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1. The **Cardio** Core 30/10 Blast (0:13) 2. The 10 Minute 30s Burner (1:39) 3. The 5s KB **Cardio** Leg ...

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12 Minute Kettlebell Workout For Faster Fat Loss 12 Minute **Kettlebell Workout** For Faster Fat Loss In this video Coach MANDler shares a high intensity 12 minute **kettlebell workout** ...

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workout. Kettlebells are an awesome piece of kit you'll find in the **gym** but they're great for home ...

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5 **exercises** | 5 rounds | 40 seconds work | 20 seconds rest KB
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