

Cycle 1 - KettleBell Fitness - Bodyweight

Wk 1	Priority 1	Priority 2	Priority 3 (Optional)	Notes
Focus	Bracing/Hollow	Punching Wrist	Head Position	Priority 3: This should be the next size up from Priority 1 & 2, e.g. 12 KG -> 16 KG or 16 KG to 20 KG or double the reps of the swing and squat.
Movement 1	Goblet Squat	Swing, Squat, Press	Goblet Squat	
Movement 2	Dbl Arm Swing	Push-Up Prog	Dbl Arm Swing	
Movement 3	TGU - Partial	Fwd/Back Ape	TGU - Partial	
Workout 1	5 Rounds: 2 x Shin Box 5 x Goblet Squat	4 Rounds: 3 x {3 x Swings 2 x Goblet Squat 1 x 2 Hand Press 3 x Switch-under to Scorpion	10 x 3 Min 3 x Swing, 2 x Squat, 2 x TGU - Partial	
Workout 2	5 rounds: 10 x Dbl Arm Swing 2 x TGU - Partial	5 Rounds: 3 x Push-Up Prog. 6 x Fwd/Back Ape	N/A	
Wk 2				
Focus	Ext. Rotation	S & H Move Together	Bracing	Priority 3: Strive to use the same KB for all exercises Athletes with shoulder issues can do a horizontal press in stead of overhead press
Movement 1	Swing, Squat, Press	Goblet Squat	Swing, Squat, Press	
Movement 2	Push-Up Prog	Dbl Arm Swing	Push-Up Prog	
Movement 3	Fwd/Back Ape	TGU - Partial	Fwd/Back Ape	
Workout 1	4 Rounds: 3 x {3 x Swings 2 x Goblet Squat 1 x 2 Hand Press 3 x Switch-under to Scorpion	5 Rounds: 2 x Shin Box 5 x Goblet Squat	8 x 4 Min 8 x Dbl Arm Swing 4 x Goblet Squat -> 2 Hand Press (KB Thruster) 4 x Push-up Prog. 2 x Fwd/Back Ape	
Workout 2	5 Rounds: 3 x Knl Horz Arm Press 6 x Fwd/Back Ape	5 rounds: 10 x Dbl Arm Swing 2 x TGU - Partial	N/A	
Wk 3				
Focus	Bracing/Hollow	Punching Wrist	Head Position	Priority 3: This should be the next size up from Priority 1 & 2, e.g. 12 KG -> 16 KG or 16 KG to 20 KG or double the reps of the swing and squat.
Movement 1	Goblet Squat	Swing, Squat, Press	Goblet Squat	
Movement 2	Dbl Arm Swing	Push-Up Prog	Dbl Arm Swing	
Movement 3	TGU - Partial	Fwd/Back Ape	TGU - Partial	
Workout 1	5 Rounds: 2 x Shin Box 5 x Goblet Squat	4 Rounds: 3 x {3 x Swings 2 x Goblet Squat 1 x 2 Hand Press 3 x Switch-under to Scorpion	10 x 3 Min 3 x Swing, 2 x Squat, 2 x TGU - Partial	
Workout 2	5 rounds: 10 x Dbl Arm Swing 2 x TGU - Partial	5 Rounds: 3 x Push-Up Prog. 6 x Fwd/Back Ape	N/A	

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Wk 4	Priority 1	Priority 2	Priority 3 (Optional)	Notes
Focus	Bracing/Hollow	Punching Wrist	Head Position	Priority 3: This should be the next size up from Priority 1 & 2, e.g. 12 KG -> 16 KG or 16 KG to 20 KG or double the reps of the swing and squat.
Movement 1	Dbl KB Front Squat	DL & Squat	Dbl KB Front Squat	
Movement 2	Sgl Arm Swing	KnI Sgl Arm Press	Sgl Arm Swing	
Movement 3	Hollow Rock Prog	Fwd/Back Crawl	Hollow Rock Prog	
Workout 1	5 Rounds: 2 x Beast Reach 5 x Dbl KB Front Squat	4 Rounds: 3 x UB Segmental Rolls 5 x DL & Squat	10 x 3 Min 3 x Swing, 2 x Squat, 2 x TGU - Partial	
Workout 2	3 rounds: 10 x Sgl Arm Swing (RT) 3 x Hollow Rock Prog. 10 x Sgl Arm Swing (LT) 3 x Hollow Rock Prog.	5 Rounds: 3 x KnI Sgl Arm Press/Arm 6 x Fwd/Back Crawl	N/A	
Wk 5	Ext. Rotation	S & H Move Together	Bracing	Notes
Focus	Ext. Rotation	S & H Move Together	Bracing	Priority 3: Use the same KB for the entire workout.
Movement 1	DL & Squat	Dbl KB Front Squat	DL & Squat	
Movement 2	KnI Sgl Arm Press	Sgl Arm Swing	KnI Sgl Arm Press	
Movement 3	Fwd/Back Crawl	Hollow Rock Prog	Fwd/Back Crawl	
Workout 1	4 Rounds: 3 x UB Segmental Rolls 5 x DL & Squat	5 Rounds: 2 x Beast Reach 5 x Dbl KB Front Squat	8 x 4 Min 6 Fwd/Back Crawl {5 x Sgl Arm DL, 4 x Sgl Arm Front Squat, 3 x Sgl Arm Kneeling Press} per arm	
Workout 2	5 Rounds: 3 x KnI Sgl Arm Press/Arm 6 x Fwd/Back Crawl	3 rounds: 10 x Sgl Arm Swing (RT) 3 x Hollow Rock Prog. 10 x Sgl Arm Swing (LT) 3 x Hollow Rock Prog.		
Wk 6	Bracing/Hollow	Punching Wrist	Head Position	Notes
Focus	Bracing/Hollow	Punching Wrist	Head Position	Priority 3: This should be the next size up from Priority 1 & 2, e.g. 12 KG -> 16 KG or 16 KG to 20 KG or double the reps of the swing and squat.
Movement 1	Dbl KB Front Squat	DL & Squat	Dbl KB Front Squat	
Movement 2	Sgl Arm Swing	KnI Sgl Arm Press	Sgl Arm Swing	
Movement 3	Hollow Rock Prog	Fwd/Back Crawl	Hollow Rock Prog	
Workout 1	5 Rounds: 3 x Beast Reach 6 x Dbl KB Front Squat	4 Rounds: 3 x UB Segmental Rolls 5 x DL & Squat	10 x 3 Min 3 x Swing, 2 x Squat, 2 x TGU - Partial	
Workout 2	3 rounds: 10 x Sgl Arm Swing (RT) 5 x Hollow Rock Prog. 10 x Sgl Arm Swing (LT) 5 x Hollow Rock Prog.	5 Rounds: 4 x KnI Sgl Arm Press/Arm 8 x Fwd/Back Crawl	N/A	