



BeBellaflex.com

KETTLEBELL TRAINING WITH BELLAFLEX 3 DAYS A WEEK

20 MINUTES A DAY, JUST 3 DAYS A WEEK!

Practice these 3 simple workouts for the next 4 weeks to ensure maximum results. You only need a kettlebell and a timer!

What is more flexible than getting in shape in your own home, on your own time? We put the FLEX in Bellaflex with our training and nutrition app, it can all be customized to your goals, your time, and your lifestyle. All you need, including a personal trainer, at your fingertips. Want to learn more, send us an email at

hello@bebellaflex.com

Links to our Youtube channel are included with each exercise. Here you will find demonstrations and instructional tips to fine tune your technique.

MOVEMENT INSTRUCTIONAL VIDEOS

Click to watch

 SWINGS

 GET UP TO ELBOW

 GOBLET SQUATS

 MILITARY PRESS

 DEADLIFT

 SUITCASE CARRY

Bellaflex Fundamentals

4 Rounds OTM

Perform each movement ON THE MINUTE (OTM), rest for the remainder of the minute.

1 Round (Repeat 4x) + Finisher

- **Minute 1:** 12-15 Reps- Swing
- **Minute 2:** 5 Reps on Each Side- Getup to Elbow
- **Minute 3:** 12-15 Reps- Swing
- **Minute 4:** 5 Reps on Each Side- Getup to Elbow
- **Final Finish:** Suitcase carry on each side, hold as long as possible with good form

Perfect Peach

Descending Ladder 10-1

Swings and Squats! Start with 10 reps of each and work your way down to 1 of each. Rest as needed between sets.

- **Set 1:** 10 Swings + 10 Goblet Squats
- **Set 2:** 9 Swings + 9 Goblet Squats
- **Set 3:** 8 Swings + 8 Goblet Squats
- **Set 4:** 7 Swings + 7 Goblet Squats
- **Set 5:** 6 Swings + 6 Goblet Squats
- **Set 6:** 5 Swings + 5 Goblet Squats
- **Set 7:** 4 Swings + 4 Goblet Squats
- **Set 8:** 3 Swings + 3 Goblet Squats
- **Set 9:** 2 Swings + 2 Goblet Squats
- **Set 10:** 1 Swing + 1 Goblet Squat

Full Body Strength

5 Rounds OTM

Perform each movement ON THE MINUTE (OTM), rest for the remainder of the minute.

1 Round (Repeat 5x)

- **Minute 1:** 5 Reps on Each Side- Military Press
- **Minute 2:** 10 Reps Deadlift
- **Minute 3:** 8 Reps of Goblet Squat
- **Minute 4:** 25 Second Suitcase Carry on each side