



**8-WEEK**

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**SINGLE KETTLEBELL  
PROGRAM**

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# SINGLE KETTLEBELL PROGRAM

## NUTRITION

Below I have included my typical days' meals and a review on my most successful way of trimming fat and/or maintaining a lean physique!

### **I like to eat a well balanced diet.**

I'm not carb free, keto, or free of anything for that matter.

The only thing you'll notice is that I prefer to eat simple carbs around my training. Meaning I'll eat carbs from fruits or white rice and potatoes before and after a workout to help fuel me and recover strong!

I tend stay away from starchy carbs like breads and pastas since they don't sit well with me from a digestive stand point but others don't have that issue! So if bread doesn't bother you then go for it but I will eat some sourdough bread with one or both of my pre or post workout meals every now and then.

I like to eat plenty of fats from avocados, raw nut butters and raw nuts like walnuts, almonds, cashews etc.

I get my protein mainly from eggs, fish, chicken and lean meat! I try to source my meat from organic and pasture raised, wild caught etc. sources.

I cook my meals mainly in avocado oil or a blended oil like Onnit Cooking Oil.

**The main thing you need to be mindful of is your caloric intake.** If you are overeating, it doesn't matter how healthy the ingredients in your food are, you're not going to lean out.

One basic daily rule I like to follow if I'm trying to lose weight (burn fat), is to be in at least a 500-700 caloric deficit. Which means that I want to consume at least 500-700 calories less than what my body burns in a day.

If I'm trying to maintain then I try to consume roughly equal calories than my body burns in a day.

To gain a healthy amount of weight (lean muscle, minimizing fat gain) I try to stay in a daily caloric surplus of 500-700 calories. Eating 500-700 calories more than my body burns in a day.

# SINGLE KETTLEBELL PROGRAM

## NUTRITION (CONT.)

You might be wondering how much your body needs?!

Here's an equation that will give you a rough estimate:

FOR MEN	
BMR (metric)	BMR (imperial)
(10 × weight in kg)	(4.536 × weight in pounds)
+ (6.25 × height in cm)	+ (15.88 × height in inches)
- (5 × age in years)	- (5 × age)
+5	+5

$BMR (metric) = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5$

$BMR (imperial) = (4.536 \times \text{weight in pounds}) + (15.88 \times \text{height in inches}) - (5 \times \text{age}) + 5$

FOR WOMEN	
BMR (metric)	BMR (imperial)
(10 × weight in kg)	(4.536 × weight in pounds)
+ (6.25 × height in cm)	+ (15.88 × height in inches)
- (5 × age in years)	- (5 × age)
-161	-161

$BMR (metric) = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161$

$BMR (imperial) = (4.536 \times \text{weight in pounds}) + (15.88 \times \text{height in inches}) - (5 \times \text{age}) - 161$

**BMR is a good indicator of how many calories your body requires to maintain normal functions.** So, it doesn't take into account the calories you expend during everyday activity and exercise.

I like to keep it simple and start with 1800 calories and then I add 700-1000 calories that I burned during my everyday activities/workouts/cardio. That puts me at 2800 calories.

This means that with my basic needs and physical activity I need about 2800 calories to maintain the bodyweight that I'm currently at.

If I want to lose weight then I'll eat roughly 2300 calories in a day.

If I want to gain weight then I'll eat roughly 3300 calories in a day.

Following this simple caloric deficit/surplus method allows me to eat a more flexible and enjoyable diet while still seeing results!

# SINGLE KETTLEBELL PROGRAM

## NUTRITION (CONT.)

### A Typical Day's Nutrition Looks Like This:

#### Wake up 6am

#### 7am: Meal One

2 scoops of whey protein mixed with 1 cup of chia pudding (or plain coconut yogurt) 1/2 cup of mixed blueberries and strawberries

#### 7:30am: workout (lift)

Post Workout Shake  
1 scoop of whey protein  
10 grams of collagen protein  
1 tablespoon of glutamine  
1 cup fresh spinach  
1/2 frozen banana  
1 heaping tablespoon of peanut butter

#### 10:30am: Meal Two

Salad Bowl  
2 hard boiled Eggs  
1/2 avocado  
100 grams deli sliced turkey  
1 slice cheddar cheese  
1/2 cup micro greens  
1/2 cup spinach  
1 teaspoon onnit spicy cooking oil  
1 teaspoon habanero hot sauce

#### 12:30pm: Pre workout slushy

2 scoops Onnit Total Strength and Performance  
1 scoop Onnit Electrolytes  
1 teaspoon Onnit Beta Alanine  
1 squeezed lemon  
1/2 cup coconut water  
1/2 cup water  
1/2 cup frozen mixed berries (blueberries/strawberries)  
1 cup of ice

**1pm Workout 2: 30-60 minute cardio or HIIT training**

# SINGLE KETTLEBELL PROGRAM

## NUTRITION (CONT.)

### 1:30pm: Meal Three

8 oz lean protein (eggs, tuna, salmon, steak, chicken)  
1 cup of white rice or potatoes (regular russet potatoes)  
1/2 avocado  
1 tablespoon low sodium salsa (150mg or less of sodium per serving)

### 4:30pm: Meal Four

10 grams collagen protein mixed in 1 cup of chia pudding  
1/2 tablespoon bee pollen  
1 tablespoon sliced almonds  
1/2 tablespoon Onnit Snickerdoodle Fat Butter  
1/4 cup of raw nuts, unsalted (walnuts, almonds, cashews)

### 8pm: Meal Five

8 oz lean protein (eggs, tuna, salmon, steak, chicken)  
1 steamed or grilled vegetables (peppers, broccoli, cauliflower, zucchini, asparagus)  
1/2 avocado  
1 tablespoon low sodium salsa (150mg or less of sodium per serving)  
1/4 cup of raw nuts, unsalted (walnuts, almonds, cashews)

### Late Night Snack Options

Lightly Buttered and Lightly Salted Popcorn  
Chia Pudding With Handful  
Raw Nuts or Nut Butter  
1/4 cup of raw nuts, unsalted (walnuts, almonds, cashews)

# SINGLE KETTLEBELL PROGRAM

# CALENDAR

**This 8 week workout program combines single kettlebell and bodyweight exercises to help you get fit fast.** The imbalance load and versatility of the kettlebell and various mobility based bodyweight movements will help you become a more well rounded athlete. You'll move in various ways that will help you gain strength more easily applicable to everyday life. We don't live in a linear world, so why should we train like we do?

Unlike traditional bodybuilding and conventional weight training this workout program will help you become more adaptable to the chaotic nature of real life and real time sports. This program is designed to help you gain **REAL strength** and move in ways that will help you be more prepared on the field, the court, the cage, the jiu jitsu mat and not just in the gym. I believe that if you focus on performing and training like an athlete, then you will look like one too. So, in addition to getting bigger, faster, stronger, and more mobile, you will also get lean and mean and achieve the body of your dreams. **All you need is one kettlebell.**

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	WORKOUT 4	WORKOUT 8	ACTIVE RECOVERY	WORKOUT 1	WORKOUT 5	WORKOUT 9	ACTIVE RECOVERY
WEEK 2	WORKOUT 4	WORKOUT 8	ACTIVE RECOVERY	WORKOUT 1	WORKOUT 5	WORKOUT 9	ACTIVE RECOVERY
WEEK 3	WORKOUT 3	WORKOUT 6	ACTIVE RECOVERY	WORKOUT 2	WORKOUT 7	WORKOUT 10	ACTIVE RECOVERY
WEEK 4	WORKOUT 3	WORKOUT 6	ACTIVE RECOVERY	WORKOUT 2	WORKOUT 7	WORKOUT 10	ACTIVE RECOVERY
WEEK 5	WORKOUT 1	WORKOUT 8	WORKOUT 4	ACTIVE RECOVERY	WORKOUT 1	WORKOUT 3	WORKOUT 9
WEEK 6	WORKOUT 2	WORKOUT 5	WORKOUT 4	ACTIVE RECOVERY	WORKOUT 1	WORKOUT 2	WORKOUT 10
WEEK 7	WORKOUT 3	WORKOUT 6	WORKOUT 9	WORKOUT 4	ACTIVE RECOVERY	WORKOUT 7	WORKOUT 10
WEEK 8	WORKOUT 3	ACTIVE RECOVERY	WORKOUT 8	WORKOUT 9	WORKOUT 1	ACTIVE RECOVERY	WORKOUT 2



# WORKOUT 1

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8-WEEK SINGLE KETTLEBELL PROGRAM







# 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

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.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 1

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## 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. I like to inhale down and exhale up.



# SINGLE KETTLEBELL PROGRAM

# 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 10 seconds between exercises

### 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.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 1

## FINISHER | 5 SETS

MOVEMENT	REPS/ROUNDS
Kettlebell Plank Taps	30 Seconds Each Side
Reverse Lunge to Halo	30 Seconds

5 sets, rest 10 seconds between exercises

### 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.



# 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 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 your 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.



# WORKOUT 2

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8-WEEK SINGLE KETTLEBELL PROGRAM





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 2

## WARM UP | 3 SETS

MOVEMENT	REPS/ROUNDS
Child's Pose to Mountain Climber	30 Seconds
Bootstrapper Squat	30 Seconds
Squat Jump	30 Seconds

3 rounds, rest 10 seconds between exercises

### Exercise Descriptions

#### **A1: Child's Pose to Mountain Climber, Knee Off the Ground 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. 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.

#### **A2: Bootstrapper Squat x 30 Seconds**

Starting in a deep squat grab onto the sides of your feet or ankles. Drive your hips up to the ceiling lengthening your hamstrings as you keep a long spine, and return to your deep squat. Repeat.

#### **A3: Squat Jump x 30 Seconds**

Squat to at least parallel and jump as high as you can. Try to land softly and reload before you perform every rep. Keep your spine straight and core tight.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 2

## PRIMARY WORK SET | 5 SETS

MOVEMENT	REPS/ROUNDS
Racked Split Stance Squat	30 Seconds
Squat Sprawl	30 Seconds
Crab Reach	30 Seconds

5 sets, rest 15 seconds between exercises

### Exercise Descriptions

#### **B1: Racked Split Stance Squat , x 30 Seconds Each Leg**

Start in a split stance position with your feet shoulder-width apart. Hold the kettlebell in the racked position on the same side as your rear leg. Keep a tight core and long spine as you descend into a squat. Come back up and repeat. Switch sides halfway.

#### **B2: Squat Sprawl x 30 Seconds**

Start standing and squat and place your hand on the floor. Kick your feet back and drop your hips to the floor. Keep your head and chest up, extending your spine. Hop back into your squat position, stand up and repeat.

#### **B3: Crab Reach, Alternating x 30 Seconds Alternating Sides**

Starting in you crab position, bring one arm towards your center and press through both feet, keeping them flat on the floor. Extend your hips, externally driving your knees out, hips square as your reach your free arm up and over your head. Look down at your palm and return to your crab position. Alternate sides.



## SINGLE KETTLEBELL PROGRAM

# WORKOUT 2

## SECONDARY WORK SET | 5 SETS

MOVEMENT	REPS/ROUNDS
Single Kettlebell Two Hand Deadlift	30 Seconds
Hinge Jump	30 Seconds
Loaded Beast Spine Waves	1 Minute

5 sets, rest 15 seconds

### Exercise Descriptions

Use The Loaded Beast Spine Waves as Active Rest and Get Right Back to Work After Your Minute of Work

#### **C1: Single Kettlebell Two Hand Deadlift x 30 Seconds**

Use a single kettlebell and hold it with both hands. Keeping a tight core and long spine. Hinge at the hips and keep your knees soft as you bend over. Mindfully create tension in your posterior and then explosively stand back up with a powerful hip lockout.

#### **C2: Hinge Jump x 30 Seconds**

Stand tall, hinge at the hips, keep a soft bend in the knees and keep your shoulders above your hips. Sit your hips far back and create a deep stretch your hamstrings. Explosively jump up as high as you can. Extend your ankles, knees, and hips and then land in a squat. Reset your position before every rep. Max effort jumps with quality form.

#### **C3: 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.



## SINGLE KETTLEBELL PROGRAM

# WORKOUT 2

## FINISHER | 5 SETS

MOVEMENT	REPS/ROUNDS
Loaded Beast to Explosive Deadlift	30 Seconds

8 sets, rest 30 seconds between sets

### Exercise Descriptions

#### **Dl: Loaded Beast to Explosive Deadlift x 30 Seconds**

Start in a loaded beast position. Hop up with your heels outside the kettlebell underneath your hips. Grip it with both hands and with a long spine explosively jump as high as you can. Land softly and load your next jump fighting any jarring in your body on the way down. Load and then explode.





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 2

## DECOMPRESSION | 1 ROUND

MOVEMENT	REPS/ROUNDS
Kneeling Spine Wave	1 Minute
Shin Box Switch to Tall Kneeling Hip Flexor Stretch	1 Minute
Standing Lateral Spine Roll	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 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.

#### **Shin Box Switch to Tall Kneeling Hip Flexor Stretch x 1 Minute**

Start sitting on your butt. Bend your legs and with a proud chest, shift your knees to one side. Sit up to your knees, extend your hips and then step forward into a tall kneeling positions with your rear leg. Stretch your quads and hips flexors and then sweep your leg back around and sit back down slow and controlled to your start position. Alternate sides slow and smooth.

#### **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.

# WORKOUT 3

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8-WEEK SINGLE KETTLEBELL PROGRAM





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 3

## WARM UP | 3 SETS

MOVEMENT	REPS/ROUNDS
Floor Scorpion, Alternating	30 Seconds
Split Stance Scap Row	30 Seconds Each Side
Knee Pull Plank to Push Up	30 Seconds

3 rounds, rest 10 seconds between exercises

### Exercise Descriptions

#### **A1: Floor Scorpion, Alternating x 30 Seconds**

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.

#### **A2: Split Stance Scap Row x 30 Seconds Each Side**

Start in a split stance position with your feet shoulder-width apart. Bend over by hinging at the hips, press your hips back and light up/engage the hamstrings. Keep a long spine from your back heel to your head and tight core. You can place your free arm's elbow on your thigh to help keep your shoulders square. Grip the kettlebell with a thumbs up/neutral grip position and pack shoulders, engage your lats and core. Maintain a high hinge in this position and then protract and retract your shoulder using your scapulae, keeping your elbow straight.

#### **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.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 3

## PRIMARY WORK SET | 5 SETS

MOVEMENT	REPS/ROUNDS
Split Stance Row	30 Seconds Each Side
Swing, Alternating	30 Seconds
Kneeling Spine Wave	1 Minute

5 sets

### Exercise Descriptions

Use the Kneeling Spine Waves as Active Rest and Get Right Back to Work After Your Minute of Active Rest

#### **B1: Split Stance Row x 30 Seconds Each Side**

Start in a split stance position with your feet shoulder-width apart. Bend over by hinging at the hips, press your hips back and light up/engage the hamstrings. Keep a long spine from your back heel to your head and tight core. You can place your free arm's elbow on your thigh to help keep your shoulders square. Grip the kettlebell with a thumbs up/neutral grip position and pack shoulders, engage your lats and core. Maintain a high hinge in this position and then pull your elbow up and back towards your hip and tight to your ribs.

#### **B2: Swing, Alternating x 30 Seconds**

Start with the kettlebell in the hike position. Keep a strong hip width wide base with your feet. Brace your core and keep a long spine from your hips to your head. Pack your shoulders by engaging your lats and then explosively pull the kettlebell high and tight right underneath your crotch and then powerfully extend your hips to swing the weight up. Swing the weight up to about shoulder height but be sure not to muscle it up with your arms but use your legs to propel it up. Let it float at the top and stay tall and switch hands at the top of the movement. Let it fall back down underneath your hips. Once the bell is about to hit you in the pelvis, hinge at the hips and give the kettlebell some backswing and repeat. Finish by hiking the kettlebell back to the start position, avoiding any slack in your spine.

#### **B3: 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're 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.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 3

## SECONDARY WORK SET | 5 SETS

MOVEMENT	REPS/ROUNDS
Single Leg Deadlift to Staggered Stance Clean	30 Seconds Each Side
Thoracic Bridge	30 Seconds

5 sets

### Exercise Descriptions

Use the Thoracic Bridge as Active Rest and  
Get Right Back to Work After Your 30 Seconds of Active Rest

#### **C1: Single Leg Deadlift to Staggered Stance Clean x 30 Seconds Each Side**

Starting in a standing position with the kettlebell at arm's length, lift the same side leg as the kettlebell off the ground, and perform a single kettlebell deadlift. Be sure to keep a tight core and long spine. Come back to standing in a staggered stance position with your heel up and clean the kettlebell up into your racked position. Repeat.

#### **C2: Thoracic Bridge x 30 Seconds**

Starting in a crab position, 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 sitting your hips close to the floor before switching.





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 3

## FINISHER | 5 SETS

MOVEMENT	REPS/ROUNDS
Explosive Deadlift to Single Kettlebell Snatch	30 Seconds
Shoulder Roll Bridge	30 Seconds

5 sets

### Exercise Descriptions

Use the Shoulder Roll Bridge as Active Rest and Get Right Back to Work After Your 30 Seconds of Active Rest

#### **D1: Explosive Deadlift to Single Kettlebell Snatch x 30 Seconds**

Start with the kettlebell in between your heels underneath your hips. Grip it with both hands and with a long spine explosively jump as high as you can. Land softly fighting any jarring in your body on the way down. Grab the kettlebell with one hand and explosively snatch it overhead, keeping your core tight and ribs down. Complete another explosive dead lift before alternating on the snatch.

#### **D2: Shoulder Roll Bridge, Alternating x 30 Seconds**

Start by laying on your back. Bend your legs, heels close to your butt. Thrust your hips up, squeezing your butt and hamstrings. Grab onto the same side ankle with one arm, as your reach overhead twisting your spine to the same side as the arm holding onto the ankle. Try to keep your hips squared and spine long. Alternate sides.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 3

## DECOMPRESSION I 1 ROUND

MOVEMENT	REPS/ROUNDS
Kneeling Spine Wave	1 Minute
Needle Arm Thread	1 Minute
Bretzel Hold	1 Minute Each Side

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 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.

#### **Needle Arm Thread 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.

#### **Bretzel Hold x 1 Minute Each Side**

Lay on your back. Lift one leg over to the opposite side and pin your knee to the ground with your opposite arm. Grab your back leg with your other arm and kick into your palm, stretching your chest wide open, try to bring both shoulders down to the floor while keeping both knees on the ground. Take 10 deep breaths in this stretch.

# WORKOUT 4

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8-WEEK SINGLE KETTLEBELL PROGRAM





# 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.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 4

## PRIMARY WORK SET | 3 SETS

MOVEMENT	REPS/ROUNDS
Gorilla Row to Clean and Kneeling Press	1 Minute
Side Kick Through	30 Seconds

4 sets

### Exercise Descriptions

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

#### **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 on 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.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 4

## 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

### Exercise Descriptions

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

#### **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.





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 4

## 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

### Exercise Descriptions

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

#### **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.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 4

## FINISHER | 5 SETS

MOVEMENT	REPS/ROUNDS
Bridge Floor Press to Sit Up and Straddle Press	30 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.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 4

## DECOMPRESSION I 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.

# WORKOUT 5

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8-WEEK SINGLE KETTLEBELL PROGRAM





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 5

## WARM UP | 3 SETS

MOVEMENT	REPS/ROUNDS
Shinbox Switch with Extension and Halo	30 Seconds
Loaded Beast Spine Wave	30 Seconds
Scorpion Push Up	30 Seconds

3 rounds, rest 10 seconds between exercises

### Exercise Descriptions

#### **A1: Shin box Switch with Extension and Halo x 30 Seconds**

Start sitting down holding the kettlebell upside down by the horns. Bend your legs and bring your heels close to your butt. Keep your spine as straight as you can and sit your knees over to one side, do your best not to shift your feet around. Lay both knees on the floor. Thrust your hips up coming up to your knees squeezing your core and butt and rotate the kettlebell around your head from shoulder to shoulder, alternating sides. Go deep behind the navel of your neck. Keep a tight core and focus on loosening up your shoulders. Slowly sit back down with control. Alternate sides.

#### **A2: Loaded Beast Spine Wave x 30 Seconds**

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.

#### **A3: Scorpion Push Up x 30 Seconds**

Start in a push-up position with your palms underneath your shoulders and keep a straight line from your heel to your head. Keep forward pressure on your wrists and pull yourself down into your push up, engaging your lats. As you descend, extend on hip, bending your leg, and bring it over your straight leg. Alternate sides.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 5

## CIRCUIT 1 | 4 SETS

MOVEMENT	REPS/ROUNDS
Explosive Deadlift	30 Seconds
Superman Hold with Hands Over the Kettlebell	30 Seconds
Single Arm Overhead Sit Up	30 Seconds

4 Rounds, 90 Seconds Rest (30 seconds tai chi twist, 30 seconds standing arm screw, 30 seconds fast and loose shake)

### Exercise Descriptions

#### **B1: Explosive Deadlift x 30 Seconds**

Start with the kettlebell in between your heels underneath your hips. Grip it with both hands and with a long spine explosively jump as high as you can. Land softly and load your next jump fighting any jarring in your body on the way down. Load and then explode.

#### **B2: Superman Hold with Hands Over the Kettlebell x 30 Seconds**

Laying face down on the ground, place kettlebell in front of you. Create a straight line from your head to your toes. Squeeze your glutes and lift your feet off the floor and reach overhead with straight arms over the kettlebell.

#### **B3: Single Arm Overhead Sit Up (down as slow as possible) x (switch sides every round) 30 seconds**

Start on your back and bring a single kettlebell into your rack. Bend your knees and then press the kettlebell overhead. Keeping your shoulders square sit up and get your shoulder off the ground and all the way up to your hips. Keep the kettlebell overhead with your arm fully extended the whole time. Stick it at the top and then to go back down roll down your spine one vertebrae at a time like you are doing a reverse crunch. I like to go up fast and down slow and controlled.





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 5

## CIRCUIT 2 | 4 SETS

MOVEMENT	REPS/ROUNDS
Drop Lunge to Squat and Press	30 Seconds Each Side
Push Up to Side Kick Through	30 Seconds
Triple Extension Knees	30 Seconds

4 Rounds, 90 Seconds Rest (45 seconds kneeling spine wave, 45 seconds alternating standing lateral reach)

### Exercise Descriptions

#### **C1: Drop Lunge to Squat and Press x 30 Seconds, Switch Sides Every Round**

Rack the kettlebell on one side, perform a drop lunge and then hop up to neutral and perform a squat and then a press. Keep your core tight and spine long.

#### **C2: Push Up to 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 come into a plank position, perform a single push up, then return to beast and alternate sides.

#### **C3: Triple Extension Knees x 30 Seconds**

In a standing position lift your knee up and forward by extending your back leg. Perform a quick shuffle to switch sides and repeat. Make sure you get your heel off the floor and drive the knee up quickly and powerfully.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 5

## FINISHER | 6 ROUNDS

MOVEMENT	REPS/ROUNDS
Kettlebell Clean to Squat to Curl in Squat to Triceps Press	45 seconds

6 rounds, 45 seconds work, 15 seconds rest

### Exercise Descriptions

#### **D1: Kettlebell Clean to Squat to Curl in Squat to Triceps Press x 45 Seconds**

Starting with the kettlebell in between your heels, clean the kettlebell up with both hands. Squat down and up then place the kettlebell back on the floor and perform a bicep curl in your squat. stand up, then move the kettlebell behind your head a perform a single tricep extension. Come back down into the squat and repeat.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 5

## DECOMPRESSION | 1 ROUND

MOVEMENT	REPS/ROUNDS
Kneeling Forearm Stretch	1 Minute
Floor Scorpion	1 Minute
Thoracic Bridge	1 Minute
Standing Lateral Spine Roll	1 Minute

Perform 1 round of every exercise back to back

### Exercise Descriptions

#### **Kneeling Forearm Stretch x 1 minute**

Starting on your knees, place your hand under your shoulders. Turn your palms back pointing your fingers towards your knees and walk your hands forward and back trailing your hand from your fingertips to your palm slow and steady. Try to get a deep stretch in the forearms.

#### **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.

#### **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.

# WORKOUT 6

8-WEEK SINGLE KETTLEBELL PROGRAM





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 6

## WARM UP | 3 SETS

MOVEMENT	REPS/ROUNDS
Crab Reach	30 Seconds
Drop Lunge to Halo	30 Seconds
Bear Squat to Push Up	30 Seconds

3 rounds, rest 10 seconds between exercises

### Exercise Descriptions

#### **A1: Crab Reach, Alternating x 30 Seconds**

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.

#### **A2: Drop Lunge to Halo x 30 Seconds**

Starting with holding the kettlebell upside down by the horns, drop down into a lunge. Gently tap your knee to the ground being sure to keep your core tight and spine long. Hop back up to standing, and perform a single kettlebell halo going deep behind the back of your head as your brace your core. Repeat.

#### **A3: Bear Squat to Push Up x 30 Seconds**

Start in a downward dog and sit your butt down to your heels pressing with your arms and shoulders. Be sure to keep a long spine and straight arms throughout the movement. Shift your weight forward into a push up position and perform a single push up. Repeat.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 6

## CIRCUIT 1 | 4 ROUNDS

MOVEMENT	REPS/ROUNDS
Kneeling Cleans	30 Seconds
Squat Sprawl	30 Seconds
Side Kick Throughs	30 Seconds

4 Rounds, 90 Seconds Rest (30 seconds standing spine roll, 30 seconds gunslingers, 30 seconds fast and loose shake)

### Exercise Descriptions

#### **B1: Kneeling Cleans x 30 Seconds (switch sides every round)**

Start in a kneeling position. Try not to cross your legs and maintain a strong, wide base. Start with the kettlebell underneath your hips. Grip the bell over the handle and point your thumb down pointing the handle at a 45-degree angle toward your hips. Inhale to brace your core and then explosively pull the kettlebell up, cock your elbow up and back as you thrust your hips forward into a tall kneeling position. Try to get the kettlebell to spiral around your wrist and not flip up and over and banging against you. To descend, unravel the kettlebell and spiral back down to the start position. Remember to maintain a tall neutral spine and tight core throughout the whole movement.

#### **B2: Squat Sprawl x 30 Seconds**

Start standing and squat and place your hand on the floor. Kick your feet back and drop your hips to the floor. Keep your head and chest up, extending your spine. Hop back into your squat position, stand up and repeat.

#### **B3: Side Kick Throughs x 30 Seconds**

Start in a beast position, hands under your shoulders and knee slightly tucked in underneath your belly button line. Lift on 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.





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 6

## CIRCUIT 2 | 4 ROUNDS

MOVEMENT	REPS/ROUNDS
Ballistic Row to Snatch	30 Seconds
Push Ups As Slow As You Can	30 Seconds
Plyo Lunges	30 Seconds

4 Rounds, 90 Seconds Rest (floor scorpion 30 seconds, standing arm screw x 30 seconds)

### Exercise Descriptions

#### **C1: Ballistic Row to Snatch (row row/ snatch) x 30 Seconds**

Start with the kettlebell in between your heels. Explosively row the kettlebell with one hand up to your ribs while staying in a bent over position. Release the kettlebell at the top of the rep and catch it with your opposite hand. Fully extend your opposite hand and then snatch the kettlebell overhead. Rack the kettlebell. Unravel it back to the floor and repeat by alternating sides.

#### **C2: Push Ups As Slow As You Can x 30 Seconds**

Start in a push-up position with your palms underneath your shoulders and keep a straight line from your heel to your head. Keep forward pressure on your wrists and pull yourself down into your push up, engaging your lats. Go as slow as you can both up and down. Think 4 to 5 seconds down and 4 to 5 seconds up. Don't stop at the top or the bottom, keep a continuous, slow motion throughout.

#### **C3: Plyo Lunges x 30 Seconds**

Start in a lunge position and jump as high as you can, try to land softly switching you legs. Alternate jumping lunges. Load on the way down, keep your spine straight and core tight. Explode on the way up and try to land softly and prevent your body from jarring all over the place. Walk your hands back to your feet and repeat.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 6

## FINISHER | 6 ROUNDS

MOVEMENT	REPS/ROUNDS
Offset Push Up to Clean and Cossack	45 Seconds

6 rounds, 45 seconds work, 15 seconds rest

### Exercise Descriptions

#### **DI: Offset Push Up to Clean and Cossack x 45 Seconds**

Lay a kettlebell flat on its side. Starting in a push up position with one hand on the bell, perform a push up over the kettlebell. Be sure to keep a braced core throughout this movement. Hop up with your heels in line with the kettlebell. Grab the kettlebell by the handle, explosively clean it up and step out into a cossack squat, bringing your toes off the ground and up towards the ceiling. Come back to standing and alternate sides.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 6

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## DECOMPRESSION | 1 ROUND

MOVEMENT	REPS/ROUNDS
Kneeling Forearm Stretch	1 Minute
Floor Scorpion	1 Minute
Bretzel	1 Minute Each Side

Perform 1 round of every exercise back to back

### Exercise Descriptions

#### **Kneeling Forearm Stretch x 1 minute**

Starting on your knees, place your hand under your shoulders. Turn your palms back pointing your fingers towards your knees and walk your hands forward and back trailing your hand from your fingertips to your palm slow and steady. Try to get a deep stretch in the forearms.

#### **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.

#### **Bretzel x 1 Minute Each Side**

Lay on your back. Lift one leg over to the opposite side and pin your knee to the ground with your opposite arm. Grab your back leg with your other arm and kick into your palm, stretching your chest wide open, try to bring both shoulders down to the floor while keeping both knees on the ground. Take 10 deep breaths in this stretch.

# WORKOUT 7

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## 8-WEEK SINGLE KETTLEBELL PROGRAM





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 7

## WARM UP | 3 SETS

MOVEMENT	REPS/ROUNDS
Kettlebell Arm Bar	30 Seconds
Side Kick Through to Bridge	30 Seconds
Low Cossack Squat Switch With Kettlebell for Counter Balance	30 Seconds

3 rounds, rest 10 seconds between exercises

### Exercise Descriptions

#### **A1: 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.

#### **A2: Side Kick Through to Bridge, Alternating x 30 Seconds**

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: Low Cossack Squat Switch With Kettlebell for Counter Balance x 30 Seconds**

Start standing with a tall, neutral spine, holding the kettlebell by the horns. Core tight, step out with one foot to the side. Sit your hips down to your heel with your opposite leg fully extended. Keep a good posture as you sit and then shift your weight onto the opposite hip. You can use the kettlebell as a counterweight to help you get deeper into your cossack squat.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 7

## CIRCUIT 1 | 4 ROUNDS

MOVEMENT	REPS/ROUNDS
Offset Push Up to Close Grip Push Up	30 Seconds
Loaded Beast to Front Step	30 Seconds
V-Ups	30 Seconds

4 Rounds, 90 Seconds Rest (45 seconds floor scorpion, 45 seconds alternating arm thread)

### Exercise Descriptions

#### **B1: Offset Push Up to Close Grip Push Up x 30 Seconds**

Lay a kettlebell flat on its side. Starting in a push up position with one hand on the bell, perform a push up over the kettlebell. Be sure to keep a braced core throughout this movement. Then place both hands on the kettlebell and perform a close grip push up. Alternate sides on the off set kettlebell push ups.

#### **B2: Loaded Beast to Front Step x 30 Seconds**

Start in a loaded beast position. Sit your hips back towards your heels and actively press back with your palms extending your arms and then explosively step one foot forward outside your same side palm. Elevate your hand off the floor and pull your elbow up and back toward your hip. Open your chest wide by twisting your torso then plant your palm back on the floor and step down and back into your loaded beast before alternating sides.

#### **B3: V-Ups x 30 Seconds**

Lay on your back and bend at the hips reaching up to your toes. Lift your shoulder off the ground engaging you abs. Try to keep your lower back flat on the ground as you come down.





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 7

## CIRCUIT 2 | 4 ROUNDS

MOVEMENT	REPS/ROUNDS
Squat to Press	30 Seconds
Side Plank	30 Seconds
Front Kick Throughs	30 Seconds

4 Rounds, 90 Seconds Rest (shoulder rolls 30 seconds, kneeling spine waves 30 seconds;)

### Exercise Descriptions

#### **C1: Squat to Press, Switch Sides Every Round x 30 Seconds**

Start in the racked position with your wrist flexed, stacking your wrists over your hips. Sit slow and deep into your squat and the explosively stand up pressing the kettlebell overhead. Use the force from your legs to initiate the press to make it a full body movement. Fully extend your arms out in the overhead position. Keep your ribs down with a tight core to help prevent your spine from overextending and overloading your low back. Pull the kettlebell back down into your rack, focusing on a slow and steady negative. Go down slow to load and explode up hard and fast.

#### **C2: Side Plank, Switch Sides Every Round x 30 Seconds**

Start on the ground, lying on your side. Plant your elbow on the ground under your shoulder and lift your hips off the ground. Try to keep a straight line from your heels to your head. Squeeze your glutes and core while pressing your legs together.

#### **C3: Front Kick Throughs x 30 Seconds**

Starting from a loaded beast position, step one foot forward outside palm. Kick the back leg through, pointing forward, and lift the opposite hand bringing it in towards your chest. Bring the leg back to your mountain climber position and set your loaded beast. Repeat.



## SINGLE KETTLEBELL PROGRAM

# WORKOUT 7

## FINISHER | 8 ROUNDS

MOVEMENT	REPS/ROUNDS
Explosive Deadlift to Double Horn Clean and Lunge	30 seconds

8 rounds, 30 seconds work, 30 seconds rest (tai chi twist)

### Exercise Descriptions

#### **Dl: Explosive Deadlift to Double Horn Clean and Lunge x 30 Seconds**

Hold the kettlebell in between your heels, grip the kettlebell with both hands. Keep a proud chest and long spine. Explosively jump as high as you can and land back on the ground with control. Explosively clean up the kettlebell with both hands and step back into a reverse lunge. Come back to neutral and repeat.



## SINGLE KETTLEBELL PROGRAM

# WORKOUT 7

## DECOMPRESSION I 1 ROUND

MOVEMENT	REPS/ROUNDS
Needle Arm Thread	1 Minute
Thoracic Bridge	1 Minute
Shinbox Switch With Spine Twist	1 Minute
Standing Lateral Spine Roll	1 Minute Each Side

Perform 1 round of every exercise back to back

### Exercise Descriptions

#### **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.

#### **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 sitting your hips close to the floor before switching.

#### **Shinbox Switch With Spine Twist x 1 Minute**

Start in a shinbox position and then shift your knees to one side. Twist your torso towards the direction you shifted as if you are performing a push up over the top of your thigh. Alternate sides slow and steady.

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

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 your 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.

# WORKOUT 8

## 8-WEEK SINGLE KETTLEBELL PROGRAM





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 8

## WARM UP | 3 SETS

MOVEMENT	REPS/ROUNDS
Child's Pose to Mountain Climber	30 Seconds
Floor Scorpion	30 Seconds
Chamber Jumps	30 Seconds

3 rounds, rest 10 seconds between sets

### Exercise Descriptions

#### **A1: Childs Pose to Mountain Climber 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. 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.

#### **A2: Floor Scorpion, Alternating x 30 Seconds**

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.

#### **A3: Chamber Jumps (squat jump with higher hips, squatty hinge) x 30 Seconds**

Hinge back and descend into a squat with high hips. Jump as high as you can. Try to land softly and reload before you perform every rep. Keep your spine straight and core tight.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 8

## CIRCUIT 1 | 4 ROUNDS

MOVEMENT	REPS/ROUNDS
Drop Push Ups	30 Seconds
Kneeling Cleans	30 Seconds
Sprinters Lunge	30 Seconds

4 Rounds, 90 Seconds Rest (45 seconds floor scorpion, 45 seconds alternating arm thread)

### Exercise Descriptions

#### **B1: Drop Push Ups x 30 Seconds**

Start at the top of your push up position. Quickly bend your elbows and drop into a low push up position. Catch yourself with a tight core and full body tension. Push back up to start and quickly repeat.

#### **B2: Kneeling Cleans x 30 Seconds (switch sides every round)**

Start in a kneeling position. Try not to cross your legs and maintain a strong, wide base. Start with the kettlebell underneath your hips. Grip the bell over the handle and point your thumb down pointing the handle at a 45-degree angle toward your hips. Inhale to brace your core and then explosively pull the kettlebell up, cock your elbow up and back as you thrust your hips forward into a tall kneeling position. Try to get the kettlebell to spiral around your wrist and not flip up and over and banging against you. To descend, unravel the kettlebell and spiral back down to the start position. Remember to maintain a tall neutral spine and tight core throughout the whole movement.

#### **B3: Sprinters Lunge x 30 Seconds (switch sides every round)**

Starting in a kneeling position, explosively drive your back knee forward and up while extending your jumping leg. Try to lift your heel off the ground into a triple extended position. Bring your knee back to the ground with control and repeat all on one side.





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 8

## CIRCUIT 2 | 4 SETS

MOVEMENT	REPS/ROUNDS
Explosive Two Hand Deadlift	30 Seconds
Lateral Jumps	30 Seconds

4 sets, rest 1 minute between sets (30 seconds alternating shoulder drops, 30 seconds kneeling spine wave)

### Exercise Descriptions

#### **C1: Explosive Two Hand Deadlift to Alternating Snatch x 30 seconds**

Start with the kettlebell in between your heels underneath your hips. Grip it with both hands and with a long spine explosively jump as high as you can. Land softly fighting any jarring in your body on the way down. Grab the kettlebell with one hand and explosively snatch it overhead, keeping your core tight and ribs down. Complete another explosive dead lift before alternating on the snatch.

#### **C2: Lateral Jumps x 30 Seconds**

Start by sitting laterally into one hip, standing on one leg, keeping a long spine and then explosively jump onto your other leg. Sit into your opposite hip and try to maintain good posture as you jump from side to side.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 8

## FINISHER | 8 SETS

MOVEMENT	REPS/ROUNDS
Push Up to 10 Yard Sprint	2 Reps
Ballistic Row	30 Seconds

8 sets, 30 second rest between sets

### Exercise Descriptions

#### **D1: Push Up to 10 Yard Sprint x 2 Reps**

Start in a push up position pull yourself down and inhale. Explosively get up as fast you can, exhale and sprint for 10 yards. Keep a forward lean with your torso for 10 yards to accelerate and then stand up, open up your hips and COME TO A SLOW STOP. Rest 15-30 seconds and repeat for 1 more sprint.

#### **D2: Ballistic Row x 30 Seconds**

Start in a standing position with your feet a bit wider than hip-width apart. Bend over by hinging at the hips, press your hips back and light up/engage the hamstrings. 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, alternating sides every time. Try to keep your shoulders square to really fire off your core.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 8

## DECOMPRESSION | 1 ROUND

MOVEMENT	REPS/ROUNDS
Needle Arm Thread	1 Minute
Shinbox Switch With Spine Twist	1 Minute
Pigeon Stretch	1 Minute

Perform 1 round of every exercise back to back

### Exercise Descriptions

#### **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.

#### **Shinbox Switch With Spine Twist x 1 Minute**

Start in a shinbox position and then shift your knees to one side. Twist your torso towards the direction you shifted as if you are performing a push up over the top of your thigh. Alternate sides slow and steady.

#### **Pigeon Stretch x 1 minute each side**

Bring one shin across your hips and straighten your back leg and untuck your back toes. Hinge at the hips to get a deep stretch in your hip, inhale tuck your pelvis back and extend your spine.

# WORKOUT 9

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8-WEEK SINGLE KETTLEBELL PROGRAM





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 9

## WARM UP | 3 SETS

MOVEMENT	REPS/ROUNDS
Gunslingers	1 Minute
Standing Lateral Spine Roll	1 Minute
Thoracic Bridge	1 Minute

3 rounds, rest 10 seconds between sets

### Exercise Descriptions

#### **A1: Gunslingers 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.

#### **A2: 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.

#### **A3: 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.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 9

## CIRCUIT 1 | 4 SETS

MOVEMENT	REPS/ROUNDS
Single Kettlebell Arm Bar	30 Seconds Each Side
Reverse Lunge to Sumo Squat	1 Minute
Kneeling Spine Wave	1 Minute

4 sets, 10 seconds rest between sets and exercises

### Exercise Descriptions

#### **B1: Single 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.

#### **B2: Reverse Lunge to Sumo Squat x 1 Minute**

Starting in a standing position, step back into a reverse lunge. Try to keep a straight line from your knee to your head. Open up your back hip and hold a sumo squat, press out your knees as far out as you can. Come back to a reverse lunge and come back to standing. Alternate sides.

#### **B3: 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 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.





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 9

## CIRCUIT 2 | 4 SETS

MOVEMENT	REPS/ROUNDS
Kneeling Windmill	30 Seconds Each Side
Floor Scorpion	1 Minute
Bird Dog	1 Minute

4 sets, 10 seconds rest between sets and exercises

### Exercise Descriptions

#### **C1: Kneeling Windmill x 30 Seconds Each Side**

Start in a kneeling position with a single kettlebell in your rack position as the same side as the knee that is up. Press the kettlebell overhead and then hinge at the hips, reach for the ground with free hand and touch the floor with your palm or elbow. Come up nice and slow with the kettlebell overhead. Keep the kettlebell overhead as you complete the repetitions.

#### **C2: 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.

#### **C3: Bird Dog x 1 Minute**

Starting in a quadruped position, lift your opposite hand and foot off the floor and extend them as far as you can. Be sure to keep your core tight and spine long throughout the movement. Be sure not to hyperextend low back at the end of this movement.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 9

## CIRCUIT 3 | 4 SETS

MOVEMENT	REPS/ROUNDS
Shin Box Switch to Extension and Halo	1 Minute
L-Sit to Table Top	1 Minute

4 sets, 10 seconds rest between sets and exercises

### Exercise Descriptions

#### **D1: Shin Box Switch to Extension and Halo x 1 Minute**

Start sitting down holding the kettlebell upside down by the horns. Bend your legs and bring your heels close to your butt. Keep your spine as straight as you can and sit your knees over to one side, do your best not to shift your feet around. Lay both knees on the floor. Thrust your hips up coming up to your knees squeezing your core and butt and rotate the kettlebell around your head from shoulder to shoulder, alternating sides. Go deep behind the navel of your neck. Keep a tight core and focus on loosening up your shoulders. Slowly sit back down with control. Alternate sides.

#### **D2: L-Sit to Table Top x 1 Minute**

Starting in a crab position, press your arms into the ground packing your shoulders and squeezing your core, fully extend your legs and push your glutes back in between your arms. Then bring your hips up into the table position maintaining a long spine and tight core and glutes.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 9

## DECOMPRESSION | 1 ROUND

MOVEMENT	REPS/ROUNDS
Needle Arm Thread	1 Minute
Child's Pose to Hip Flexor Stretch	1 Minute
Standing Arm Screw	1 Minute

Perform 1 round of every exercise back to back

### Exercise Descriptions

#### **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.

#### **Child's Pose to Hip Flexor Stretch 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. 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.

#### **Standing Arm Screw x 1 Minute**

Lift your arms out to your side palms up and open. Rotate one palm all the way around, rotating the same side shoulder in its pocket as you look and reach with your other arm in the opposite direction. Shrug the rotating shoulder and roll it up and over your chest/pee and dip it towards the floor as you reach palm open in the opposite direction. Alternate sides and you can even dip at the knees to help drive the shoulder further to the floor getting deeper into your stretch.

# WORKOUT 10

8-WEEK SINGLE KETTLEBELL PROGRAM





# 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 rounds, rest 10 seconds 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.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 10

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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.





# SINGLE KETTLEBELL PROGRAM

# WORKOUT 10

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## 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 sets and exercises

### 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.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 10

## 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.



# SINGLE KETTLEBELL PROGRAM

# WORKOUT 10

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## 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 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.

#### **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.