

TOTAL
BODY

WORKOUT

10
MIN

KETTLEBELLS

After the warm up, set your timer for 10 minutes. Each minute you will be performing the amount of KB swings and burpees as instructed in the WORKOUT. Rest for the remainder of the minute if completed early. Start the next round on the next minute!

WARMUP

High Knees - 30 seconds
Butt Kicks - 30 seconds
Jumping Jacks - 30 seconds
Trunk Rotations - 30 seconds
Sun Salutations - 60 seconds

WORKOUT

- Minute 1: 10 KB Swings, 1 Burpee
- Minute 2: 9 KB Swings, 2 Burpees
- Minute 3: 8 KB Swings, 3 Burpees
- Minute 4: 7 KB Swings, 4 Burpees
- Minute 5: 6 KB Swings, 5 Burpees
- Minute 6: 5 KB Swings, 6 Burpees
- Minute 7: 4 KB Swings, 7 Burpees
- Minute 8: 3 KB Swings, 8 Burpees
- Minute 9: 2 KB Swings, 9 Burpees
- Minute 10: 1 KB Swing, 10 Burpees

