



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



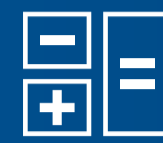
Diet Plans



Expert Guides



Videos



Tools

KETTLEBELL, BODYWEIGHT & TREADMILL CARDIO WORKOUT

Forget boring cardio workouts! Blast away fat in only 15 minutes per day using only a treadmill, a kettlebell and simple bodyweight exercises.

Link to Workout: <https://www.muscleandstrength.com/workouts/kettlebell-bodyweight-treadmill-cardio-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 4 Weeks

Days Per Week: 4 Days

Time Per Workout: 15-30 Mins

Equipment: Bodyweight, Kettle Bells, Other

Author: John Gormen

Cardio Workout

| Exercise | Time or Reps |
|--|--------------|
| Treadmill | 20 Secs |
| Push Up | 10 Reps |
| Treadmill | 20 Secs |
| Kettlebell Swings | 10 Swings |
| Treadmill | 20 Secs |
| Burpees | 10 Reps |
| Treadmill | 20 Secs |
| Plank | 20 Secs |
| Treadmill | 20 Secs |
| Kettlebell Goblet Squats | 10 Reps |

No rest between exercises & stations. Repeat this circuit 5 times. You may swap in any kettlebell or bodyweight exercise of your choice.