

Introduction

The truth is that any sort of resistance training is very vital to fat loss. Even if you were to follow a basic bodybuilding style training program and combine it with cardio and a sound diet, you'd lose fat. But the reason I prefer Kettlebell workouts is because they are a) challenging, b) fun, and c) something different. You see, most people don't get results with traditional strength training routines because they're too long and boring.

Kettlebell workouts are short and exciting. That is why people spend lots of money to purchase them - it saves them time and money in the long run.

Fat Loss Workout Routines: What kind of workout routine should you follow with Kettlebells to help you burn fat? Well, the most important thing is that the routine must be intense. This means that the exercises you choose must be challenging, and must be done with little to no rest in between each set. If you rest too long between each set, you will lose the fat burning effect.

You must absolutely get your heart rate up, and you must sweat. I want you to sweat puddles! PUDDLES!

Source: <http://www.all-bodybuilding.com/2016/11/kettlebell-workout-routines-for-fat-loss.html>

Routines

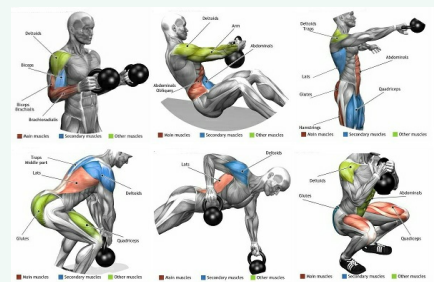
One of the best ways to design a fat burning Kettlebell workout is to use intervals. This is where you perform an exercise for a set period of time, followed by a set period of rest. Try the following workout:

Perform each movement for 40 seconds, followed by a 20 second rest period. Then move onto the next movement:

- Two Arm Kettlebell Swings
- Kettlebell Overhead Press
- Two Handed Kettlebell Squat
- One arm Kettlebell High Pull
- Hands on Kettlebell Pushup
- One Hand Alternating Swing
- Kettlebell Thruster
- Hands Out Kettlebell Crunch

If you still have energy at the end of the circuit, you can try another round.

Kettlebell Routines



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Published 24th July, 2018.
 Last updated 25th July, 2018.
 Page 1 of 1.

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