

# Bell Blaster

*Welcome to Bell Blaster.* Bell Blaster workouts are aimed at giving you the intensity and resistance training necessary for the most effective and time efficient workout.

These three full body workouts will get your heart rate up, burn fat, and help build muscle. *YES!* Your workout can accomplish all that in a short amount of time. With the right amount of resistance (the kettlebell) and a well-designed workout, we can accomplish *more* in less time.

## EQUIPMENT

You will need one kettlebell of moderate weight. If you have worked with kettlebells before or done my [Kettlebell Kickstart](#) program, I recommend a 10kg, 12kg, or 14kg. You can also modify these workouts to be done with a set of dumbbells.

## VIDEOS

Each workout includes a video of the exercises you are going to perform. Make sure to watch before you start so you are clear on the movements and won't need to stop mid workout to look up any unfamiliar exercises. They also provide variations you may want to use in the workout.

Tag me (@allisontenney) when you try these out and let me know what you think. Use the hashtag *#BellBlaster* to follow along and see how others are doing with the workouts.



Allison

## KEY POINTS

- ✓ You should be out of breath as you work through these exercises. Choose intensity over moderation. *Rest when necessary*, but for the best effect, we want your heart rate up and for you to be sweaty and out of breath.
- ✓ You will find you are able to get through each workout in under 20 min. That's the goal!
- ✓ These workouts should be done as stand-alone workouts. They will be challenging enough that you will not want to add anything else in on the days you choose to do a Bell Blaster workout.





## Kettlebell Crusher

Complete 4 rounds of this circuit as quickly as possible for time.

A1	10 SA Swing
B1	8 SA Dead Stop Clean
C1	6 SA Push Press
D1	4 SA Front Squat
E1	20 Seating Pike Pulses <i>- Switch and do other side</i> <i>- Completing both right and left sides = 1 round</i> <i>- Rest as necessary in between rounds, but try to keep moving as quickly as possible.</i> <i>- This is for time!</i>

[▶ WATCH THE VIDEO](#)

## Fierce Five

Complete 5 rounds/always 5 reps of each exercise for time.

A1	5 SA Swing
B1	5 SA Clean
C1	5 SA Squat
D1	5 SA OH Press
E1	5 Reverse Lunge (KB in OH Press Position)
F1	5 TGU Kneeling Side Hinge <i>- Both sides = 1 round</i> <i>- Try not to put the bell down.</i> <i>- 5 reps for each exercise for all 5 rounds</i> <i>- Rest as necessary in between rounds, but try to keep moving as quickly as possible. This is for time!</i>

[▶ WATCH THE VIDEO](#)

## Brutal Body Burn

Set your timer for 5 minutes and complete as many rounds as you can for each separate Superset (three total: A, B, and C).

Rest after each five-minute block before moving on to the next superset.

A1	2H Swing - 20
A2	Push Up - 10
B1	Goblet Squat - 10
B2	Squat Jumps - 10
C1	Burpees (choose modifications) - 10
C2	Plank Pull Throughs with your KB - 10 each side (or 20 total pull throughs)

[▶ WATCH THE VIDEO](#)

**Common Abbreviations:** KB=Kettlebell SA = Single Arm OH = Overhead TGU=Turkish Get Up