




**KETTLEBELL WORKOUT**

**45 MINUTES**

**ADVANCED  
MUSCLE BUILDING**



 **WARM-UP (5 MINUTES)**  
**ARM SWINGS + SHOULDER ROLLS – 1 MIN**  
**HIP CIRCLES + LEG SWINGS – 1 MIN**  
**BODYWEIGHT SQUATS – 1 MIN**  
**KETTLEBELL HALOS – 1 MIN**  
**LIGHT KETTLEBELL SWINGS – 1 MIN**

**EXERCISEREPS**  
**2A. KETTLEBELL FRONT SQUATS**  
**10–12**  
**2B. KETTLEBELL ROMANIAN DEADLIFTS**  
**10–12**

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**2B. KETTLEBELL ROMANIAN DEADLIFTS**  
**10–12**

**EXERCISEREPS**  
**3A. KETTLEBELL FLOOR PRESS**  
**8–10**  
**3B. KETTLEBELL HIGH PULLS**  
**8–10**

**EXERCISEREPS**  
**4A. KETTLEBELL WINDMILLS**  
**6–8/SIDE**  
**4B. KETTLEBELL RUSSIAN TWISTS**  
**20 TOTAL**  
**4C. KETTLEBELL PLANK PULL-THROUGHS**  
**10–12**

**FINISHER (5 MINUTES)**  
**KETTLEBELL COMPLEX (NO REST BETWEEN EXERCISES)**  
**PERFORM 3–4 ROUNDS:**  
**5 SWINGS**  
**5 GOBLET SQUATS**  
**5 CLEANS (EACH SIDE)**  
**5 PUSH PRESS (EACH SIDE)**  
**5 SNATCHES (EACH SIDE)**  
**REST 30 SECONDS BETWEEN ROUNDS.**

 **COOL DOWN (3–5 MINUTES)**

- **SEATED FORWARD FOLD – 1 MIN**
- **PIGEON STRETCH – 1 MIN EACH LEG**
- **THORACIC TWIST – 30 SEC EACH SIDE**
- **DEEP BELLY BREATHING – 1 MIN**