

KETTLEBELL ARM WORKOUT



**Kettlebell Hammer
Curl x 15 (lightweight)**



Overhead Tricep Press x 12



**Isometric Curl Hold
(top of rep) - 20 seconds**



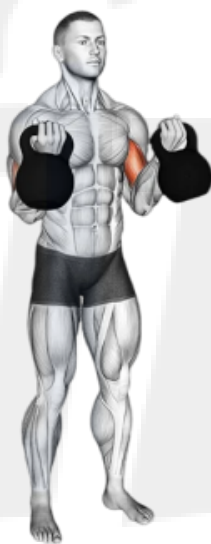
KETTLEBELL ARM WORKOUT



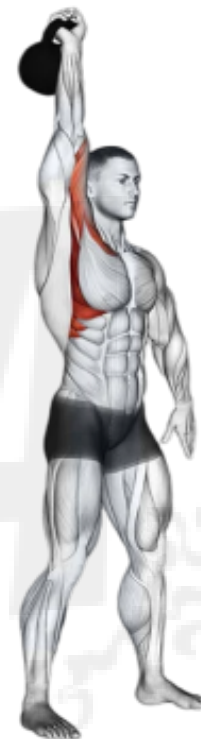
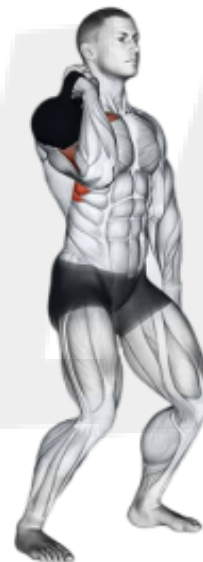
Kettlebell Hammer Curl 3 Sets
8-12
Biceps, Forearms



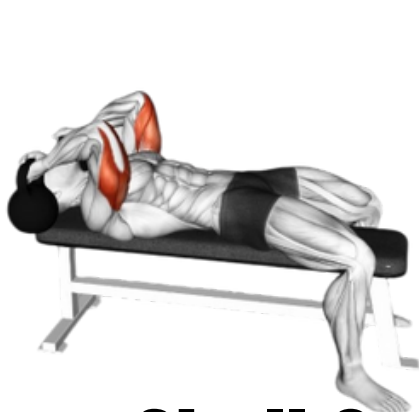
Kettlebell Tate Press 3 Sets
10-12
Triceps



Zottman Curl 3 Sets
8-10
Biceps, Grip



Single-Arm Overhead Press 3 Sets
8 per side
Triceps, Shoulders



Floor Skull Crushers 3 Sets 10
Triceps



Farmer's Hold 2-3 Sets 30 sec
Grip, Forearms

