W NERD Fitness Beginner Kettlebell Worksheet

BEFORE: Warm Up - 5-10 minutes of easy, general movement (e.g. jog in place, jump rope, arm circles, leg swings)

AFTER: Cool down - 5-10 minutes of easy walking, and upper body/lower body stretches

GUIDELINES: Go 1-3 times through the kettlebell circuit, performing exercise 1 to 6 in order, then repeating. Perform on non-consecutive

days. Record repetitions complete and/or weight used.

EXERCISES

1	Halos - x8 (each side)	4	Kettlebell Swing - x15
2	Goblet Squats - x10	5	Bent Over Row - x8 (each side)
3	Overhead Press - x10 (each side)	6	Front Rack Reverse Lunge - x6 (each side)

		Workout 1			Workout 2			Workout 3			Workout 4			Workout 5			Workout 6		
		circuit			circuit			circuit			circuit			circuit			circuit		
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		Workout 7			Workout 8			Workout 9			Workout 10			Workout 11			Workout 12		
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