Full Body Circuit Workout

A kettlebell, two dumbbells and a band in two hard circuits for the whole body, for someone who trains already: strength and engine in one.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Circuit	Full body	Advanced	45 min	Kettlebell, resistance band, dumbbells

WARM UP

Once through, at an easy pace

Jumping Jack



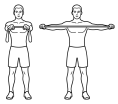
45 s

Kettlebell Halo



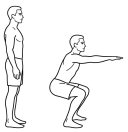
5 reps
each side

Resistance Band Pull-Apart



15 reps

Bodyweight Squat



10 reps

Inchworm

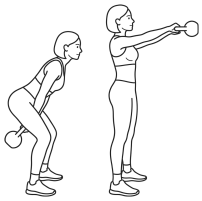


5 reps

CIRCUIT A

4 rounds, moves in order, 90 s rest between rounds

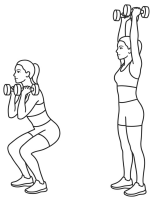
1 Kettlebell Swing



20 reps
rest 15 s

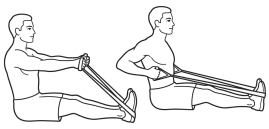
A heavy bell, a hard snap of the hips

2 Dumbbell Thruster



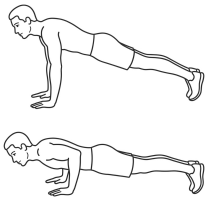
10 reps
rest 15 s

3 Band Row (Seated)



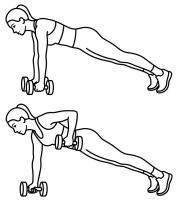
15 reps
rest 15 s

4 Push-Up



15 reps
rest 15 s

5 Dumbbell Renegade Row



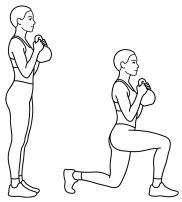
8 reps
each side · rest 15 s

Feet wide, hips square to the floor

CIRCUIT B

3 rounds, moves in order, 60 s rest between rounds

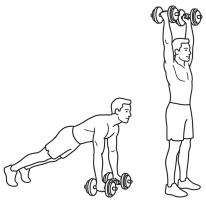
1 Kettlebell Goblet Reverse Lunge



10 reps

each side · rest 20 s

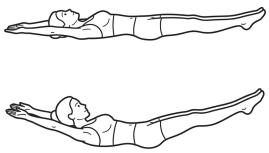
2 Dumbbell Devil Press



8 reps

rest 20 s

3 Hollow Hold



30 s

rest 20 s

Lower back pressed down the whole time

COOL DOWN

Once through, at an easy pace

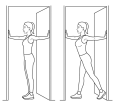
Figure-4 Glute Stretch



30 s

each side

Doorway Chest Stretch



45 s

Kneeling Lat Stretch



30 s

each side

Child's Pose



45 s