

# Home Gym Routine



## Overview (Watch video overview [here](#))

- **Equipment:** One kettlebell
- **Estimated time:** 20-30 minutes
- **Number of days/week:** Do this workout 3x/week
- **Number of weeks:** Do this for 3-4 weeks

## Kettlebell Size Recommendations

- **Total beginner:** 26 pounds (men), 15 pounds (women)
- **Sort of athletic:** 35 pounds (men), 26 pounds (women)
- **Very athletic:** 44 pounds (men), 35 pounds (women)

| Movement            | Sets     | Reps             |
|---------------------|----------|------------------|
| Kettlebell Deadlift | 2-3 sets | 6-12 repetitions |
| Goblet Squats       | 2-3 sets | 6-12 repetitions |
| Two-hand presses    | 2-3 sets | 6-12 repetitions |
| Two-hand rows       | 2-3 sets | 6-12 repetitions |
| Kettlebell Push-ups | 2-3 sets | 6-12 repetitions |

**P.S.** Do you want to lose 10-15 pounds in 40 days, without going to the gym?

Check out [Kickstart40](#)