STRENGTH CIRCUIT 4 - full body - Kettlebell

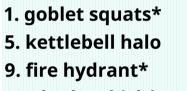
you need : towel, waterbottle, interval timer or app, chair/bench, kettlebell optional : mat, resistance band



Sequence : warm-up for at least 5 minutes circuit x 2 for 25 min work-out circuit x 4 for 40 min work-out cooldown and stretching for at least 5 min

Set your interval timer to 30-30 seconds. Each 30 sec interval you perform the exercise, focus on form. Make sure to keep your core engaged and your back straight for all exercises. Take 30 sec in between the exercises to rest, add/remove the resistance band and move on.

Each * exercise can be performed with a resistance band



13. donkey kick*

2. Kettlebell swing 6. forward lunges L + R 10. backward lunges L + R 14. courtesy lunges L + R

4. singleleg kettlebell deadlift L

- 8. singleleg kettlebell deadlift R
- 12. tricep extensions
- 16. ankle taps

3. bent row L 7. bent row R 11. russian twist 15. high plank drag kettlebell L-R-...