KettleBell Power!
33 min · Abs, Back, Legs, Shoulders

Complete every rep in the workout with minimum rest. The weight should be at least 10% of your body weight. Complete the exercises as fast as you can!

### Workouts

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>One-Arm Kettlebell Push and Press</td>
<td>50 reps</td>
<td>1:00 rest</td>
</tr>
<tr>
<td>Kettlebell One-Legged Deadlifts</td>
<td>50 reps</td>
<td>1:00 rest</td>
</tr>
<tr>
<td>One-Arm Kettlebell Rows</td>
<td>50 reps</td>
<td>1:00 rest</td>
</tr>
<tr>
<td>Two-Arm Kettlebell Squat Swings</td>
<td>75 reps</td>
<td>1:00 rest</td>
</tr>
<tr>
<td>Upright Kettlebell Front Rows</td>
<td>75 reps</td>
<td>1:00 rest</td>
</tr>
<tr>
<td>Standing Side Bends</td>
<td>100 reps</td>
<td>1:00 rest</td>
</tr>
<tr>
<td>Standing Front Shoulder Plate Raises</td>
<td>50 reps</td>
<td>1:00 rest</td>
</tr>
<tr>
<td>One-Arm Kettlebell Snatch</td>
<td>25 reps per side</td>
<td>1:00 rest</td>
</tr>
</tbody>
</table>
One-Arm Kettlebell Push and Press

Primary muscle group(s):
Glutes & Hip Flexors, Shoulders

Secondary:
Abs, Calves, Hamstrings, Quadriceps, Triceps

Hold a kettlebell by the handle.
Lift the kettlebell to your shoulder by extending through your legs and hips as you pull
the kettlebell towards your shoulder, rotating your wrist as you do so. Your palm should
face forward with the kettlebell hanging at the back of your hand. This is the start
position.
Lower your body by bending your knees while keeping your torso straight and upright.
Do not perform a full squat, instead travel down about midway into a squat position.
Without pausing, reverse direction, driving down through your heels, to create
momentum.
As you rise up, press the kettlebell straight up over your head by extending and locking
your arms.
Land with your knees slightly bent to absorb the impact.
Lower the weight to start position
Repeat.
Complete all repetitions for one side before switching.
Use your body's momentum to drive the weight up, assisting your arm.
Kettlebell One-Legged Deadlifts

Primary muscle group(s):
Lower Back

Secondary:
Abs, Glutes & Hip Flexors, Hamstrings

Hold a kettlebell by the handle in one hand using a neutral grip.
Stand on the leg that is on the same side that you are holding the kettlebell. This is the start position.
Bending that knee slightly, bend at the hip, and extend your free leg behind you for balance.
Continue lowering the kettlebell until your torso is parallel to the ground.
Return to the upright position in a smooth movement.
Repeat.

One-Arm Kettlebell Rows

Primary muscle group(s):
Lower Back, Upper Back & Lower Traps

Secondary:
Abs, Biceps

Place a kettlebell in front of you
Place your right leg forward and rest your left leg on the ball of your left foot. (Similar to a lunge stance)
Bend your knees slightly as you bend over to get in the starting position.
Keep your back straight.
Rest your right hand on your right knee for stability.
Grip the kettlebell with a neutral grip in your left hand.
Pull the kettlebell up to your stomach, retracting your shoulder blade and flexing your elbow. Keep your back straight. Lower and repeat.
Complete all the repetitions for one side before switching.
Two-Arm Kettlebell Squat Swings

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps, Shoulders

Secondary:
Abs, Calves, Hamstrings, Lower Back

Hold a kettlebell with both hands in an over hand grip.
Stand straight, with your legs slightly wider than shoulder width apart.
Lean forward at your waist slightly and bend your knees as if getting ready to squat.
Keep your back arched and your head facing forward.
Let your arms hang loosely.
Swing the kettlebell back between your legs while exhaling.
In an explosive movement, force the kettle forward and back up in front of you, above head height by thrusting forward with your hips and rotating your shoulders.
Continue for the desired number of repetitions or time.

Upright Kettlebell Front Rows

Primary muscle group(s):
Shoulders, Upper Back & Lower Traps

Secondary:
Abs

Stand tall with a braced core, holding a kettlebell. Position your hands on the outside of the handle (not the top).
Focusing the tension in your shoulders and traps, pull the kettlebell up and towards your face.
Pause once your elbows are above parallel with the ground. Slowly return to the starting position and repeat.
**Standing Dumbbell / Kettlebell Side Bends**

Primary muscle group(s):
Obliques

Secondary:
Abs

Stand straight, your feet shoulder width apart, while holding a dumbbell in your left hand with your palm facing in to your body.

Place your right hand on your waist, palm facing in. This is the start position.

Keeping your back and head straight, bend only from your waist to the right. Inhale as you bend.

Continue as far as possible, then hold for a count of one.

Return to the start position, exhaling as you do so.

Repeat the movement this time bending to the left and returning to the start position.

Complete all repetitions holding the dumbbell with your left hand before changing hands.

This exercise can be performed with a kettlebell or a plate weight.

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**Standing Front Shoulder Plate / Dumbbell / Kettlebell Raises**

Primary muscle group(s):
Abs, Shoulders

Secondary:
Upper Back & Lower Traps

Stand tall with a tight core and flat back. Hold a weight plate, dumbbell or kettlebell with both hands in front of your hips. Be sure to use an overhand grip. You can also use a resistance band secured under your feet. Your feet should be shoulder-width apart.

With a slight bend in the elbows, raise the weight plate up and in front of you. Pause and squeeze the shoulders when you reach chest level.

Slowly lower the plate to the starting position, immediately moving into the next repetition.
One-Arm Kettlebell Snatch

Primary muscle group(s):
Glutes & Hip Flexors, Shoulders

Secondary:
Abs, Calves, Lower Back, Triceps, Upper Back & Lower Traps

Place a kettlebell between your feet.
Stand with your feet slightly wider than shoulder width apart.
Bend your knees and push your hips back, bending at the waist while keeping your back straight.
Grip the kettlebell with an overhand grip.
Keeping your neck and head straight, swing the kettlebell back between your legs.
Once the kettlebell is behind you, immediately reverse the direction and drive forward with your hips and knees, forcing the kettlebell upward.
When the kettlebell reaches shoulder level, rotate your hand and push straight up, using your momentum.
Use your body’s downward momentum to receive the weight as it comes back down.
Return to the start position.
Repeat until all the repetitions for one arm are completed, then switch.

The exercise can be performed continuously, using the downward momentum to swing the kettlebell backwards. However for maximum benefit, it is better to follow the outline described.