

the kettlebell core workout

Start with some easy cardio, then grab 1 set of light/medium kettlebells, plus one heavier one. (If you can only grab one set, that's totally fine.) Do all of the moves in the order listed, taking about 1 minute to rest at the end. Repeat the circuit 2-3 more times for a total of 3-4 rounds, then be sure to get a good stretch.

	Reps
Kettlebell swings	15
Kettlebell single-leg deadlifts	10/side
Kettlebell figure 8's	10/direction
Kettlebell windmills	10/side
Kettlebell russian twists	20 alternating
High plank with kettlebell pass	20 passes
Kettlebell mountain climbers	20 alternating

60s rest, then repeat 2-3 more times

KETTLEBELL WEIGHT GUIDE:

- Swings + figure 8's: single heavy kettlebell
- Single-leg deadlifts + windmills: two lighter kettlebells
- Russian twist, high plank, mountain climbers: single lighter bell