KETTLEBELL CARDIO WORKOUT

Get fit fast and burn fat with this high-intensity cardio session.

1 KETTLEBELL TWO-ARM SWING
TIME: 1 minute
This is the basis for many more complex kettlebell moves, so it’s well worth getting it right.

- Squat down, holding a kettlebell with both hands.
- Bend at your hips, with your knees in line with your feet and back straight, before snapping your hips forward to stand up straight and swing the weight up.
- Control the weight using your core, back and shoulders, allowing the kettlebell to reach shoulder height before reversing back to the start.

2 SNATCH
TIME: 30 seconds each arm
A complex move but worth the effort because it’s great for your core, back and shoulders.

- Holding the kettlebell in one hand, bend down and snap your hips to swing the weight forward.
- As the weight passes waist height, pull your shoulder back, then punch your arm upward when it reaches shoulder height.
- Catch the kettlebell on your forearm once your arm is fully extended.

3 CLEAN, SQUAT AND PRESS
TIME: 30 seconds each arm
A classic kettlebell move that works every muscle in your body.

- Bring the kettlebell to shoulder height and wrap it around your hand so it rests on your biceps and forearm, with your elbow resting on your ribcage – known as the “rack position”.
- Drop down into a deep squat, remembering to keep your knees over your toes and your back neutral.
- Drive up through your heels, breathing out on the way up and pressing the weight above your head until your arm is straight.
3 **KETTLEBELL ONE-ARM SWING**

**TIME:** 30 seconds each arm

A tougher version of the first move in this workout, the single-arm swing is the starting point for cleans, snatches and a host of other one-arm moves.

- Bend your knees, keep your back straight and snap your hips.
- Bring the weight to no higher than chest height.

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5 **KETTLEBELL ALTERNATING ARM SWING**

**TIME:** 1 minute

This is the same as a one-arm swing, except that you swap hands at the top of the full swing. It requires good co-ordination to change hands smoothly.

- Bend your knees, keep your back straight and snap your hips strongly to generate power.
KETTLEBELL STRENGTH WORKOUT

Build strength and stamina all over with this total-body kettlebell session.

1 TURKISH GET-UP
Reps 5 each side

This works your entire body, builds functional strength and looks cool into the bargain. Start on the floor with one knee bent and one arm straight up.

- Sit up, always keeping the kettlebell arm fully extended.
- Lift your hips off the floor and bring your straight leg back beneath you; then move in a lunge position before standing straight up.
- Reverse back to the start.

2 RENEGADE ROW
Reps 10 each side

This is a great move to build your biceps and back muscles, but it also requires superb core strength to keep your body stable.

- Assume a push-up position but with your hands holding the kettlebells.
- Leading with your elbow, pull one of the weights up until it reaches your ribcage.
- Reverse back to the start and swap sides.

3 DOUBLE FRONT SQUAT
Reps 10

This will build bigger and stronger legs and glutes, while keeping the weight stable also taxes your core.

- With feet apart, hold two kettlebells under your chin with palms facing each other.
- Keeping a natural arch in your back and core braced, squat down until thighs are parallel to the floor, before standing back up.
4. DOUBLE MILITARY PRESS

**REPS 10**

Using two kettlebells makes this move tough, but doing it correctly builds strong, stable shoulders and core.

- Stand with feet together (to force your core to work hard) and hold the weights under your chin with palms facing each other.
- Press them straight above your head, then lower slowly back to the start.
- Remember to brace your abs and squeeze your glutes to help support your back.

5. TACTICAL LUNGE

**REPS 5 each side**

A tactical lunge requires good upper-body stability and co-ordination.

- Stand with a kettlebell in one hand.
- Take a big lunge backwards and lower until both knees are bent at right-angles.
- Pass the weight from one hand to the other under the thigh, then lunge back to the start position.