

15 Minute Kettlebell Workout

If you don't have kettlebells in your house there is no need to go out and buy some (unless you really want to). Because you can make them using empty laundry jugs or a gallon water jugs/containers. All you need to do is fill them with water or sand/dirt and you are ready to go!

Instructions:

I recommend to warm up before this workout by simply jogging in place, doing jumping jacks (or both) for a few minutes in order to raise your heart rate, prepare your muscles and joints for the exercises to follow and prevent injury (or complete Warm-up & Dynamic Stretches instead).

The workout consists of 8 exercises that you will complete for 50 seconds with 10 seconds rest except the last transitional exercise that you will do for 30 seconds without rest and go straight to second round.

Don't forget to stretch after working out.

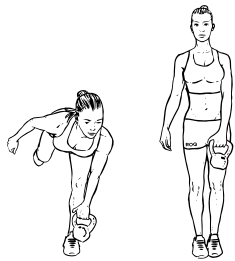
Exercises in this workout:

- Kettlebell One-Legged Deadlift
- Kettlebell Windmills
- One Arm Kettlebell Push and Press
- One Arm Kettlebell Rows
- One Arm Kettlebell Snatch
- Two Arm Kettlebell Squat Swings
- Upright Kettlebell Front Rows
- Jumping Jacks

15 Minute Kettlebell Workout

Abs, Back, Legs, Shoulders

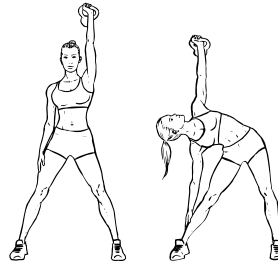
Kettlebell One-Legged Deadlifts



2 sets 50 secs

10 seconds rest

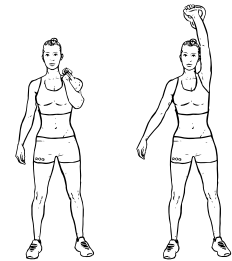
Kettlebell Windmills



2 sets 50 secs

10 seconds rest

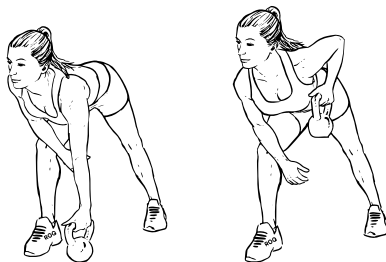
One-Arm Kettlebell Push and Press



2 sets 50 secs

10 seconds rest

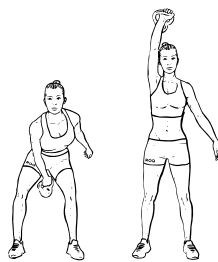
One-Arm Kettlebell Rows



2 sets 50 secs

10 seconds rest

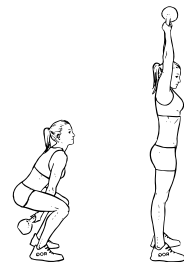
One-Arm Kettlebell Snatch



2 sets 50 secs

10 seconds rest

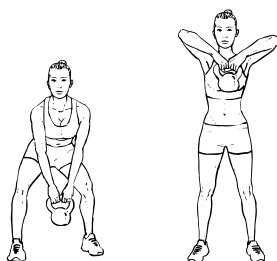
Two-Arm Kettlebell Squat Swings



2 sets 50 secs

10 seconds rest

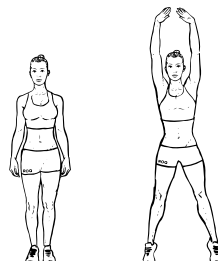
Upright Kettlebell Front Rows



2 sets 50 secs

10 seconds rest

Jumping Jacks / Star Jumps



2 sets 30 secs