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**KETTLEBELL
WORKOUT PROGRAM**

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Kettlebell Workout Program

Disclaimer

The information provided in this workout program is for educational purposes only. The author is not a doctor and this information shouldn't be taken as medical advice. You should get a physicians approval before attempting any of the information in this program. This program is designed for healthy adults of 18 years and older. If you have any existing injuries, conditions or health issues, please seek your physician's approval before attempting any type of information in this program. The author is not liable or responsible for any damages, resulting from the use of this program. The user acknowledges any risk of injury, caused or alleged, with the use of this information. If your physician advises to not use the information provided in the program, please abide by those orders.

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Welcome

Within this program you are going to discover proven Kettlebell workouts that you have never seen before. You are going to get results FAST, as long as you are consistent with your training. I'm WARNING you though! These workouts are very challenging. Make sure to rest when you need it and feel free to substitute any exercise that you cannot perform. It's not worth injuring yourself. Many of these exercises are very technical. Start with a lighter kettlebell when performing a new movement and feel free to regress the movement if needed.

Here are some tips before starting:

- If anything hurts while performing an exercise, stop doing it immediately. If you need any exercise alternatives, feel free to email me at contact@andrewraposo.com
- If you aren't sure on how to perform an exercise, be sure to get instruction from a certified personal trainer.
- Make sure to perform one of the Mobility Warm Up routines that I present in my "Get Mobility Like A Fighter" videos before starting any of the workouts in the program.
- If you are just starting out and you're choosing which day you are going to perform a workout, make sure there is a day of rest between workout days.

For Example:

Monday – Workout

Tuesday – Rest

Wednesday – Workout

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Thursday – Rest

Friday – Workout

Saturday – Rest

Sunday – Rest

- Make sure you are being active during your rest days. Go for a long walk, bike ride, play a sport, etc.
- Cool down appropriately after completing a workout by foam rolling or stretching.

How To Incorporate These Workouts Into An Existing Program

There are many ways you can put these workouts into your program. You can use the kettlebell workouts to replace a full body-conditioning day or add in the “ab focused” kettlebell workouts and use those as an ab training circuit into your routine. Which makes a good fit at the end of a routine you are currently following.

If you are following a strength routine, you can put these workouts on a “conditioning day” or you can use them as an intense finisher after your main strength exercises. This will help accelerate fat loss like nothing else.

If you have a specific program you are following or currently competing in a sport and you want to better fit this into your routine then shoot me an email at contact@andrewraposo.com Make sure you provide your workout schedule in detail so I can give you the best results.

To your success,

-Andrew Raposo, CPT

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P.S. If you would like the most cutting edge and up to date information on getting the best set of ripped abs possible, follow me on some of my other sites to keep yourself updated.

www.AndrewRaposo.com

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Workout #1 – Kettlebell Conditioning 101

A1 – KB Swings – 50 Reps

A2 – Burpees – 10 Reps

B1 – KB Swings – 40 Reps

B2 – Burpees – 20 Reps

C1 – KB Swings – 30 Reps

C2 – Burpees – 30 Reps

D1 – KB Swings – 20 Reps

D2 – Burpees – 40 Reps

E1 – KB Swings – 10 Reps

E2 – Burpees – 50 Reps

Rest as needed during the workout. If the workout seems too challenging then go by increments of 5 reps instead of 10 reps.

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Workout #2 – Kettlebell Ab Blast

A1 – Half Kneeling KB Halo– 5 Reps Each Direction,
Switch Stance And Repeat.

A2 – KB Bug – 10 Reps

A3 – KB Turkish Get Up – 3 Reps Each Side

A4 – KB Windmill – 10 Reps Each Side

Rest as needed.

Repeat this circuit for a total of 5 Rounds.

Workout #3 – The Double Kettlebell Punisher

A1 – Double KB Clean & Press – 10 Reps

A2 – Double KB Front Squat – 10 Reps

A3 – Double KB Swing – 10 Reps

A4 – KB Renegade Rows – 10 Reps Each Side

Rest 1 Min

Repeat this circuit for a total of 5 Rounds.

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Workout #4 – One Arm Kettlebell Fun

A1 – One Arm KB Swing – 10 Reps Each Side

A2 – One Arm KB High Pull– 10 Reps Each Side

A3 – KB Snatch– 10 Reps Each Side

A4 – KB One Arm Overhead Walk – 20m Each Side

Rest as needed.

Adjust walking distance accordingly to your circumstances. Repeat this circuit for a total of 5 Rounds.

Workout #5 – Full Body Kettlebell Conditioning

A1 – One Arm KB Clean – 10 Reps Each Side

A2 – One Arm KB Press – 10 Reps Each Side

A3 – One Arm KB Bent Over Row – 10 Reps Each Side

A4 – One Arm KB Reverse Lunge In Rack Position – 10 Reps Each Side

A5 – Single Leg KB RDL – 10 Reps Each Side

Rest 1 Min

Repeat this circuit for a total of 4 Rounds.

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Workout #6 – Rack It Up

A1 – Double KB Clean – 15 Reps

A2 – Double KB Thruster– 15 Reps

A3 – Double KB Walk Rack Position– 20m

A4 – KB Renegade Rows With Push Up – 10 Reps Each Side

A5 – Double KB Walk Rack Position– 20m

Rest 1 Min

Adjust walking distance accordingly to your circumstances. Repeat this circuit for a total of 4 Rounds.

Workout #7 – The 2-Minute Kettlebell Burnout

A1 – KB Swing – 30 Sec

A2 – Double KB Front Squat – 30 Sec

A3 – Double KB Push Press – 30 Sec

A4 – KB Half Burpees – 30 Sec

Rest 30 Sec

Repeat this circuit for a total of 5 Rounds. Rest as needed during the exercises.

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Workout #8 – The Kettlebell Ladder

Perform each exercise for a set of 10 reps, the next set will be 9 reps, and the next set will be 8 reps, all the way to 1 rep.

A1 – KB Swing – 10 Reps... 1 Rep

A2 – Double KB Thruster – 10 Reps... 1 Rep

A3 – KB Renegade Rows – 10 Reps Each Side... 1 Rep
Each Side

Rest as needed during the workout.

Workout #9 – Kettlebell AMRAP

A1 – KB Snatch– 5 Reps Each Side

A2 – Double KB Clean & Press – 10 Reps

A3 – KB Swing – 15 Reps

Repeat this circuit for as many rounds as possible in 10 minutes.

Rest as needed during the workout.

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Workout #10 – Kettlebell Fighter Conditioning

A1 – KB Floor Press – 10 Reps Each Side

A2 – KB Turkish Get Up – 3 Reps Each Side

A3 – KB Snatch – 10 Reps Each Side

A4 – KB Windmill – 10 Reps Each Side

A5 – One Arm KB Bent Over Row – 10 Reps Each Side

Rest 1 Min

Repeat this circuit for a total of 4 Rounds. Rest as needed between exercises.