

8-Week Home Gym Strength Program

- **Equipment:** Two Kettlebells, one pull-up bar, and an ab wheel
- **Duration:** 8 weeks
- **Workouts:** 3x a week, ~40 minutes each
- **Skill Level:** Intermediate to Advanced
- **Goal:** Make hard movements feel easy

Weeks	Day 1	Day 2	Day 3
1-4	#1	#2	#3
5-8	#4	#5	#6

Instructions

- Complete each workout for weeks 1-4 (page 2) and weeks 5-8 (page 3).
- For the Thrusters, stick with the same KB weight for 8-weeks. For best results, try using two kettlebells of the same weight for your Thrusters.
- For the Circuits and Farmer's Carry, introduce heavier weights as needed.
- For ideas on how to do this program with a single kettlebell, see page 4.
- For weight selection recommendations, also see page 4.

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)

AMRAP: 7 minutes

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

Ab Wheel (or **hanging leg raises**): 5x5 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)

AMRAP: 7 minutes

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

Ab Wheel (or **hanging leg raises**): 5x6 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)

AMRAP: 7 minutes

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

Ab Wheel (or **hanging leg raises**): 5x7 reps
Farmer's Carry (single KB): 5 minutes

Instructions

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

- **Thruster:** 2 Kettlebells
 - Working weight is one that you can do 6-8 Thrusters with
- **Pull-Ups:** 4-2-4 count (slow!)
 - 4-2-4 count is 4-count up, 2-count hold, 4-count down
- **AMRAP:** 2 Kettlebells
 - AMRAP stands for As Many Rounds as Possible.
 - Do as many rounds as you can within 7 minutes.
- **Ab Wheel/hanging leg raises:** Ouch.
- **Farmer's Carry:** Walk for 5 minutes while carrying your kettlebell(s). One kettlebell required, but two will make this even harder.

What to do on off-days?

On off days, do 80-120 Kettlebell Swings and 3-5 Kettlebell Get-Ups (1-2x a week)

Workouts #4, #5, and #6

Workout #4

Thruster: 3 reps

- 5x2 min intervals (10 min)

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

- 5x 2 min intervals (10 min)

AMRAP: 7 minutes

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

Ab-Wheel (or **hanging leg raises**): 5x6 reps

Farmer's Carry (single KB): 5 minutes

Workout #5

Thruster: 4 reps

- 5x2 min intervals (10 min)

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

- 5x 2 min intervals (10 min)

AMRAP: 7 minutes

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

Ab-Wheel (or **hanging leg raises**): 5x7 reps

Farmer's Carry (single KB): 5 minutes

Workout #6

Thruster: 5 reps

- 5x2 min intervals (10 min)

Pull-Up: 5 reps (4-2-4 count)

- 5x 2 min intervals (10 min)

AMRAP: 7 minutes

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

Ab-Wheel (or **hanging leg raises**): 5x8 reps

Farmer's Carry (single KB): 5 minutes

Instructions

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

- **Thruster:** 2 Kettlebells
 - Try sticking with the same weight you used in weeks 1-4.
- **Pull-Ups:** 4-2-4 count (slow!)
 - 4-2-4 count is 4-count up, 2-count hold, 4-count down
- **AMRAP:** 2 Kettlebells
 - AMRAP stands for As Many Rounds as Possible.
 - Do as many rounds as you can within 7 minutes.
- **Ab Wheel/hanging leg raises:** Ouch.
- **Farmer's Carry:** Walk for 5 minutes while carrying your kettlebell(s). One kettlebell required, but two will make this even harder.

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Program Questions/Tips

Can I use a single kettlebell?

This program is designed for double kettlebell training, but it definitely can be done with single kettlebells. Here are some tips:

- For Thrusters, do the number of reps required on both sides of your body, then rest for the remainder of the interval.
- For the Circuits, do the number of reps required on both sides of your body, then repeat.

What weight(s) should I use?

You can adapt to your own level of strength. I'd recommend progression by 4kg increments.

- **Double Progression:** 2-8kg bells, 2-12kg bells, 2-16kg bells, 2-20kg bells, 2-24kg bells, etc...
- **Single Progression:** 1-8kg bell, 1-12kg bell, 1-16kg bell, 1-20kg bell, 1-24kg bells, etc...

What movement regression/progressions should I do?

The embedded links for each movement will take you to the movement page on the LF Hub, which has lists of regressions and progressions that you can do.

Questions?

- Be sure to use the embedded links on each of the movements to help you with your form.
- If you have any questions, please reach out to me at don@laymansfitness.com. Enjoy!