

SCHEDULE



3 DAYS A WEEK KETTLEBELL PROGRAM

A **streamlined** four week schedule using kettlebell workouts from the BodyFit by Amy YouTube channel to get you lean, strong, and sculpted.

3 DAYS A WEEK KETTLEBELL PROGRAM

welcome!

In this 4-week Program, we'll train your entire body for both strength and cardio, in just 3 kettlebell workouts a week! All you need is one kettlebell and a mat or soft space for floor work.

how to use this guide

This program features 3 full body kettlebell workouts each week, with the option of a fourth Bonus Workout, and a Weekly 10 Minute Bonus Burn Workout (an optional workout that can be added on to any or all days that week). Each workout features both low and high impact options, so work to your level and take breaks as needed. Workouts will increase in time and intensity as the weeks progress, but as the workouts get more challenging, you will be getting stronger and more fit! Let's do it!

If you are newer to kettlebell training, please check out my [Beginner Kettlebell Workout](#), and my [How to do a Kettlebell Swing Video](#).

If you are newer to exercise, please check out my [Beginner's Guide to Fitness](#) and [Beginner/Low Impact Videos](#).

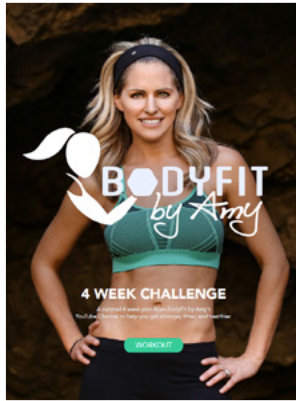
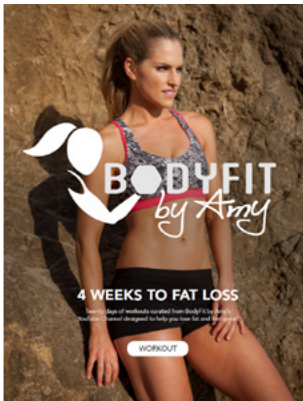
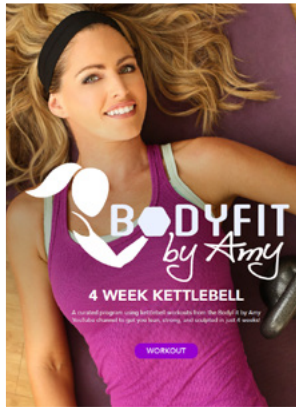


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additional info

Need more structure?

Check out our full ebook programs, complete with four weeks of workouts, daily tips, form and function help, and more!



How's your nutrition?

You've heard it before. When it comes to weight loss or overall health, **you need both exercise AND diet.** Stay healthy with our comprehensive nutrition guide!



Share your success

Be sure to follow @BodyFitbyAmy on Facebook, Instagram and Twitter and share your success with others using the hashtags #bodyfitbyamy and #BBA4week.

Make sure to tag @BodyfitbyAmy, so I can connect with you and follow your transformation!



Join our private Facebook group

Take advantage of [BodyFit by Amy's Facebook group](#). Connect with me and friends for program support. Ask questions, share stories and tips. I can't wait to hear from you!

DISCLAIMER: THIS PROGRAM (4 WEEK 3 DAYS KETTLEBELL) AND ITS ASSOCIATED CONTENT ARE FOR INFORMATIONAL PURPOSES. BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, PLEASE MAKE SURE YOU HAVE BEEN CLEARED BY A DOCTOR FOR EXERCISE. IF YOU ARE UNSURE WHETHER YOU SHOULD FOLLOW THE GUIDELINES OR WORKOUTS IN THIS EBOOK, PLEASE CONTACT A QUALIFIED PROFESSIONAL.

YOUR RESULTS ARE COMPLETELY DEPENDENT ON HOW YOU USE THIS INFORMATION; WE DO NOT GUARANTEE ANY WEIGHT LOSS FROM READING THIS EBOOK. BY USING THIS EBOOK ((4 WEEK 3 DAYS KETTLEBELL), YOU AGREE TO HOLD HARMLESS BODYFIT BY AMY, AMY KISER SCHEMPER, WWW.BODYFITBYAMY.COM, FROM ANY LIABILITY OR PERSONAL INJURY ASSOCIATED WITH THIS CONTENT.

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