Home Workout 2025 For Beginners 38407

Dale L Roberts



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The Beginner's Home Workout Plan Dale L. Roberts,2016-06-13 Are you ready to finally begin working out but don't know where to start Wouldn't it be nice to get a simple exercise program you can do anywhere and at any time Then The Beginner's Home Workout Plan has exactly what you need without all the extra filler The 1 Best Selling Fitness Author Dale L Roberts put together the best first step for anyone new to fitness Stop fooling around with stupid fad diets trendy workout programs or shaky theories that don't have a leg to stand on You need sound advice on the fundamentals of working out with credible resources and proven results The Beginner's Home Workout Plan gives everything you need to start your new healthy lifestyle on the right foot and continue on to even better health and fitness In The Beginner's Home Workout Plan you'll discover Why beginners don't have to kill themselves for impressive results How short hit and split exercise programs work best What the simple exercises that are missing from most workout plans How less workout equipment equals less stress Fun yet powerful workouts to bring out the best in the beginner Appropriate home workouts for both men and women Hundreds of detailed images of exercise demonstrations Brief yet easy to understand instructions Over 90 days of exercise programs to keep you going for months to come Learn how to lose weight fast naturally without dieting and keep it off Easily modifiable workouts to use anywhere at any time The perfect health and fitness guide for weight loss All in a short book so you can read it quickly exercise right away and see results ASAP And so much more Stop hoping you get the right results by blindly searching the web for answers Get the correct information on the best steps for a beginner's home workout plan right NOW Scroll Up Click the Buy Button to Start Your NEW at Home Workout Routine TODAY [The Home Workout Plan for Beginners](#) Dale L Roberts,2019-02-06 Workout at Home with this Exercise Program for Beginners Are you ready to finally start working out but don't know where to begin Wouldn't it be nice to get a simple exercise program you can do from the comforts of your home Then The Home Workout Plan for Beginners has what you need without any filler No more fooling around with fad diets trendy workout programs or questionable weight loss theories You need sound advice on the fundamentals of working out with proven results and credible resources The Home Workout Plan for Beginners gives everything you need to start your new healthy lifestyle on the right foot and continue to even better health and fitness In The Home Workout Plan for Beginners you'll discover Why you don't have to kill yourself for impressive results How short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don't have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results ASAP Stop hoping to get results by blindly searching online for answers Get the right information on the best steps for a beginner's home workout plan right NOW Get Your Copy and Start Your NEW At Home Workout Routine TODAY

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