



Beginner Kettlebell Movements: Part 4 ° Putting It All Together

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Kettlebell Workout

After you have mastered all of the movements in Parts 1, 2 and 3 you can put them together into a full body workout designed to strengthen your entire body and burn calories.

This workout was put together by Brittany van Schravendijk, who walked us through the beginner movements we have covered thus far. She put together a two part workout which involves the Kettlebell Deadlift, Kettlebell Swing and Kettlebell Squat Press.

Part 1

5 Sets of 10 Deadlifts, increase weight of the kettlebell each round. Ideally by the 5th set, the last couple should be pretty challenging

AFTER each set, do 20 Kettlebell Swings with a moderate weight you could normally swing 25-30 times. Rest as needed after kettlebell swings before conquering next deadlift set.

rest for four to five minutes and then do Part 2

Part 2

Do 6 minutes of total work

30 seconds of work followed by 30 seconds of rest with a running clock do Kettlebell Squat Press. For the first two minutes do kettlebell squat presses with right arm, then two minutes of kettlebell squat presses with the left arm. End with two minutes total (30 seconds on and 30 seconds of rest) with two kettlebells doing squat presses.

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