

# 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 Explained For Beginners

**DJ Losen**



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