

EQUIPMENT

HOLD STRONG Fitness
Elite Competition Kettlebell
Weight 8 to 32 kg - HS-RL-CKB



KETTLEBELL WORKOUTS



- 01 Select 3-4 exercises for your HIIT Full Body Workout
- 02 Perform 12-15 reps and 3-5 sets according to your goal
- NOTE: Use this as a sample guideline on how to create your workout

ABOUT ALEX & EVELINA

Digital Content Creator, Licensed Personal Trainer and Fitness Influencer; these are just a few of the many titles which describes these two fitness enthusiasts. It's rather a passion more so than a hobby; all with the goal of sharing workout regimens or routines in order to become the best version of yourself.

INSTAGRAM

@ALEX_KUKLA • @BYEVELINA_

KETTLEBELL PUSH PRESS



KB OVERHEAD LUNGES



KB OVERHEAD SQUAT



KETTLEBELL SQUAT



KETTLEBELL SIDE LUNGE



KB SINGLE LEG DEADLIFT



KETTLEBELL WORKOUTS



INSTAGRAM

@ALEX_KUKLA • @BYEVELINA_
Elite Competition Kettlebell - HS-RL-CKB

KETTLEBELL SWING



EQUIPMENT

HOLD STRONG Fitness
Elite Iron Kettlebell
Weight 4 to 40 kg - HS.RL-EIK



KETTLEBELL WORKOUTS



- 01 Select 3-4 exercises for your HIIT Full Body Workout
- 02 Perform 12-15 reps and 3-5 sets according to your goal
- NOTE: Use this as a sample guideline on how to create your workout

ABOUT ALEX & EVELINA

Digital Content Creator, Licensed Personal Trainer and Fitness Influencer; these are just a few of the many titles which describes these two fitness enthusiasts. It's rather a passion more so than a hobby; all with the goal of sharing workout regimens or routines in order to become the best version of yourself.

INSTAGRAM

@ALEX_KUKLA • @BYEVELINA_

IRON KETTLEBELL SQUAT



IRON KETTLEBELL CLEAN



IRON KETTLEBELL LUNGE



IRON KB SUMO DEADLIFT



IRON KETTLEBELL THRUSTER



IRON KB PUSH PRESS



KETTLEBELL WORKOUTS

ATHLETE SERIES

#3



INSTAGRAM
EQUIPMENT

@ALEX_KUKLA • @BYEVELINA_
Elite Iron Kettlebell - HS.RL-EIK

IRON KB FRONT SQUAT

