



MUSCLEANDSTRENGTH.COM

45-MINUTE KETTLEBELL AND BODY-WEIGHT WORKOUT FOR FAT LOSS

Workout Summary

Main Goal: Lose Fat
Training Level: Beginner
Days Per Week: 3 Days
Program Duration: 8 Weeks
[Click here for the full workout!](#)

Equipment: Bodyweight, Kettle Bells
Target Gender: Male & Female
Author: Roger "Rock" Lockridge

45-Minute Kettlebell and Bodyweight Workout

A note on rest times: Take as much time as needed between each exercise. A good place to start is 30-60 sec. At the end of your first circuit, rest of 2 minutes, then repeat for one more round (for a total of two rounds).

Exercise	Rest
Kettlebell Halo	60 sec (30 sec each direction)
Push Up	60 sec
Kettlebell Swing	60 sec
Lying Leg Raise	60 sec
Kettlebell Row	60 sec (30 sec each side)
Abdominal Crunch	60 sec
Kettlebell Goblet Squat	60 sec
Bodyweight Jump Squat	60 sec
Kettlebell Single Leg Deadlift	60 sec (30 sec each side)
Alternating Bodyweight Lunge	60 sec