



## At Home Kettlebell Workout Vol 1

### 1) With 2 Kettlebells

Squat Press 10 times

Bent over row 10 times

Side plank 30 seconds each side

Repeat 3-5 times

### 2) With 2 kettlebells

Squat hold then do 10 bicep curls in the hold position

5 walk out push ups

Squat and curl 10 times (as you squat down extend arms/ as you squat up curl weight up)

Plank 60 seconds

### 3) With one kettlebell

Squat press 10 right arm

10 KB swings

Squat press 10 left arm

10 KB swings

15 kettlebell pullovers