

## 20 Minute Kettlebell Workout

Equipment needed: 1 kettlebell

### Warm Up (2 minutes)

\*20 seconds of each

1. Jumping jacks
2. Squats
3. Reverse lunges
4. Mountain climbers
5. Hip hinges



6. Jumping jacks

### Workout

\*45 seconds of work, 15 seconds of rest

1. Goblet squats



2. Lawnmower row (22 sec/side)



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3. Kettlebell swings



4. Single arm high pull (22 sec/side)



5. Reverse lunges (22 sec/side)



6. Bicep curls (22 sec) and Tricep extensions (22 sec)

**Bicep Curls**



**Tricep Extensions**



- \*Rest 1 minute
- \*Complete 2 more sets