



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



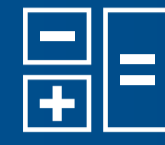
Diet Plans



Expert Guides



Videos



Tools

FAST START 3 DAY HOME KETTLEBELL WORKOUT FOR WOMEN

Build the body you want now! This simple kettlebell workout allows you to learn the primary resistance training exercises at home, and prepares you for gym training.

Link to Workout: <https://www.muscleandstrength.com/workouts/fast-start-3-day-kettlebell-workout-women>

Main Goal: General Fitness

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 3 Days

Time Per Workout: 60-90 Mins

Equipment: Kettle Bells

Author: Jonathan Byrd

3 Day Kettlebell Workout

Exercise	Sets	Reps
Legs & Back		
Kettlebell Goblet Squat	4	10
Kettlebell Walking Lunge	4	10
Kettlebell Deadlift	3	8
One Arm Kettlebell Row	3	8
One Arm Kettlebell Swing	3	8
Upper Body		
Push Ups (On Knees if Needed)	4	10
Kettlebell French Press	4	10
Single Arm Kettlebell Shoulder Press	4	10
Single Arm Kettlebell Curl	4	10