

# KETTLEBELL FULL BODY WORKOUT

<b>WORKOUT GOAL</b>	Develop functional strength and performance through the use of kettlebell movements					
<b>WORKOUT DESCRIPTION</b>	A kettlebell functional circuit designed to work the whole body					
<b>SAFETY BRIEF</b>	Perform a full body effective warm up. Stay hydrated. Select appropriate kettlebell weight for experience. Please seek guidance from your GP for any injuries or medical conditions					
<b>EQUIPMENT</b>	Variety of kettlebell weights					
<b>DURATION</b>	32 mins. 3 x 7 min rounds. 5 min warm up. 4 min cool down					
<b>WARM UP</b>	5 min warm up. Complete each exercise for 30 secs. Perform two rounds	Bodyweight squat	Inchworm	Press ups	Walking lunge	Windmill
<b>THE WORKOUT</b>	<b>Session design &amp; equipment</b>			<b>Methodology</b>		
	A circuit consisting of 3 rounds using kettlebell functional movements to progress cardio performance, strength and conditioning. Perform exercises A1-A7 consecutively. Take 1 minute recovery and return back to A1 to complete all seven exercises again. At the end of the second circuit, take 1 minutes recovery again and perform all 7 exercises for the third time			Functional movements are transferable to many every day life situations and allow you to improve your strength and performance within these situations. Challenging both cardio capacity as well as strength and performance		
	<b>Set</b>	<b>Exercise</b>	<b>Time</b>	<b>Equipment</b>	<b>Exercise recovery</b>	<b>Target reps</b>
	A1	Kettlebell swing	40 secs	Kettlebell	20 secs	30
	A2	Alternating kettlebell clean	40 secs		20 secs	20
	A3	Double kettlebell over head press	40 secs		20 secs	15
	A4	Kettlebell alternating lunge	40 secs		20 secs	15
	A5	Double kettlebell laying chest press	40 secs		20 secs	15
	A6	Double kettlebell bent over row	40 secs		20 secs	20
A7	Kettlebell crunch	40 secs	20 secs		30	
<b>COOL DOWN</b>	4 mins stretching					
<b>STRETCH</b>	Complete each stretch for 30 secs	Child's pose	Upward facing dog	Hamstring stretch	Quadricep stretch	Calf stretch
<b>IF YOU LIKE THIS, TRY...</b>	For an alternative kettlebell workout, try one of our Freestyle Group Training gym floor classes					

