

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

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Didier Musso



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In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Pro Home Workout Full Tutorial For Beginners 10693**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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