

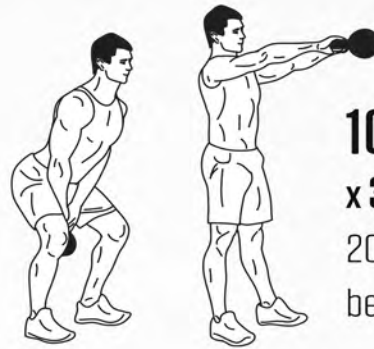
# FULL-BODY KETTLEBELL

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

2 minutes rest between exercises



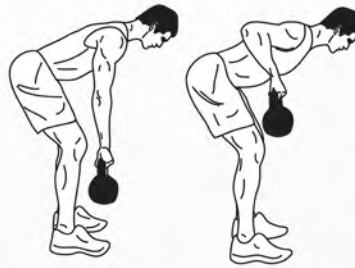
**10** squats  
**x 3 sets** in total  
20 seconds rest  
between sets



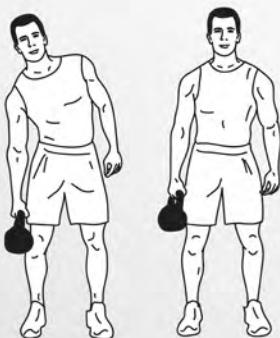
**10** swings  
**x 3 sets** in total  
20 seconds rest  
between sets



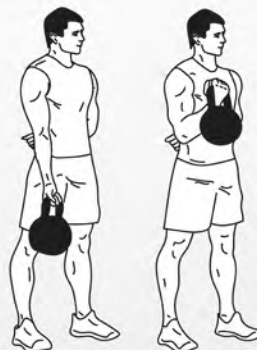
**10** deadlifts  
**x 3 sets** in total  
20 seconds rest  
between sets



**10** bent over rows  
**x 3 sets** in total  
20 seconds rest  
between sets



**10** side bends  
**x 3 sets** in total  
20 seconds rest  
between sets



**10** bicep curls  
**x 3 sets** in total  
20 seconds rest  
between sets