Kettlebell Full Body Workout

One kettlebell, five moves, four rounds: swing, squat, row, press and lunge as a circuit for strength and a raised heart rate.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Circuit	Full body	Intermediate	30 min	Kettlebell

WARM UP

Once through, at an easy pace

Kettlebell Halo



5 reps
each side

Kettlebell Deadlift



10 reps

Bodyweight Squat



10 reps

Inchworm

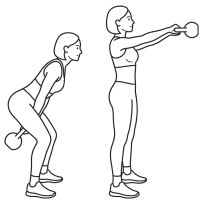


4 reps

CIRCUIT

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

1 Kettlebell Swing



15 reps
rest 15 s

Snap the hips; the arms only guide the bell

2 Kettlebell Goblet Squat



10 reps
rest 15 s

3 Kettlebell Bent-Over Row



8 reps
each side · rest 15 s

Flat back, row to the hip

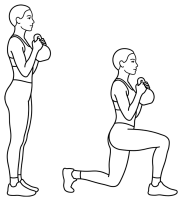
4 Kettlebell Overhead Press



6 reps
each side · rest 15 s

Squeeze the glutes, ribs down

5 Kettlebell Goblet Reverse Lunge



6 reps
each side · rest 15 s

COOL DOWN

Once through, at an easy pace

Figure-4 Glute Stretch



30 s
each side

Kneeling Lat Stretch



30 s
each side

Child's Pose



60 s