# FULL-BODY KETTLEBELL

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises



10 squats x 3 sets in total 20 seconds rest between sets



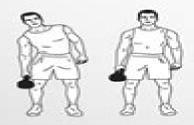
10 swings x 3 sets in total 20 seconds rest between sets



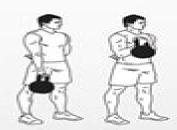
10 deadlifts x 3 sets in total 20 seconds rest between sets



10 bent over rows x 3 sets in total 20 seconds rest between sets



10 side bends x 3 sets in total 20 seconds rest between sets



10 bicep curls x 3 sets in total 20 seconds rest between sets

# **Kettlebell Exercises A Beginners Guide**

**L** Towne

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