



**10 exercises, 17 reps of each  
KETTLEBELL WORKOUT**

**Goblet Squat**

**Bent Over Row**

**Swing**

**Alternating Shoulder Press**

**Deadlifts**

**Overhead Triceps Extension**

**Walking Lunges**

**Farmer's Walk**

**Plank with KB drag underneath**

**Russian Twist**

