

W.O.W.

WAC ON WELLNESS

KETTLEBELL CONDITIONING

This kettlebell workout is only 20 minutes long, not including your warm-up and cool-down. You need one medium weight kettlebell, a timer, and a positive mental attitude. Once the timer starts, there are no scheduled breaks. The workout is continuous, and if you need a moment, take it but jump back in as quickly as possible.

WARM-UP: Five minutes rowing, jogging, or using the elliptical until sweating.

THE WORKOUT: Each exercise has one minute dedicated to it, complete as many reps as possible (AMRAP) during the minute, and immediately switch to the next exercise.

MINUTES 1-5

1. Goblet squats
2. Clockwise Halos
3. Clockwise Slingshot
4. Counterclockwise Halos
5. Counterclockwise Slingshot

MINUTES 6-10

1. Side lunge to upright row (L)
2. Side lunge to upright row (R)
3. Two-handed Kettlebell Swing
4. Reverse lunge and press (L)
5. Reverse lunge and press (R)

MINUTES 11-16

1. Single arm KB swing (L)
2. Single arm KB swing (R)
3. Single arm KB clean and press (L)
4. Single arm KB clean and press (R)
5. Single leg KB row and deadlift (L)
6. Single leg KB row and deadlift (R)

MINUTES 17-20

1. KB Windmill (L)
2. KB Windmill (R)
3. KB Push-up (L)
4. KB Push-up (R)

COOL-DOWN: Five minutes jogging or using an elliptical, then five minutes of stretching

See a Personal Trainer for more detailed instructions or a demonstration.



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Always consult your physician before starting any exercise program.
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