

KETTLEBELL PRACTICE WORKOUTS

WEEK FOUR



Day One

KB Swings x 25
KB Clean & Press x 3 e/s
Press Ups x 12
KB Snatch x 3 e/s

Complete 4 times

FINISHER:

Turkish Half Get Ups x 3 e/s
Burpees x 5

Complete 4 times

Rest when you need to rest.

Day Two

KB Swings x 25
Press Ups x 12
KB Squats x 12
KB Cleans x 5 e/s
KB Snatch x 3 e/s

Complete 4 times

FINISHER:

Turkish get ups x 1 e/s
Burpees x 5

Complete 4 times

Rest when you need to rest

Day Three

KB Swings x 35
KB Clean & Press x 3-5 (each side)
KB Snatch x 3 – 5 e/s
KB Squat x 10

Complete 5 times

Rest when you need to rest

FINISHER:

Burpees x 20 sec
Rest x 10

Complete 8 times = 4 minutes