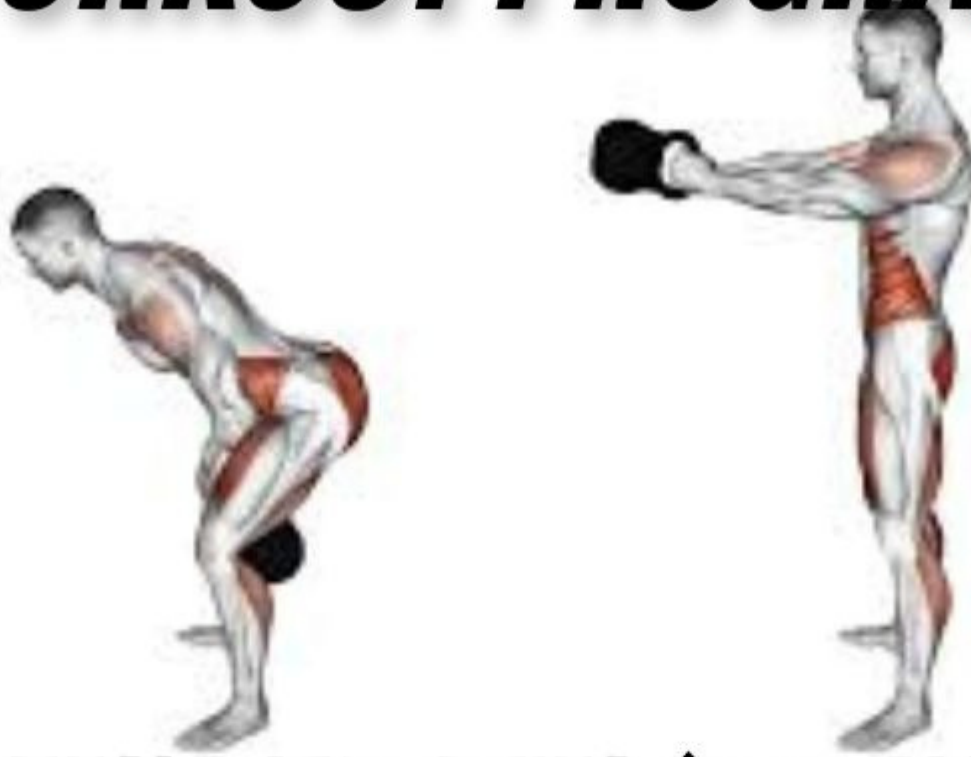


SAMPLE FULL-BODY KETTLEBELL WORKOUT PROGRAMS

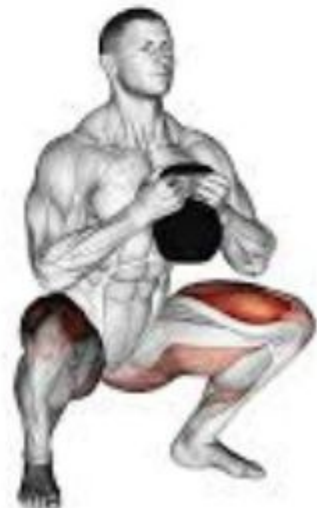
Travel Workout



SINGLE-ARM SWING (3×15 EACH)



HALOS (2×10)



CLEAN → PRESS (3×5 EACH)

GOBLET SQUAT

(3×10)



SAMPLE FULL-BODY KETTLEBELL WORKOUT PROGRAMS

Fat Loss Circuit



CiRCUiT * 4: SWiNG (15)

THRUSTER (12)



RUSSiAN TWiST (20)



REVERSE LUNGE (10 EACH LEG)

HALO

(8 EACH DiRECTiON)



SAMPLE FULL-BODY KETTLEBELL WORKOUT PROGRAMS

Strength Focus



DEADLIFT (5×5)



RACK SQUAT (4×8)



STRICT PRESS (5×5)



**RENEGADE ROW
(4×8 EACH SIDE)**



TURKISH GET-UP (3×3 EACH SIDE)



SAMPLE FULL-BODY KETTLEBELL WORKOUT PROGRAMS

Muscle Growth



GOBLET SQUAT (4×12)



SWING (4×15)



CLEAN (4×10)



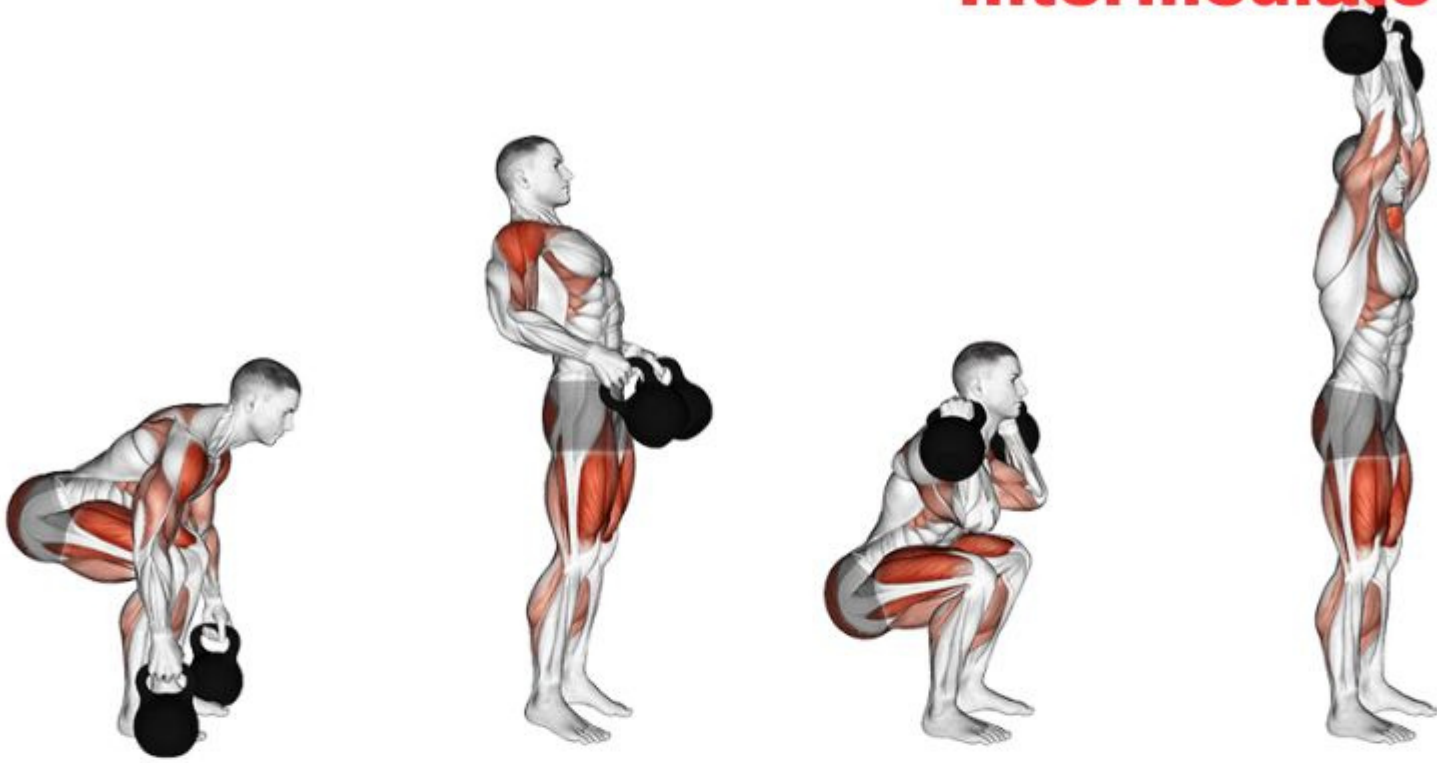
SNATCH (4×10)

LUNGES (3×12 EACH LEG)

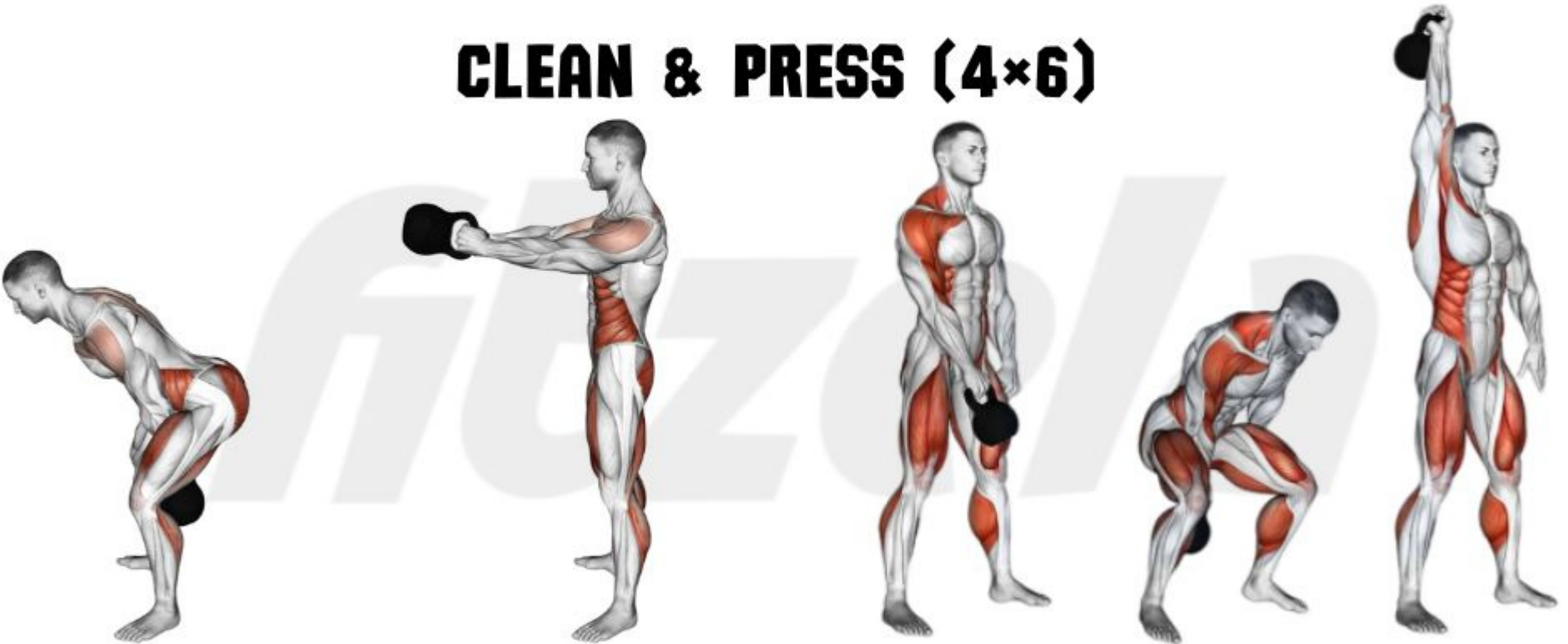


SAMPLE FULL-BODY KETTLEBELL WORKOUT PROGRAMS

Intermediate



CLEAN & PRESS (4×6)



SWING (4×20)

SNATCH (4×8)



WINDMILL

(3×6 EACH SIDE)

FIGURE 8

(3×12 PASSES)



SAMPLE FULL-BODY KETTLEBELL WORKOUT PROGRAMS

Beginner



**GOBLET SQUAT
(3×10)**



SWING (3×15)



DEADLIFT (3×8)



PRESS (3×6 EACH SIDE)



HALO (2×8 EACH DIRECTION)

