

# KETTLEBELL CARDIO WORKOUT

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

## HOW TO DO IT

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.

## 1 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.



## 2 SNATCH

TIME 30 seconds each arm

**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.



### 3 KETTLEBELL ONE-ARM SWING

TIME 30 seconds each arm

A tougher version of the first move in this workout, the single-arm swing is the starting point for cleans, snatches and a host of other one-arm moves.

- > Bend your knees, keep your back straight and snap your hips.
- > Bring the weight to no higher than chest height.



### 5 KETTLEBELL ALTERNATING ARM SWING

TIME 1 minute

This is the same as a one-arm swing, except that you swap hands at the top of the full swing. It requires

good co-ordination to change hands smoothly.

- > Bend your knees, keep your back straight and snap your hips strongly to generate power.





# KETTLEBELL STRENGTH WORKOUT

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

## 1 TURKISH GET-UP

REPS 5 each side

**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.

**HOW TO DO IT**  
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.



## 2 RENEGADE ROW

REPS 10 each side

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

- > 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.



## 3 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.



# KETTLEBELL STRENGTH WORKOUT

## 4 DOUBLE MILITARY PRESS

REPS 10



Using two kettlebells makes this move tough, but doing it correctly builds strong, stable shoulders and core.

- > Stand with feet together (to force your core to work hard) and hold the weights under your chin with palms facing each other.
- > Press them straight above your head, then lower slowly back to the start.
- > Remember to brace your abs and squeeze your glutes to help support your back.

## 5 TACTICAL LUNGE

REPS 5 each side



A tactical lunge requires good upper-body stability and co-ordination.

- > Stand with a kettlebell in one hand.
- > Take a big lunge backwards and lower until both knees are bent at right-angles.
- > Pass the weight from one hand to the other under the thigh, then lunge back to the start position.

