W NERD Fitness Beginner Kettlebell Worksheet

BEFORE: Warm Up - 5-10 minutes of easy, general movement (e.g. jog in place, jump rope, arm circles, leg swings)

AFTER: Cool down - 5-10 minutes of easy walking, and upper body/lower body stretches

GUIDELINES: Go 1-3 times through the kettlebell circuit, performing exercise 1 to 6 in order, then repeating. Perform on non-consecutive

days. Record repetitions complete and/or weight used.

EXERCISES



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