

Efficient Kettlebell Workout

Deadlift



Stand tall with core tight and feet hip width apart. Hinge at hips, knees slightly bent and back flat. Squeeze glutes to return to start.

Overhead press



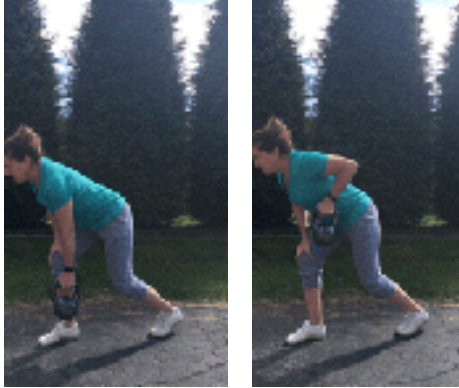
Stand tall with core tight and feet about shoulder width apart. Lift kettlebell overhead, pause and return to start.

Squat



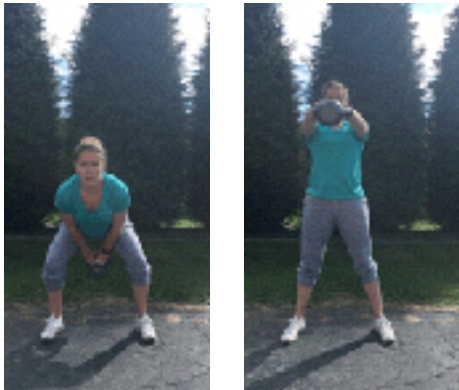
Start with feet wide and toes pointed out slightly. Hold the kettlebell close and squat down as far as comfortable keeping your toes in line with your knees. Press back to start.

Bent over row



Start with feet staggered and hand right hand on right knee for balance and support. Hold kettlebell straight down in left hand. Keeping core tight, drive elbow up to lift kettlebell. Repeat on other side

Swings



Start with feet wide, core tight and back straight. Hold kettlebell between your legs and back behind your hips. With a controlled motion, swing bell by contracting your glutes and pressing your hips forward. Use muscle not momentum!

Upright row



Start with feet shoulder width apart and bell down in front of you. Keep core tight and back flat. Lift the bell straight up in front of you leading with your elbows. Pause and return to start.