

Full Body Kettlebell Workout for Beginners

Exercise	Area
1. Goblet Squat	quadriceps, gluteal muscles, and hamstrings
2. Single Arm Overhead Press	deltoids, latissimus dorsi, trapezius, and triceps
3. Single Arm Bent Row	latissimus dorsi, rear deltoids, trapezius, rhomboids, erector spinae
4. Stiff Leg Deadlift	hamstrings, gluteus maximus, and erector spinae
5. Lying Chest Press	pectoralis major, deltoids, and triceps
6. Straight Arm Crunch	rectus abdominis, internal and external obliques, and hip flexors
7. Offset Farmer Carry	full body

Notes:

The workout can be performed in two different ways:

1. **Consecutive Sets** – perform three sets of 8-12 reps per exercise with 30-45 seconds of rest between sets.
2. **Circuit** - perform each exercise for 60 seconds back-to-back, then rest for 60 seconds. Complete 3-4 circuits.

© Shrinkinguy Fitness