

4-Week Strength Program

- **Equipment:** 2 kettlebells (you can use one kettlebell), and find yourself a pull-up bar (ab-roller optional)
- **Duration:** 4 weeks
- **Workouts:** 3x a week
- **Goal:** Increase strength

Week	Mon	Wed	Fri
1	#1	#2	#3
2	#1	#2	#3
3	#1	#2	#3
4	#1	#2	#3

Program Structure

- All workouts take ~40 minutes.
- The goal of this program is to build strength in the Thruster and Pull-Up movements. Circuits are added in for conditioning.
- I'm using the same weights in month 1. I want heavy Thrusters and slow pull-ups to become easy.
- I'm going to try to increase my rep-count in month 2, and again in month 3.

Program Tips

- Warm-up/Cool-down for 2-3 minutes each.
- Reset your Thrusters after each rep to make it extra difficult.
- On off days (2-3x a week) I'm doing 80-120 KB Swings & 3-5 KB Get-Ups with a 32kg bell.
- You can use one kettlebell, or substitute with dumbbells (with only a few modifications).



Workouts #1, #2, and #3

Workout #1

Thruster: 3 reps

- 5x2 min intervals (10 min)

Pull-Up: 3 reps (4-2-4 count)

- 5x 2 min intervals (10 min)

Circuit: 7 minutes

- 1 **Push-up**, 1 **Clean**, 1 **Front Squat**

Ab-Roller (or **hanging leg raises**): 3x6 reps

Farmer's Carry (single KB): 5 minutes

Workout #2

Thruster: 4 reps

- 5x2 min intervals (10 min)

Pull-Up: 4 reps (4-2-4 count)

- 5x 2 min intervals (10 min)

Circuit: 7 minutes

- 2 **Push-ups**, 2 **Cleans**, 2 **Front Squats**

Ab-Roller (or **hanging leg raises**): 3x7 reps

Farmer's Carry (single KB): 5 minutes

Workout #3

Thruster: 4 reps

- 5x2 min intervals (10 min)

Pull-Up: 4 reps (4-2-4 count)

- 5x 2 min intervals (10 min)

Circuit: 7 minutes

- 3 **Push-ups**, 3 **Cleans**, 3 **Front Squats**

Ab-Roller (or **hanging leg raises**): 3x8 reps

Farmer's Carry (single KB): 5 minutes

My Movements & Weights

For the intervals, when you are finished with your reps, rest for the remainder of the interval.

- **Thruster:** 2-24kg Kettlebells
 - My working weight is one that I can do 6-8 reps with
- **Pull-Ups:** My working reps are ~15-20% of my max reps.
 - 4-2-4 count is 4-count up, 2-count hold, 4-count down
- **Circuit:** 2-24kg Kettlebells
 - All 3 movements is one circuit.
 - Do as many circuits as you can within 7 minutes.
 - Add KB deadlifts in as a 4th movement (optional)
- **Ab-Roller/Hanging Leg Raises:** Ouch.
- **KB Carry:** 1-24kg bell. Walk for 5 minutes.

Single Kettlebell Tips

- Use a KB weight where ~8 reps is your max with a Thruster.
- With a single KB, complete the same # of reps on both sides.
 - I.e., with Thrusters & the Circuits, do the reps listed on both sides of your body