

the kettlebell countdown

workout

Warm up with easy cardio, then grab 4 kettlebells - 1 heavy (H), 2 medium/heavy (M/H), and 1 medium/light (M/L).

Work through all of the exercises shown below, doing 10 reps of each before moving immediately on to the next. Take a quick rest at the end (ideally no longer than 1 minute), then repeat the entire thing again, doing 9 reps of each exercise. Continue repeating the circuit until you get to 1 rep per move. Kettlebell guidelines are provided in the right-hand column.

	Kettlebell weight guide
Kettlebell swings (1 KB)	H
Alternating suitcase lunges (2 KB)	M/H
Kettlebell deadlift (1 KB)	H
Kettlebell goblet squat (1KB)	H
Kettlebell overhead triceps extension (1KB)	M/H
Push-ups	none
Weighted pike crunch (1 KB)	M/L

Take a quick rest, then repeat for 9 reps each, 8 reps each etc down to 1