CARDIO WORKOUT

Get fit fast and burn fat with this high-intensity cardio session.

Complete the following moves in order for the designated period of time. After the last move, rest for between 90 seconds and two minutes before starting again. Do five to six rounds.

I KETTLEBELL TWO-ARM SWING

TIME 1 minute

This is the basis for many more complex kettlebell moves, so it's well worth getting it right.

- > Squat down, holding a kettlebell with both hands.
- Bend at your hips, with your knees in line with your feet and

back straight, before snapping your hips forward to stand up straight and swing the weight up.

> Control the weight using your core, back and shoulders, allowing the kettlebell to reach shoulder height before reversing back to the start.







A complex move but worth the effort because it's great for your core, back and shoulders.

Holding the kettlebell in one hand, bend down and snap your hips to swing the weight forward.

> As the weight passes waist height, pull your shoulder back, then punch your arm upward when it reaches shoulder height.

> Catch the kettlebell on your forearm once your arm is fully extended.

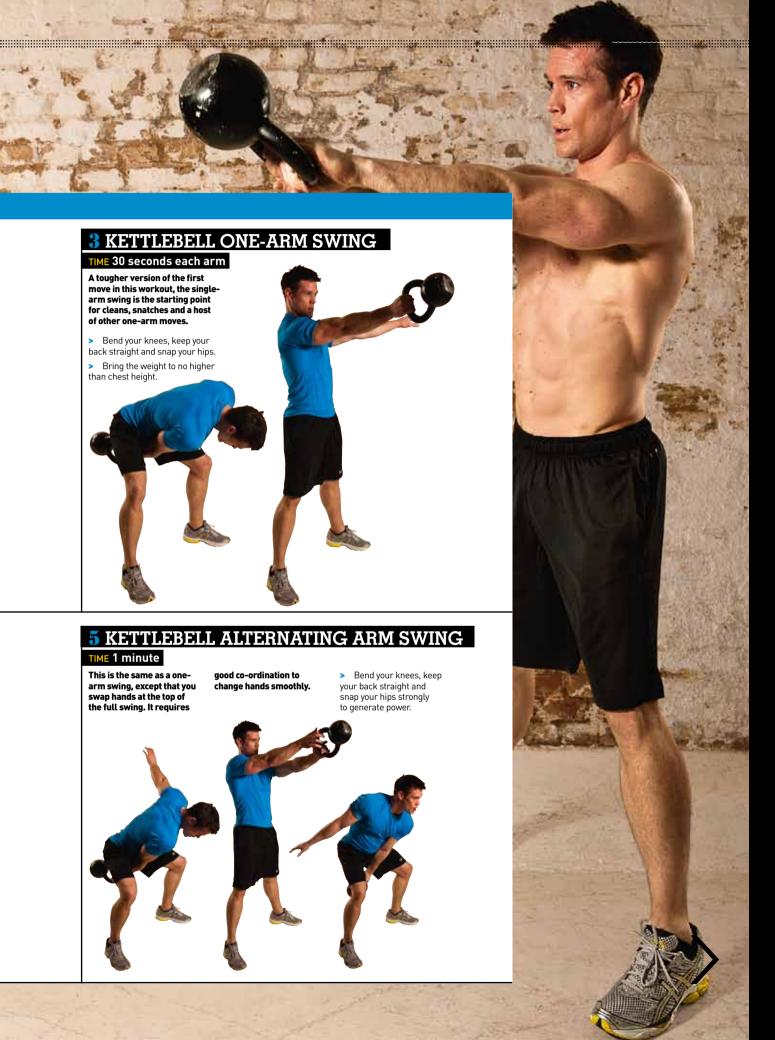
4 CLEAN, SQUAT AND PRESS

TIME 30 seconds each arm

A classic kettlebell move that works every muscle in your body.

- > Bring the kettlebell to shoulder height and wrap it around your hand so it rests on your biceps and forearm, with your elbow resting on your ribcage known as the "rack position".
- > Drop down into a deep squat, remembering to keep your knees over your toes and your back neutral.
- > Drive up through your heels, breathing out on the way up and pressing the weight above your head until your arm is straight.





KETTIEBELL STRENGTH WORKOUT

Build strength and stamina all over with this total-body kettlebell session.

TURKISH GET-UP Complete the following moves in order for the designated project of the designat

This works your entire body, builds functional strength and looks cool into the bargain. Start on the floor with one knee bent and one arm straight up.

> Sit up, always keeping the kettlebell arm fully extended.

 Lift your hips off the floor and bring your straight leg back beneath you, then move in a lunge position before standing straight up.

Reverse back to the start.

Complete the following moves in order for the designated period of time. After the last move, rest for between 90 seconds and two minutes before starting again.

Do five to six rounds.



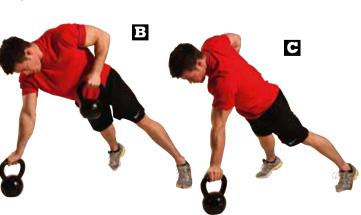
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This is a great move to build your biceps and back muscles, but it also requires superb core strength to keep your body stable.

10 each side

- > Assume a push-up position but with your hands holding the kettlebells.
- > Leading with your elbow, pull one of the weights up until it reaches your ribcage.
- > Reverse back to the start and swap sides.



DOUBLE FRONT SQUAT

REPS 10

This will build bigger and stronger legs and glutes, while keeping the weight stable also taxes your core.

- > With feet apart, hold two kettlebells under your chin with palms facing each other.
- > Keeping a natural arch in your back and core braced, squat down until thighs are parallel to the floor, before standing back up.



