



30-Minute Kettlebell Workout

Lose Fat Fast

5-MINUTE WARM-UP

10/LEG SIDE LUNGE WITH KETTLEBELL PRESS



10/ARM SQUAT & SINGLE-ARM KETTLEBELL HIGH PULL



1MIN KETTLEBELL SWING



30SEC SINGLE-LEG ZIG-ZAG HOPS



1MIN SQUAT AND TWIST WITH A KETTLEBELL



1MIN FOOTBALL SPRINTS WITH TOE TAP



5-MINUTE COOL DOWN

5 ROUNDS COMPLETE FIVE ROUNDS OF THIS CIRCUIT WITH A MINUTE REST IN-BETWEEN EACH ROUND.

**ALWAYS SPEAK WITH YOUR DOCTOR BEFORE STARTING ANY NEW WORKOUT PROGRAM.



Workouts have been tested & approved by the Active.com lifestyle editors.

