

4-Week Kettlebell Program

- **Equipment:** One 16kg kettlebell
- **Duration:** 4 weeks
- **Workouts:** 3x a week
- **Goal:** Muscular endurance and learning the kettlebell

| Week | Monday | Wednesday | Friday |
|------|--------|-----------|--------|
| 1 | #1 | #2 | #3 |
| 2 | #1 | #2 | #3 |
| 3 | #1 | #2 | #3 |
| 4 | #1 | #2 | #3 |

Program Structure

- This program utilizes circuits, where you will complete a set of kettlebell swings before each movement.
 - Ex: KB Swings, Movement 1, KB Swings, Movement 2, KB Swings, Movement 3, Rest 2-3 minutes, repeat the circuit.
- When you finish all your circuits, there is a kettlebell march finisher.
- While challenging, this program is for those starting to learn kettlebell movements. If you exercise regularly **and** are already adept with KB swings, I'd recommend starting with month 2 (see bottom of next page for details).
- Focus on improving your form with each repetition you do.

Program Tips

- Use the embedded links to the workout page for movement instructions, regression (easier) and progression (harder) tips.
- Learning the kettlebell takes patience! Keep practicing, and do it safely.
- The Monday/Wednesday/Friday split is one option. As long as you have 1 day of rest between sessions, you can schedule it as needed.
- On your off days, spend 15-20 minutes practicing these 2 KB movements with the 16kg bell: **KB Get-Up** & **KB Clean**



Workouts #1, #2, and #3

Workout #1: 3 Circuits

Do 10, **2-hand KB Swings** before each of the following movements:

- **Push-Ups**: 6 reps
- **KB Goblet Squats**: 6 reps
- **KB Rows**: 6 reps (each arm)

60 **KB Marches** when finished with all rounds.

Workout #2: 4 Circuits

Do 8, **2-hand KB Swings** before each of the following movements:

- **Push-Ups**: 8 reps
- **KB Goblet Squats**: 8 reps
- **KB Rows**: 8 reps (each arm)

80 **KB Marches** when finished with all rounds.

Workout #3: 5 Circuits

Do 6, **2-hand KB Swings** before each of the following movements:

- **Push-Ups**: 10 reps
- **KB Goblet Squats**: 10 reps
- **KB Rows**: 10 reps (each arm)

100 **KB Marches** when finished with all rounds.

Workout Tips

- In the circuit, move from one movement to the next with minimal rest. Rest for 2-3 minutes after each circuit.
- If the push-up rep count is too easy, do a 2-1-2 count (2 down, 1 hold, 2 up).
- For the KB Marches, alternate hands every 10 reps. One rep is when you lift both your left and right foot up.

Program Tips

- Warm-Up/Cool-Down for 3-5 minutes before/after working out.
- To make this easier, complete 2/3/4 circuits instead of 3/4/5.
- Once you finish the 4-weeks, here how you can expand this:
 - **Month 2**: Use 24kg for KB Swings, and 24kg for KB Goblet Squats and KB Rows for 1-2 workouts per week (#1 and/or #2).
 - On your off days, add 3 more KB movements with the 16kg bell to your practice sessions: **1H KB Swing**, **KB Press**, **KB Front Squat**

