

Kettlebell HIIT Workout

Necessary Equipment:

1. Kettlebells

Workout 1

<u>Round 1 - Twice Through</u>	<i>Warmup - Run in Place</i>
Jumping Jacks	30 sec
American Kettlebell Swing	30 sec
Kettlebell Turkish Get Up Right	30 sec
Kettlebell Turkish Get Up Left	30 sec
<u>Round 2 - Twice Through</u>	<i>Drink Break</i>
Kettlebell Right Arm Clean and Jerk	30 sec
Kettlebell Left Arm Clean and Jerk	30 sec
Kettlebell Bicycle Crunch	30 sec
Kettlebell Alternating Swing	30 sec

Bonus Finisher: Sprint in place for 1 minute

Remember to be safe and keep hydrated during the workout.