

MIX & MATCH

TO CREATE THE PERFECT KETTLEBELL WORKOUT



OPTION 1- CIRCUIT TRAINING:

Select 1 exercise from each category to create a circuit. Do 10 reps for each exercise. Move from exercise to exercise with little rest in between. Complete 3 rounds per circuit. Create 2 more circuits by creating the same process.

OPTION 2- INTERVALS:

Select 1 exercise from Lower Body and 1 from the Upper Body category. Do 20 seconds of each exercise, alternating between each but resting 10 seconds in between them. Repeat a total of 6 rounds, for a total duration of 5:50. Rest 1 minute and do the same process with 4 more exercises.

OPTION 3- STACKING:

Select 1 exercise from the Lower Body Category and do it for 10 reps. Then on the 2nd set, add a Upper Body exercise for 10 reps as well. On the 3rd set add a Conditioning exercise and do it for 10 reps. On the 4th set add a Core exercise and do it for 10 reps. Do the same process with 8 more exercises.