

KETTLEBELL PRACTICE WORKOUTS

WEEK ONE



Day One

KB Deadlifts x 12
Press Ups x 15
KB Squats x 10
KB Rows x 10 each side
KB Lunges x 8 each leg

Complete routine 5 times

Finisher Workout

Burpees x 20 secs
Rest x 10

Repeat x 8 = 4 minutes

Day Two

KB Deadlifts x 15
KB Thrusters x 10
KB Rows x 12 each side
KB Squats x 10

Complete routine 5 times

Finisher Workout

Squat thrusters x 30
Burpees x 10

Complete 4 times

Day Three

KB Deadlifts x 20
KB Squats x 12
Press ups x 15
KB Rows x 20 each side
KB Lunges x 8 each leg

Complete 4-5 times

Finisher Workout

Forward Plank x 30 secs
Rest x 10 secs

Repeat x 8