



PRIMAL SINGLE KETTLEBELL PROGRAM

WORKOUT 1

WARM UP | 3 SETS

Movement	Reps/Rounds
Shoulder Drop/Roll	30 Seconds
Kettlebell Arm Bar	30 Seconds Each Side
Knee Pull Plank to Push-Up	30 Seconds

Specific Warm Up: 3 Rounds | Rest 10 Seconds Between Exercises

Exercise Descriptions

A1: Shoulder Drop/Roll, Alternating x 30 Seconds

Get on your knees. Spread your hands wide. Lean into one palm, bending your elbow as you drive your opposite shoulder down towards the floor. Move slow and steady, creating a mindful stretch in your chest, shoulders and neck.

A2: Kettlebell Arm Bar x 30 Seconds Each Side

Start lying on your back, pressing the kettlebell up towards the ceiling with one arm, make sure that your leg on the same side as the kettlebell is bent with your knee also towards the ceiling. Your other arm should be reaching straight overhead, resting on the floor. As you are holding up the kettlebell, press the ground with your bent leg and turn your hips over to the floor, like you are trying to thrust down into the floor, try to maintain your shoulder packed throughout this movement as you rotate your chest towards the ground. While rotating, make sure to keep the loaded arm straight and try to get your bent leg over onto the other side of your straight leg, then straighten both legs. Repeat by turning back to face up with control.

A3: Knee Pull Plank to Push-Up x 30 Seconds

Start on your knees with your arms extended out in front of you. Pull yourself forward onto your forearms and then onto your palms into the bottom of your push up position. Push up and then go back down into your low push up position and then push yourself back onto your knees.



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WORKOUT 1

PRIMARY WORK SET | 5 SETS

Movement	Reps/Rounds
Single Kettlebell Kneeling Press	30 Seconds
L-Sit to Table Top	30 Seconds
Close Grip Push on Kettlebell	30 Seconds

5 sets | Rest 10 Seconds Between Exercises

Exercise Descriptions

B1: Single Kettlebell Kneeling Press x 30 Seconds Each Side

Start in a kneeling position with the kettlebell in your rack position. Press the kettlebell overhead as you keep your core engaged and ribs down. Switch sides halfway through.

B2: L-Sit to Table Top x 30 Seconds

Starting in an L sit position with your legs extended and hands behind your hips, press the ground down packing your shoulders and squeezing your core, fully extend your legs and push your glutes back in between your arms. Then extend your hips up into the tabletop position maintaining a long spine and tight core and glutes.

B3: Close Grip Push on Kettlebell x 30 Seconds

Lay a kettlebell on its side and grip the ball of the bell with both hands. Pull yourself down into the bottom of your push up, elbows tight to your ribs and core tight. Keep forward pressure on the hands and explosively push back up. Inhale down and exhale up.



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WORKOUT 1

SECONDARY WORK SET | 5 SETS

Movement	Reps/Rounds
Kettlebell Floor Press to Half Turkish Get Up	30 Seconds Each Side
Side Kick Through to Hip Bridge	30 Seconds

5 Sets | Rest 30 Seconds Between Sets

Exercise Descriptions

C1: Kettlebell Floor Press to Half Turkish Get Up x 30 Seconds Each Side

Start on your back with the kettlebell in your rack position, bend the same side leg as the kettlebell and bring your free arm out to your side. Press the kettlebell overhead and shift your weight onto your elbow. Sit up, shift your weight from your elbow onto your hand and bridge up your hips. Sit back down, shift back onto your elbow then lay flat on the ground. Pull the kettlebell all the way down to your rack and repeat by starting with a floor press every time.

C2: Side Kick Through to Hip Bridge Alternating x 30 seconds

Starting in an L sit position with your legs extended and hands behind your hips, press the ground down packing your shoulders and squeezing your core, fully extend your legs and push your glutes back in between your arms. Then extend your hips up into the tabletop position maintaining a long spine and tight core and glutes.



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WORKOUT 1

FINISHER | 5 SETS

Movement	Reps/Rounds
Kettlebell Plank Taps	30 Seconds Each Side
Reverse Lunge to Halo	30 Seconds

5 Sets | Rest 30 Seconds Between Sets

Exercise Descriptions

D1: Kettlebell Plank Taps x 30 Seconds

While performing a forearm plank, place a kettlebell in front of you. Maintain a long line from your head to your heels, keeping your core tight, and not letting your hips sink. From the plank position alternate sides as you lift each arm overhead to tap the kettlebell, then come back to center. Don't let your hips rotate. Keep your body as stable as possible.

D2: Reverse Lunge to Halo, Alternating x 30 Seconds

Hold a kettlebell upside down by the horns. Step back into a reverse lunge, stack your shoulders over your hips and your hips over your back. Tap your knee to the ground and stand back up and halo the kettlebell around your head. Rotate the kettlebell around your head from shoulder to shoulder. Go deep behind the navel of your neck. Keep a tight core and focus on loosening up your shoulders. Alternate sides.



PRIMAL SINGLE KETTLEBELL PROGRAM

WORKOUT 1

DECOMPRESSION | 1 ROUND

Movement	Reps/Rounds
Kneeling Spine Wave	1 Minute
Floor Scorpion	1 Minute
Needle Arm Thread	1 Minute
Standing Gunslinger	1 Minute

Perform 1 round of every exercise back to back

Exercise Descriptions

Kneeling Spine Wave x 1 Minute

Start on your knees. Sit your butt back towards your heels, extend your arms out in front of you, extend your spine here, sinking your head, chest and shoulders down towards the floor. Inhale as you are in the back position and then exhale and flex your spine as you shift your weight forward and then inhale and drop your hips and lift your chin to the sky, chest up and shoulders back. Move forward and back waving through your spine. Keep your arms straight throughout the whole set.

Floor Scorpion, Alternating x 1 Minute

Lay face down and extend both arm out to your sides. Lift one foot up and then step over to your opposite side, bending your knee. Squeeze your butt and lift your knee back, pressing into the outside edge of your foot and reach in the opposite direction with your hand. Take a couple deep breaths in this stretch and then alternate sides slow and steady.

Needle Arm Thread, Alternating x 1 Minute

Starting on your knees, draw one elbow up and back as you inhale and then reach through with that arm and needle under your armpit, stacking your shoulders. Exhale and twist deeper into your stretch. Alternate sides by coming back up and drawing your opposite elbow up towards the sky with your next inhale. Try to coordinate one breath with one rep.

Standing Gunslinger x 1 Minute

Starting in a standing position, clasp your hands together in front of your and press through your upper/mid back as you round out your spine. Then, reach your arms behind you, open your chest wide, extend your spine lifting your chin to the sky. Flex and extend your spine.