



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



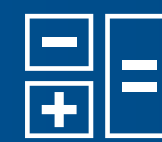
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4 WEEK COMPLETE KETTLEBELL AB & CORE WORKOUT

Challenge your full body strength and muscular endurance by performing this core focused 4 week kettlebell workout program. Read on to learn more.

Link to Workout: <https://www.muscleandstrength.com/workouts/4-week-complete-kettlebell-ab-workout>

Main Goal: General Fitness

Training Level: Beginner

Program Duration: 4 Weeks

Days Per Week: 3 Days

Time Per Workout: 25 - 45 Mins

Equipment: Kettle Bells

Target Gender: Male & Female

Author: Amanda Perkins

Workout

Exercise	Sets	Reps
Alternating Swing	4	10 Each
Side Lunge Rack Position	-	10 Each
Half Kneeling Press	-	10 Each
Renegade Row	-	10 Each
Half Turkish Get Up	-	10 Each
Feet Elevated Pullover	-	10 Each
Figure 8	-	10 Each
Standing Russian Twist	-	10 Each