

# **15 Minute Quick Total Body Kettlebell Workout**

## **Equipment Needed**

**\*1 kettlebell**

## **Warm Up**

**\*30 seconds of each, 2 times through**

1. Jumping Jacks
2. Squats
3. Lunges

## **Workout**

**\*20 seconds of work, 10 seconds of rest**

**\*Do all of the following moves on the right side, then repeat all on the left**

1. Hang Pull



## 2. Squats



## 3. Lawnmower Row



## 4. Lunges



## 5. Single Arm Kettlebell Swing



## 6. Sumo Deadlift High Pull



## 7. Side Plank



**\*REPEAT all moves on left side**

## FINAL ROUND

**\*30 seconds on all moves, no rest in between**

### 1) Upright Row



### 2) Squats



### 3) Triceps Extension



#### 4) Swings



#### 5) Front Raises



#### 6) Sumo Deadlift High Pull



## 7) Plank

