EQUIPMENT

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









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 enthuasists. 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

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KETTLEBELL PUSH PRESS



KB OVERHEAD LUNGES



KB OVERHEAD SQUAT



KETTLEBELL SQUAT



KETTLEBELL SIDE LUNGE













WWW.HOLDSTRONG.DE

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

EQUIPMENT

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



KETTLEBELL WORK

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



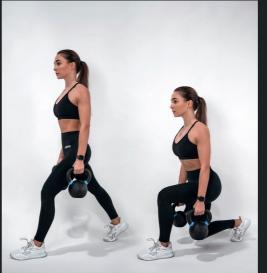
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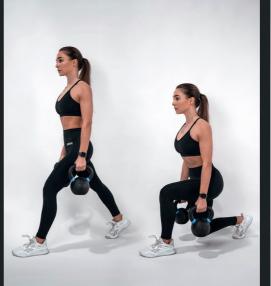
IRON KETTLEBELL SQUAT

IRON KETTLEBELL CLEAN IRON KETTLEBELL LUNGE



IRON KB SUMO DEADLIFT







IRON KETTLEBELL THRUSTER IRON KB PUSH PRESS







ATHLETE SERIES











Elite Iron Kettlebell – HS.RL-EIK @ALEX_KUKLA • @BYEVELINA

IRON KB FRONT SQUAT

