

<b>Kettlebell Training</b>			<b>Notes / reps</b>	
<b>Level one - Stability</b>	<b>Level one</b>	<b>Weight</b>	<b>Week 1</b>	<b>Week 3</b>
Double arm kettlebell swings	10 mins swings - rest as required during period	16kg		
Turkish Get Ups (TGUs)	5 mins TGU - don't count reps, focus on form	10kg-16kg		
		<b>Weight</b>	<b>Week 1</b>	<b>Week 3</b>
Kettlebell cleans	5 mins cleans - change hands as required	16kg		
Kettlebell single arm swings	5 mins swings - rest as required during period	16kg		
Turkish Get Ups (TGUs)	5 mins TGU - don't count reps, focus on form	10kg-16kg		
		<b>Weight</b>	<b>Week 1</b>	<b>Week 3</b>
Double arm kettlebell swings	Swings - roll of two dice determines minutes	16kg		
Turkish Get Ups (TGUs)	5 mins TGU - don't count reps, focus on form	10kg-16kg		
		<b>Weight</b>	<b>Week 2</b>	<b>Week 4</b>
Double arm kettlebell swings	6 mins swings - rest as required during period	16kg		
Kettlebell press	4 mins presses - 1 minute per arm	16kg		
Kettlebell clean & press	Form practice	16kg		
		<b>Weight</b>	<b>Week 2</b>	<b>Week 4</b>
KB Double arm swing, to single arm swing to single arm swing passover practice	10 mins practice - focus on form	16kg		
Kettlebell push press	6 mins 30/30	16kg		
		<b>Weight</b>	<b>Week 2</b>	<b>Week 4</b>
Double arm kettlebell swings	5 mins swings - rest as required during period	16kg		
Kettlebell arm bar	5 mins - don't count reps, focus on form	16kg		
Kettlebell racked squat	6 mins 30/30 - change arms each set	16kg		

#### Notes

- Integrate workout into existing fitness plan
- Prior to work out, warm up with full joint mobility, no static stretching
- Warm down with general mobility, no static stretching



For Further Information contact:

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Certified Kettlebell Teacher

