

# The One Kettlebell Workout

*Grab a kettlebell, find a space and get stuck in!*

A1. 1 leg RDL - 10 reps (each side)

A2. KB Row - 6 reps (each side)

*Complete 5 sets*

B1. Goblet hold march - 15 reps (each side)

B2. Sit ups - 15 reps

*Complete 4 sets*

C1. Goblet squat - 1, 2, 3... 8, 9, 10

C2. KB swing - 11, 12, 13... 18, 19, 20

C3. Press up - 1, 2, 3... 8, 9, 10

D1. Around the world plank (2 sets)

→ Side plank (30 secs)

→ Front plank (30 secs)

→ Side plank (30 secs)