



**HOME EXERCISE PRGOGRAMME**




Class:	Kettlebell Tone
Trainer name:	Benine
Equipment:	Kettlebell or 1 Dumbbell
Date:	April 17, 2020

<b>WARM-UP</b>	
Full body mobilization	5min

**WORKOUT**  
Repeat each group 3 times.

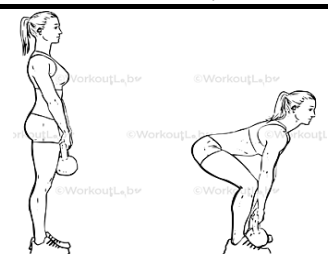


<b>GROUP 1</b>		
EXERCISE	REPS	NOTES/ILLUSTRATION
Kettlebell Squat	10	
One Arm Press	10 (left and right)	
Jog over Kettlebell	20	



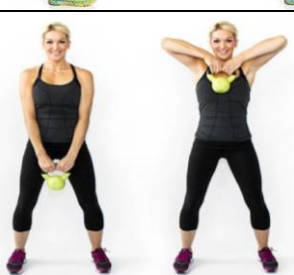
**GROUP 2**

EXERCISE	REPS	NOTES/ILLUSTRATION
<b>Kettlebell Swing</b>	10	
<b>Up/Down Lunge</b>	10 (right and left)	 <p data-bbox="753 835 1166 863">Kettlebell in the hand of the leg that is back</p>
<b>Kettlebell Press</b>	10	




GROUP 3		
EXERCISE	REPS	NOTES/ILLUSTRATION
Kettlebell Sumo Squat	10	
One Arm Row	10	
Taps onto the Kettlebell	20	

GROUP 4		
EXERCISE	REPS	NOTES/ILLUSTRATION
Alternating Arm Swing	10	
Side Lunge	10 (left and right)	
Kettlebell Overhead Extension	10	








GROUP 5		
EXERCISE	REPS	NOTES/ILLUSTRATION
Kettlebell Deadlift	10	
One Arm Curl	10 (right and Left)	
High Knees with Kettlebell at chest	20	

GROUP 6		
EXERCISE	REPS	NOTES/ILLUSTRATION
One arm Swings	10	
One leg deadlift with Kettlebell	10 (right and Left)	
Upright Row	10	

**GROUP 7**

EXERCISE	REPS	NOTES/ILLUSTRATION
<b>Russain Twist</b>	10	
<b>Sit Up</b>	10	
<b>Straight leg kettlebell crunch</b>	10	

## STRETCHES

Chest Stretch	Hold 20sec	
Rhomboid stretch	Hold 20sec	
Shoulder Stretch	Hold 20sec (left and right)	
Side Stretch	Hold 20sec (left and right)	
Reach for toes	Hold 20sec	
Adductor Stretch	Hold 20sec (left and right)	
Standing Glute Stretch	Hold 20sec (left and right)	
Lower Back Stretch	Hold 20sec	