



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



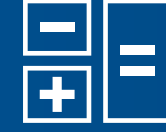
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FULL BODY KETTLEBELL AT HOME (OR ANYWHERE) CIRCUIT WORKOUT

Get out of the gym and into the great outdoors this spring/summer with a full body kettlebell circuit workout you can perform anywhere! Check it out!

Link to Workout: <https://www.muscleandstrength.com/workouts/full-body-kettlebell-circuit-workout>

Main Goal: General Fitness

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 15-60 Mins

Equipment: Bodyweight, Kettle Bells

Target Gender: Male & Female

Author: Josh England

The Full Body Kettlebell Circuit Workout

Exercise	Sets	Reps
1. Kettlebell Goblet Squat	2 - 5	12
2. Kettlebell Row	2 - 5	8 Each
3. Push Up	2 - 5	10
4. Kettlebell Romanian Deadlift	2 - 5	12
5. Kettlebell Split Squat	2 - 5	8 Each
6. One Arm Standing Kettlebell Press	2 - 5	8 Each
7. Kettlebell Swing	2 - 5	15

- This program isn't about speed or moving a lot of weight. It's about training key movement patterns from the comfort of your home.
- Perform each movement slowly and under control with a 2/0/2 rep tempo or longer.
- Focus on each muscle being worked during each movement. Focus on strong contractions and keep the body tight during slow eccentrics.
- This is a circuit workout, so there is no rest in between exercises. After you've finished the circuit, rest for 1-2 minutes.
- Pick weights that will challenge you. If you only have the option of using 1 kettlebell (or purchasing 1 kettlebell) pick a weight you'll be able to comfortably perform your weakest lift with.
- Begin the program by performing 2 rounds of the circuit. Every 2 weeks add in an additional round.
- Once you've reached 5 rounds, invest into a heavier kettlebell and restart the program beginning with 2 rounds.