

FULL-BODY KETTLEBELL

DAREBEE WORKOUT @ darebee.com
2 minutes rest between exercises



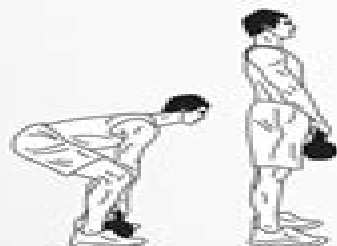
10 squats
x 3 sets in total
20 seconds rest
between sets



10 deadlifts
x 3 sets in total
20 seconds rest
between sets



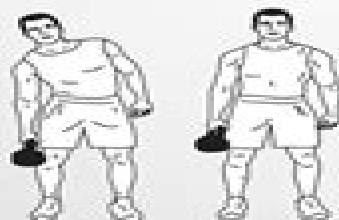
10 swings
x 3 sets in total
20 seconds rest
between sets



10 bent over rows
x 3 sets in total
20 seconds rest
between sets



10 side bends
x 3 sets in total
20 seconds rest
between sets



10 bicep curls
x 3 sets in total
20 seconds rest
between sets



Kettlebell Workout Guide

David Kirk



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