



# PRIMAL SINGLE KETTLEBELL PROGRAM

WORKOUT 10

## WARM UP | 3 SETS

Movement	Reps/Rounds
Hip Root to Reach	1 Minute
Side Kick Through to Bridge	1 Minute
Kettlebell Two Hand Horn Deep Squat Hold	1 Minute

3 Sets | 10 Seconds Rest in Between Sets and Exercises

## Exercise Descriptions

### **A1: Hip Root to Reach x 1 Minute**

Stand tall and sit into one hip, reach your arm out in front of you to help keep a proud chest. Load your hip, feeling a stretch in your butt cheek and then release the tension by standing back up to neutral, tucking your pelvis under as you reach in the opposite direction of the hip you sat into, stretching your whole lateral line. Alternate sides.

### **A2: Side Kick Through to Bridge x 1 Minute**

Start in a beast/quadruped position. Lift one hand and your opposite leg off the floor and then kick your leg through. Put your foot on the ground and extend your hips and then sit back down. Pull your leg back through into your quadruped position. Alternate sides.

### **A3: Kettlebell Two Hand Horn Deep Squat Hold x 1 Minute**

Starting with a kettlebell upside down by the horns, sit into a deep squat. Keep your heels flat on the ground. Drive your knees forward and out to stretch your shins and ankles. Try to keep a long spine and tight core.



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## CIRCUIT 1 | 4 SETS

Movement	Reps/Rounds
Kettlebell Windmill	1 Minute
Beast Underswitch to Crab	1 Minute
Child's Pose to Mountain Climber	1 Minute

4 Sets | 10 Seconds Rest Between Sets and Exercises

### Exercise Descriptions

#### **B1: Kettlebell Windmill x 1 Minute, Switch Every Round**

Stand with your feet pointed about 45 degrees to one side. Press the kettlebell overhead and hinge into your back hip. Try to keep spine as straight as you can as bend over. Put your bottom arm inside your thigh and keep the kettlebell overhead throughout the entire set. Come back to standing squeezing your core and glutes.

#### **B2: Beast Underswitch to Crab x 1 Minute**

Start in a quadruped position. Knees a hair off the floor. Step through and go face up. Make sure you step your opposite foot underneath your body and not back and over your leg. Switch your leg with your opposite hand. Pause for a second in your face up position and then go back the same way you came and then alternate sides smoothly.

#### **B3: Child's Pose to Mountain Climber**

Start on your knees and reach your arms out in front of you as far as you can. Sit your butt back towards your heels. Sink your head and shoulders to the floor and step one foot forward outside your same side palm. Try keeping a long spine, and proud chest as you squeeze your glutes, and press through your hips, as you keep your back knee off the floor. Sit back into Child's Pose and alternate sides.



# PRIMAL SINGLE KETTLEBELL PROGRAM

WORKOUT 10

## CIRCUIT 2 | 4 SETS

Movement	Reps/Rounds
Cossack Squat to Halo	1 Minute
Child's Pose to Front Kick Through and Bridge	1 Minute
Crab Reach	1 Minute

4 Sets | 10 Seconds Rest Between Exercises and Sets

### Exercise Descriptions

#### **C1: Cossack Squat to Halo x 1 Minute**

Start standing with a tall, neutral spine, holding the kettlebell upside down by the horns. Then rotate the kettlebell around your head from shoulder to shoulder, going deep behind the navel of your neck. Keep your core tight, step out with one foot to the side. Sit your hips down to your heel with your opposite leg fully extended and turn your toes up. Keep a good posture as you sit and then come back up to feet close together. Then step back to standing and alternate sides.

#### **C2: Child's Pose to Front Kick Through and Bridge x 1 Minute**

Starting in a child's pose, step one foot forward outside your palm. Kick the back leg through, pointing forward, and lift the opposite hand bringing it in towards your chest. Plant the front leg on the ground and bridge your hips up squeezing your glutes and core as you reach up towards to ceiling stacking your shoulders. Reverse the movement and alternate sides.

#### **C3: Crab Reach, Alternating x 1 Minute**

Start by sitting face up, palms behind your back and legs bent. Bridge your hips up keeping them level and reach with one hand across your chest. Reach far overhead and toward the ground to get a deep stretch in your thoracic, all while keeping your hips from rotating. Alternate sides by pulling your arm back in and and sitting your hips close to the floor before switching.



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## CIRCUIT 3 | 4 SETS

Movement	Reps/Rounds
Tripod Kettlebell Press	1 Minute
Sumo Knee Drops	1 Minute
Loaded Beast Spine Waves	1 Minute

4 Sets | 10 Seconds Rest Between Sets and Exercises

### Exercise Descriptions

#### **D1: Tripod Kettlebell Press x 1 Minute, Switch Sides Every Round**

Starting from a crab position with your kettlebell in your rack, press through your heels bridging up your hips. Try to keep your core tight and hips squared as you stack your shoulders and press the kettlebell up towards the ceiling. Lower your kettlebell back to your rack, and sit back down into a crab. Repeat.

#### **D2: Sumo Knee Drops x 1 Minute**

Turn your toes out to 45 degrees, sit down into a sumo squat pressing your knees back behind you. Slowly bring your knee down to the ground, touching your shin to the floor. Driving from your hip slowly come back to your sumo squat and alternate sides.

#### **D3: Loaded Beast Spine Waves x 1 Minute**

Start in a loaded beast position. Sit your hips back towards your heels and actively press with your palms, extend your arms and sink your head and chest to the floor. Lift your hips up as high as you can. And flex your spine as you shift forward. Drop your hips and now extend your spine in the forward position. Lift your chin to the sky. Reverse the wave by tucking your chin to your chest. Press through the ground and protract your shoulders. Flex your spine as you shift back and sit your butt back towards your heels and repeat.



# PRIMAL SINGLE KETTLEBELL PROGRAM

WORKOUT 10

## DECOMPRESSION | 1 ROUND

Movement	Reps/Rounds
Thoracic Bridge	1 Minute
Kneeling Spine Waves	1 Minute
Standing Lateral Spine Roll	1 Minute

Perform 1 round of every exercise back to back

### Exercise Descriptions

#### **Thoracic Bridge, Alternating x 1 Minute**

Start by sitting face up, palms behind your back and legs bent. Bridge your hips up keeping them level and reach with one hand across your chest. Reach far and get a deep stretch in your thoracic, all while keeping your hips from rotating. Alternate sides by pulling your arm back in and and sitting your hips close to the floor before switching.

#### **Kneeling Spine Waves 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 your in the back position and then exhale and flex your spine as you shift your weight forward and then inhale and

#### **Standing Lateral Spine Roll x 1 Minute**

Starts by folding at the hips. Let your head hang and keep a soft bend in the knees. Lean your spine to one side and shift your weight to the opposite hip. Use your inside arm to press against the inside of your leg and turn you opposite elbow to the sky. Try to get a deep stretch in your low back and then turn back down to the floor and hang your head and alternate sides.