

A Measured Life.com's Beginner Kettlebell Workout

BAD GIRLS



DO BELLS
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Warm Up

20 Arm Circles Forward

20 Arm Circles Backward

5 Neck Circles in Each Direction

5 Torso Circles in Each Direction

10 Torso Twists with High Knees

Workout

1. 20 Around the Body Pass (10 Each Direction)
2. 20 Halos (10 Each Direction)
3. 20 Two-Handed Swings
4. 20 Windmills (10 Per Side)
5. 20 Goblet Squats
6. 20 Sumo Deadlifts
7. 20 Single Arm Rows (10 Per Side)
8. 20 Russian Twists

Cool Down

Triceps Stretch - 10 Seconds Each Arm

Cross Body Stretch - 10 Seconds Each Arm

Calf Stretch - 10 Seconds Each Leg

Quad Stretch - 10 Seconds Each Leg

Wide Leg Floor Stretch - 10 Seconds

Forward Fold - 10-20 Seconds