

KETTLEBELL PRACTICE WORKOUTS

WEEK ONE



Day One

KB Swings x 12
Press Ups x 15
KB Squats x 10
KB Rows x 10 each side
KB Lunges x 8 each leg

Complete routine 5 times

Finisher Workout

Burpees x 20 secs
Rest x 10

Repeat x 8 = 4 minutes

Day Two

KB Swings x 15
KB Thrusters x 10
KB Rows x 12 each side
KB Squats x 10

Complete routine 5 times

Finisher Workout

Squat thrusters x 30
Burpees x 10

Complete 4 times

Day Three

KB Swings x 20
KB Squats x 12
Press ups x 15
KB Rows x 20 each side
KB Lunges x 8 each leg

Complete 4-5 times

Finisher Workout

Forward Plank x 60 secs
Rest x 15 secs

Repeat x 3-4 times

Note: At any point during your practice workouts you can forward a video of yourself performing the Kettlebell swing so that you can get technical feedback on your movement pattern.

Forward your video to thecoach@kebofit.com

OR post it inside the private group