



# PRIMAL SINGLE KETTLEBELL PROGRAM

WORKOUT 4

## WARM UP | 3 SETS

Movement	Reps/Rounds
Halo to Squat	30 Seconds
Dynamic Mountain Climber Switches	30 Seconds
Child's Pose to Tall Kneeling Hip Flexor Stretch	30 Seconds

3 Rounds, Rest 10 Seconds Between Exercises

## Exercise Descriptions

### **A1: Halo to Squat x 30 Seconds**

Hold the kettlebell bottoms up by the horns, perform a squat, drive your knees out, keep your chest tall. Stand up, perform a halo with the kettlebell, keeping your core tight. Bring the kettlebell back in front of you and repeat.

### **A2: Dynamic Mountain Climber Switches x 30 Seconds**

Start in a push-up position, step one foot just outside your palm on the same side. Get long by kicking through your back heel and get as straight as you from your heel to your top of your head. Once you have owned this position (I like to inhale), explosively jump switch to the other side, stepping your other foot up outside your palm (I like to exhale on the switch). Alternate sides.

### **A3: Child's Pose to Tall Kneeling Hip Flexor Stretch x 30 Seconds**

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. Come into a kneeling position keeping your chest proud and spine long, as you squeeze your glutes, and press through your hips. Sit back into Child's Pose and alternate sides.



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## PRIMARY WORK SET | 4 SETS

Movement	Reps/Rounds
Gorilla Row to Clean and Kneeling Press	1 Minute
Side Kick Through	30 Seconds

4 Sets, Use the Kick Through to Crab Reach as Active Rest and Get Right Back to Work After Your 30 Seconds of Active Rest

### Exercise Descriptions

#### **B1: Gorilla Row to Clean and Kneeling Press x 1 Minute**

Start in a standing position with your feet a bit wider than hip-width apart. Bend over by hinging at the hips. Keep a long spine from your hips to your head and tight core. Hold the kettlebell in one hand with a neutral/thumbs up grip and then explosively pull your elbow up and back toward the hip and tight to your ribs then release the kettlebell and switch to the other hand at the top of the rep when the kettlebell is close to your belly. Extend your arm and then repeat the row on the other side, then clean the kettlebell into the rack. Step back into a kneeling position and press the kettlebell up overhead keeping your core tight and ribs down. Step back up and alternate sides.

#### **B2: Side Kick Through x 30 Seconds**

Start in a beast position, hands under your shoulders and knee slightly tucked in underneath your belly button line. Lift one hand off the ground and kick your opposite leg through. Pull your elbow up and back and point your toes on the foot that is kicking. Keep your leg off the floor and create as much distance as you can from your elbow to your toes. Pull your leg back through and switch to the other side.



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## SECONDARY WORK SET | 4 SETS

Movement	Reps/Rounds
Two Hand High Hinge Clean to Reverse Lunge	30 Seconds Each Side
Squat to Alternating Cossack Squat	30 Seconds

4 Sets, Use the Squat to Cossack Squat as Active Rest and Set Right Back to Work After Your 30 Seconds of Active Rest

### Exercise Descriptions

#### **C1: Two Hand High Hinge Clean to Reverse Lunge x 30 Seconds Each Side**

Start in a standing position with your feet about hip-width apart, press your hips back engaging your hamstrings and glutes, and clean the kettlebell into your rack position and grip it by the horns. Step back into a reverse lunge tapping your knee to the ground, then come back up to standing.

#### **C2: Squat to Alternating Cossack Squat x 30 Seconds**

Perform one bodyweight squat then step out and sit down into a cossack squat on one side. Try and keep your chest as tall you can. Then step back to center and sit down into another bodyweight squat before switching sides. Alternate cossack squats with a bodyweight squat in between every rep.



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## THIRD WORK SET | 4 SETS

Movement	Reps/Rounds
Bridge Floor Press to Sit Up and Straddle Press	30 Seconds
Shoulder Drop Roll	30 Seconds

4 Sets | Use the Shoulder Drop as Active Rest and Get Right Back to Work After Your 30 Seconds of Active Rest

### Exercise Descriptions

#### **D1: Bridge Floor Press to Sit Up and Straddle Press x 30 Seconds One Side and Switch Sides Every Round**

Start on your back. Thrust your hips up and keep a strong hip extended position throughout the entire set. Rack the kettlebell and flex your wrists. Press the kettlebell up, but down towards your waist at a slight angle. Pull the kettlebell back down into your rack with control, engaging your lats, and sit up. Spread your legs out wide into a straddle and press the kettlebell overhead keeping your core tight and ribs down. Rerack your kettlebell, bring your legs together, and lay back down.

#### **D2: 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.



# PRIMAL SINGLE KETTLEBELL PROGRAM

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## FINISHER | 5 SETS

Movement	Reps/Rounds
Single Hand Deadlift, Row, Clean, Squat and Press	40 Seconds

5 Sets | Rest 20 Seconds Between Sets

### Exercise Descriptions

#### Single Hand Deadlift, Row, Clean, Squat and Press x 40 Seconds

Perform a single kettlebell deadlift keeping a tight core and long spine. Hinge at the hips and, pull the kettlebell up keeping your elbows tight to your ribs and back towards your hips. Put the kettlebell on the floor, then explosively clean the kettlebell up into your racked position, squat down keeping your chest proud, and then explosively press the kettlebell overhead. Repeat.



# PRIMAL SINGLE KETTLEBELL PROGRAM

WORKOUT 4

## DECOMPRESSION | 1 ROUND

Movement	Reps/Rounds
Child's Pose to Mountain Climber	1 Minute
Floor Scorpion	1 Minute
Thoracic Bridge	1 Minute

Perform 1 round of every exercise back to back

### Exercise Descriptions

#### **Child's Pose to Mountain Climber x 1 Minute**

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.

#### **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.

#### **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.