



MY TOP FITNESS

# SIMPLE FULL-BODY KETTLEBELL WORKOUT

to do at

# HOME

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In recent years, many people started working out at home and now maintained this habit as they find it more flexible, as well as more cost-effective. Furthermore, it is now acknowledged and well-accepted that it is possible to achieve good results with home workouts too, thanks to the amount of equipment now available for purchase. Having said that, there are a few pieces of equipment that are more versatile than others, meaning that even without a full home gym you can still train your whole body...such as kettlebells.



## **FULL-BODY HOME WORKOUT WITH KETTLEBELLS**

Kettlebells are very adaptable and enable you to work on your whole body with a series of dynamic and static movements. Today we will show you a simple and effective total body workout that you can do in the comfort of your home using just one kettlebell. Ideally, you should aim to perform this workout a minimum of twice per week to see results and condition your body appropriately.





# KETTLEBELL SWINGS

## TECHNIQUE

1. Stand upright, with your legs shoulder-width apart
2. Hold a kettlebell with both hands from the handle, then extend your arms down to place it in front of you, between your legs
3. Hinge at the hips to move your torso forward and the kettlebell back between your legs
4. Using your glutes and hamstrings, thrust forward to move the kettlebell in front of you all the way up to shoulder height. Make sure to maintain your core engaged throughout the movement
5. Keeping your core engaged, swing the kettlebell back down. This is one repetition



### REPETITIONS AND SETS

Perform 12-20 repetitions for 3-5 sets



# SQUAT AND PRESS

## TECHNIQUE

1. Place a kettlebell in front of you, then stand upright with your legs shoulder-width apart
2. Hinge at the hips and bend your knees to squat down. Once in a squat position, grab the handle of the kettlebell with one hand
3. Push through your feet to move back up, whilst also rotating the hand holding the kettlebell externally and moving it to shoulder height. At the end of this movement, you should stand upright with the kettlebell next to your shoulder and the palm facing forward.
4. Extend the arm up to push the kettlebell above your head
5. Bend the elbow to lower the kettlebell back to shoulder height

Squat back down and reposition the kettlebell on the floor in front of you. This is one repetition. Repeat on the other hand.



### REPETITIONS AND SETS

Perform 8-12 repetitions on each side, for 4-5 sets.



# HIGH PULL

## TECHNIQUE

1. Start by grabbing the kettlebell from the handle using both hands
2. Stand upright whilst holding the kettlebell in front of your legs
3. Keeping your core engaged and your spine neutral, move the kettlebell straight up to your chin by lifting up your elbows.
4. Gently move the kettlebell back to its original position. This is one repetition



### REPETITIONS AND SETS

Perform 8-12 repetitions for 3-4 sets.



# RUSSIAN TWISTS

## TECHNIQUE

1. Start by grabbing a kettlebell, then sit on a mat with your knees bent and your feet flat on the floor
2. Once on the floor, hold the kettlebell with one hand on each side, from the lower end of the handle.
3. Move the kettlebell to the side of your waist by twisting your torso. When doing this, ensure your face is always following the direction of the kettlebell.
4. Using your core, twist your torso to move the kettlebell on the other side of your waist. This is one repetition



### REPETITIONS AND SETS

Perform 10-15 reps on each side for 3-5 sets



## FINAL WORDS

Kettlebells are a great tool to have as they enable you to work on every muscle group without the need of using multiple pieces of equipment. The above workout should be performed a minimum of 2 times per week to see results and improve strength.