

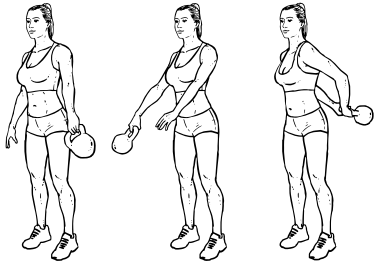
Kettlebell Workout

30 min · Glutes, Abs, Back, Chest, Legs, Shoulders



Nina F.

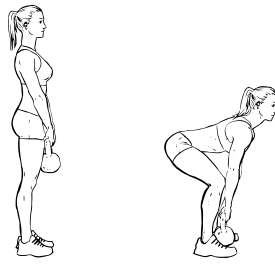
Kettlebell Around the Worlds



0:30
rest

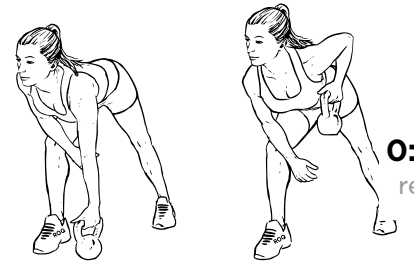
3 sets 12 reps 20 sec rest

Kettlebell Deadlifts



3 sets 12 reps 20 lbs

One-Arm Kettlebell Rows



0:30
rest

6 sets 12 reps 20 sec rest

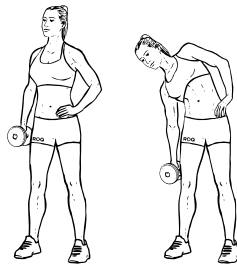
Single-Arm Floor Glute Bridge Press



0:30
rest

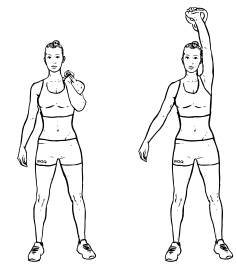
6 sets 12 reps 20 sec rest

Standing Side Bends



6 sets 12 reps 20 sec rest

One-Arm Kettlebell Push and Press



0:30
rest

6 sets 12 reps 20 sec rest

Kettlebell Around the Worlds

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

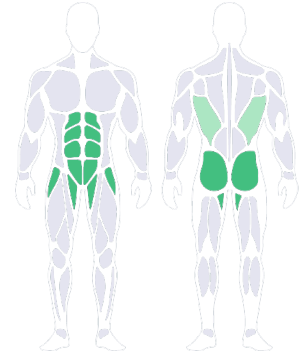
Middle Back / Lats

Stand with your feet about shoulder width apart.

Hold the kettlebell with both hands in an overhand grip in front of your pelvis.

Keeping your core strong, rotate the kettlebell around your body changing hands in the front and in the back.

Be sure to focus on your posture throughout the entire movement.



Kettlebell Deadlifts

Primary muscle group(s):

Abs, Hamstrings, Lower Back

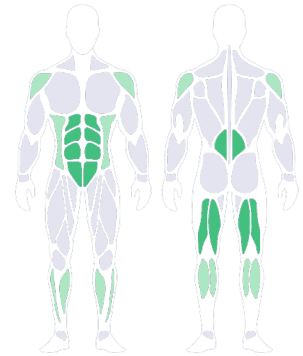
Secondary:

Calves, Obliques, Shoulders

Place a kettlebell on the ground. Step over the kettlebell so that it is in the center beneath you. Move your feet to shoulder-width or just outside of shoulder-width. Tighten your core and keep your chest up.

Begin by kicking your hips back and slightly bending your knees. Extend your arms down to grab onto the kettlebell.

Holding on to the kettlebell, drive your hips forward to stand back up. Slowly, reverse the movement by kicking your hips back and slightly bending the knees. Do not let your lower back arch.



One-Arm Kettlebell Rows

Primary muscle group(s):

Lower Back, Upper Back & Lower Traps

Secondary:

Abs, Biceps

Place a kettlebell in front of you

Place your right leg forward and rest your left leg on the ball of your left foot. (Similar to a lunge stance)

Bend your knees slightly as you bend over to get in the starting position.

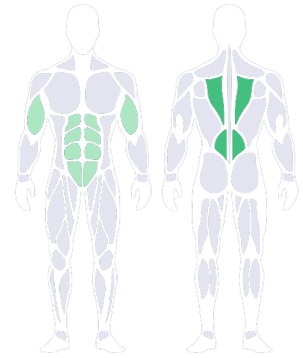
Keep your back straight.

Rest your right hand on your right knee for stability.

Grip the kettlebell with a neutral grip in your left hand.

Pull the kettlebell up to your stomach, retracting your shoulder blade and flexing your elbow. Keep your back straight. Lower and repeat.

Complete all the repetitions for one side before switching.



Single-Arm / Floor Glute Bridge Press

Primary muscle group(s):

Chest, Shoulders

Secondary:

Abs, Glutes & Hip Flexors

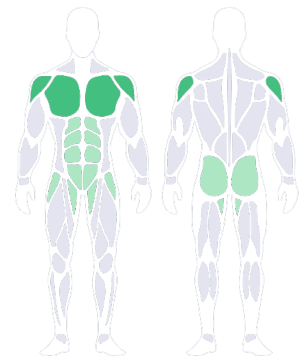
Start by laying down on the floor with your feet grounded, knees bent, and with the kettlebell resting on your chest being supported by two hands.

Lift your glutes off the ground and thrust your pelvis towards the ceiling until you find yourself in a fully extended glute-bridge position.

Take the handle of the kettlebell with one hand and transfer it so that its base rests on your bicep.

Use your chest to push the kettlebell directly up towards the ceiling.

Slowly lower the kettlebell back towards your bicep to complete the repetition.



Standing Dumbbell / Kettlebell Side Bends

Primary muscle group(s):

Obliques

Secondary:

Abs

Stand straight, your feet shoulder width apart, while holding a dumbbell in your left hand with your palm facing in to your body.

Place your right hand on your waist, palm facing in. This is the start position.

Keeping your back and head straight, bend only from your waist to the right. Inhale as you bend.

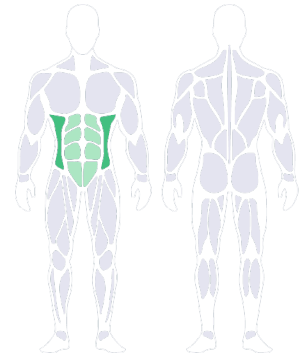
Continue as far as possible, then hold for a count of one.

Return to the start position, exhaling as you do so.

Repeat the movement this time bending to the left and returning to the start position.

Complete all repetitions holding the dumbbell with your left hand before changing hands.

 This exercise can be performed with a kettlebell or a plate weight.



One-Arm Kettlebell Push and Press

Primary muscle group(s):

Glutes & Hip Flexors, Shoulders

Secondary:

Abs, Calves, Hamstrings, Quadriceps, Triceps

Hold a kettlebell by the handle.

Lift the kettlebell to your shoulder by extending through your legs and hips as you pull the kettlebell towards your shoulder, rotating your wrist as you do so. Your palm should face forward with the kettlebell hanging at the back of your hand. This is the start position.

Lower your body by bending your knees while keeping your torso straight and upright.

Do not perform a full squat, instead travel down about midway into a squat position.

Without pausing, reverse direction, driving down through your heels, to create momentum.

As you rise up, press the kettlebell straight up over your head by extending and locking your arms.

Land with your knees slightly bent to absorb the impact.

Lower the weight to start position

Repeat.

Complete all repetitions for one side before switching.

 Use your body's momentum to drive the weight up, assisting your arm.

