

Beginner Kettlebell Workout

Perform exercises A1-A6 with very little rest in between, resting 1 minute or less after completing a full round.

Exercise	Sets	Reps	Notes
A1) TGU Roll	3	6-8 R/L	Perform the very first move of the TGU by rolling up to the elbow and back down.
A2) Kettlebell Deadlift	3	8-12	Place the bell in between your feet to begin, and make sure it returns back to the same spot on each rep.
A3) Kettlebell Goblet Clean	3	8-12	Use the hips and never round the back.
A4) 1-Arm Bent Over Row	3	6-8 R/L	Be sure to squeeze the shoulder blades together.
A5) Kettlebell Goblet Squat	3	8-12	Hold the bell in the goblet position. Switch to a BW squat if this is too difficult.
A6) Kettlebell Floor Press	3	6-8 R/L	Rest only as necessary, and return to A1.