

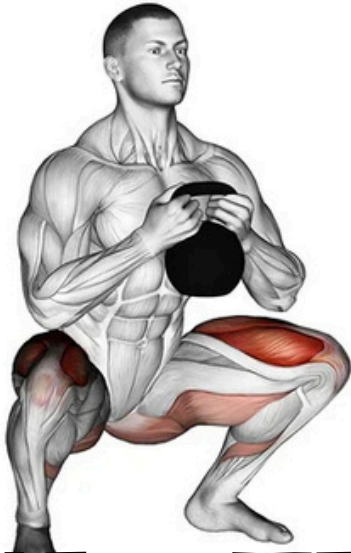
FULL BODY KETTLEBELL WORKOUT PLANS



GOBLET SQUAT 3 SETS

10 REPS

60S



KETTLEBELL SWING 3 SETS

15 REPS

60S



KETTLEBELL ROW 3 SETS

10 REPS

60S

OVERHEAD PRESS 3 SETS

8 REPS

60S



DEADLIFT 3 SETS 12 REPS

60S

**Beginner's Full Body
Kettlebell Foundation
(4 Weeks)**



FULL BODY KETTLEBELL WORKOUT PLANS



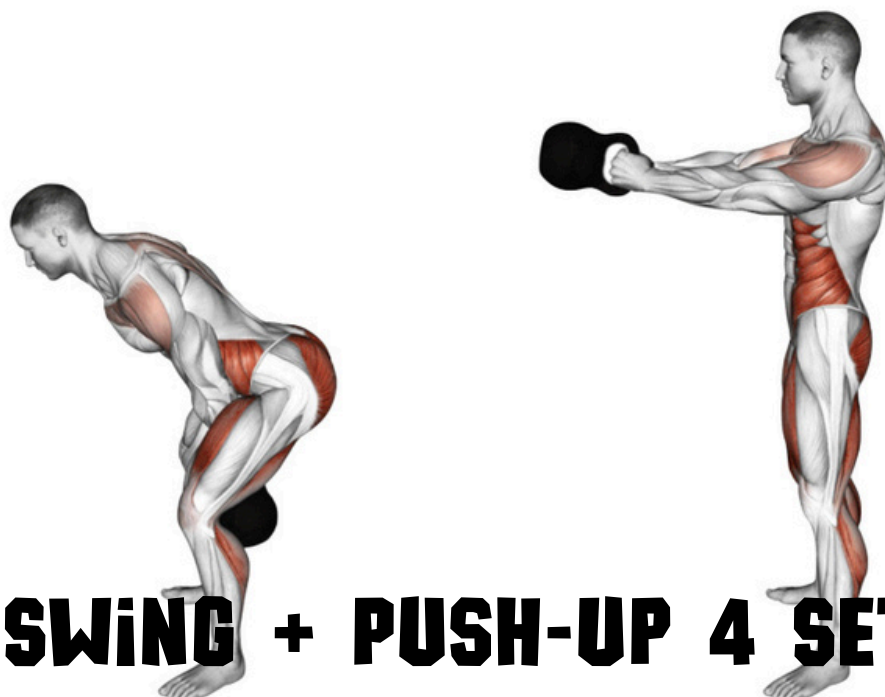
KETTLEBELL CLEAN & PRESS + SQUAT 4 SETS

8 REPS

90S



KETTLEBELL ROW + LUNGE 4 SETS 10 REPS 90S



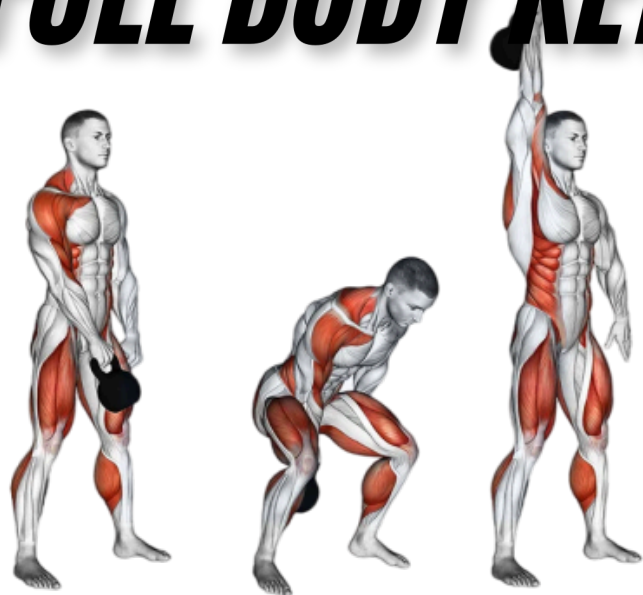
KETTLEBELL SWING + PUSH-UP 4 SETS 15 REPS

90S

**Advanced Kettlebell Strength
& Conditioning Circuit**



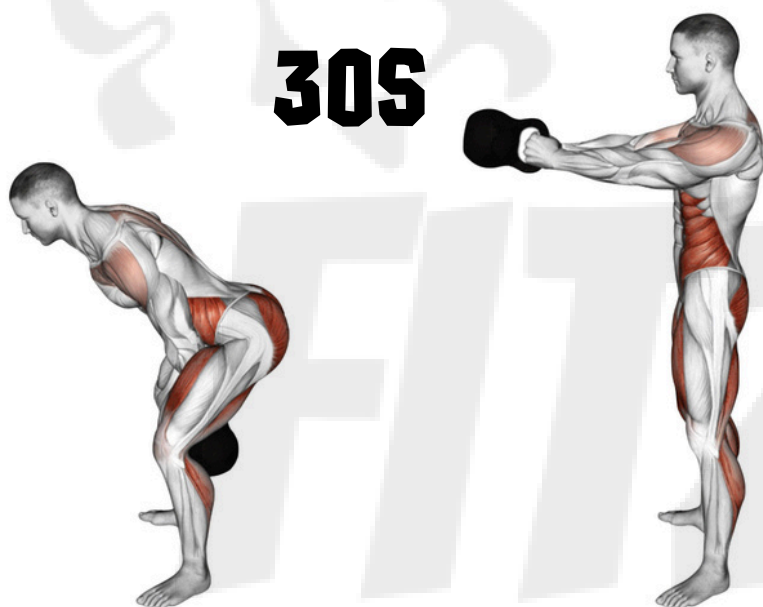
FULL BODY KETTLEBELL WORKOUT PLANS



KETTLEBELL SNATCH

60S DURATION

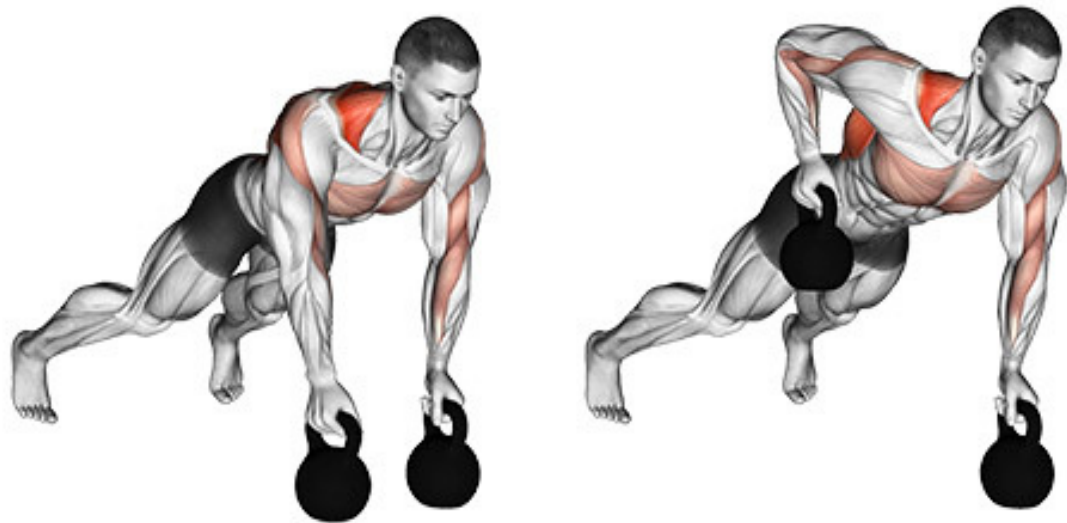
30S



KETTLEBELL SWING

60S DURATION

30S



RENEGADE ROW

60S DURATION

30S



FRONT SQUAT

60S DURATION

30S



OVERHEAD PRESS

60S DURATION

30S



**Advanced Kettlebell
Strength & Conditioning Circuit**