



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## 50 REP FAT LOSS

# HIIT TREADMILL & KETTLEBELL WORKOUT

Blast fat using only a kettlebell, bodyweight exercises and some HIIT treadmill sprinting. Exercises move along in a taxing 10 to 50 rep progression pattern.

Link to Workout: <https://www.muscleandstrength.com/workouts/50-rep-fat-loss-hiit-treadmill-kettlebell-workout>

**Main Goal:** Lose Fat

**Training Level:** Beginner

**Program Duration:** 4 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 60-75 Mins

**Equipment:** Bodyweight, Kettle Bells

**Author:** Ian Coleman

## HIIT Kettlebell & Treadmill Workout

Exercise	Reps*
<a href="#">Bodyweight Squat</a>	10 - 50
<a href="#">Push Up</a>	10 - 50
Treadmill - Sprint	20 Secs
Burpee	10 - 50
Kettlebell Swing	10 - 50
Treadmill - Sprint	20 Secs
<a href="#">Hanging Knee Raise</a>	10 - 50
<a href="#">Inverted Row</a>	10 - 50
Treadmill - Spring	20 Secs
One Arm Kettlebell Snatch - Alternate Arms	10 - 50
<a href="#">Bodyweight Lunge</a> - Alternate Legs	10 - 50
Treadmill Sprint	20 Secs

\*Reps: You'll be working through this cycle 5 times. Cycle 1: 10 reps per exercise, Cycle 2: 20 reps per exercise, Cycle 3: 30 reps per exercise, etc. Keep adding 10 reps each cycle until you reach 50 reps per exercise. Treadmill sprinting should be performed as quickly as convenience allows. Exercise reps don't need to be rushed. Use good form & develop a good rhythm.

