

ENCYCLOPEDIA OF KETTLEBELL LIFTING PROGRAM GUIDE

BEGINNER PROGRAM #1

2 Hand Swings: 10 reps
1 Hand Swings: 10 reps each hand
1 Arm Clean: 5 reps each hand x 2 sets
Turkish Get Up: 3 reps each hand
1 Arm Military Press: 5 reps each hand x 2 sets
Deck Squat: 10 reps
Front Squat: 5 reps x 2 sets

BEGINNER PROGRAM #2

1 arm Swings: 10 reps each hand x 2 sets
Turkish Get Up: 5 reps each hand
1 arm Clean & Press: 5 reps each hand x 2 sets
1 Leg Deadlift: 5 reps each leg x 2 sets
Split Squats: 10 reps each leg x 2 sets
1 arm Snatch: 5 reps each hand x 3 sets
Front Squat: 10 reps x 2 sets
2 Arm Swings: 20 reps

BEGINNER PROGRAM #3

Deck Squats: 10 reps
Hand-Hand Swings: 20 reps
Windmill (low position): 5 reps each hand
Windmill (high position): 5 reps each hand
Get Up Sit Up: 5 reps each hand
Double Clean & Press: 5 reps x 3 sets
Front Squats: 10 reps x 3 sets
1 Arm Snatch-Dead Position:
5 reps each hand x 3 sets

INTERMEDIATE PROGRAM #1

2 Hand Swings: 10 reps x 2 sets
Dragon Twisting-Bodyweight: 20 reps
Bottoms Up Cleans-1 arm: 5 reps each hand x 2 sets
Bent Press: 5 reps each hand x 2 sets
Alternating Press: 10 reps x 2 sets
Overhead Squats - 1 Arm: 5 reps each hand x 2 sets
Extended Straight Leg Deadlift: 10 reps x 2 sets
Double Snatch: 5 reps x 3 sets

INTERMEDIATE PROGRAM #2

Double Windmills: 5 reps x 2 sets
Turkish Get Ups: 5 reps x 2 sets
Walking Swings-Forward: 10 reps x 2 sets
Janda Situps: 5 reps x 2 sets
Double Swings: 5 reps x 3 sets
Alternating Floor Press: 10 reps x 2 sets

Renegade Rows: 10 reps x 2 sets
Alternating Cleans: 2 count: 10 reps x 2 sets
Front Squats: 10 reps x 3 sets
Hand-Hand Swings: 30 reps

INTERMEDIATE PROGRAM #3

GS Swings: 20 reps each hand
Dragon Walking: 10 reps x 2 sets
1 Arm Jerks: 10 reps each hand
Double Jerks: 10 reps x 3 sets
1 Arm/1 Leg Deadlift (contralateral):
5 reps each side x 2 sets
1 Arm Snatch-Corkscrew:
15 reps each hand x 3 sets
Multi-Directional Lunge
Walking Swings-Backward: 10 reps x 2 sets

ADVANCED PROGRAM #1

Side Step Swings: 10 reps x 3 sets
1 Arm Snatch/Overhead Squat:
5 reps each hand x 2 sets
Double Clean/Squat/Press combo: 10 reps x 3 sets
2 Hands Anyhow: 3 reps each side x 2 sets
Crescent Swings: 10 reps x 2 sets
No Hands Turkish Get Up: 3 reps each side
Alternating Cleans: 1 count: 10 reps x 3 sets
Towel Swings: 10 reps each direction x 2 sets
Double Get Up Sit Up: 5 reps x 2 sets

ADVANCED PROGRAM #2

Multi-Directional Walking Swings: 30 reps
Overhead Squats: 5 reps each side
Sots Press: 3 reps each side
OH Squat/Sots Press combo:
3 reps each side x 2 sets
Pistols: Bodyweight x 5 reps each leg x 2 sets
Extended 1 Arm Snatch: 10 reps each hand x 3 sets
Bottoms Up Clean & Press:
5 reps each hand x 2 sets
Hack Squats: 5 reps x 3 sets
Double Rack Walk: 2:00 per set x 2 sets

ADVANCED PROGRAM #3

Walking Swings-Lateral:
10 reps each direction x 2 sets
Seated Press: 5 reps each hand x 2 sets
Dragon Twisting-Racked Position: 10 reps x 3 sets
Extended 1 Leg Deadlift: 5 reps each leg x 2 sets

Waiter's Press: 5 reps each hand x 2 sets
Bottoms Up Floor Press: 1 rep each hand x 3 sets
Alternating Snatch: 1 count: 10 reps x 2 sets
Double Dead Position Cleans: 5 reps x 3 sets
Double Snatch/OH Squat/Sots Press combo:
5 reps x 2 sets
Double Crescent Swings: 10 reps x 2 sets

SPECIALTY PROGRAMS: ANAEROBIC CONDITIONING:

- Alternating Snatch - 1 count: 10 total
- Alternating Cleans-1 count: 20 total
- Hand-Hand Swings: 30 reps
- Clean-Squat-Press: 10 reps
- Heavy 1 arm Swings: 15 reps per arm
- Bent Press: 5 reps per side
- Double Snatch/Overhead Squat: 5-10 reps
- Heavy Rack Holds
- Dragon Twisting: BW x 20 reps

Run through the entire sequence 2 times using 24-40 kg (men), or 12-24kg (women), depending upon exercise

SPEED AND STRENGTH (RUNNING):

Dragon Twisting: BW x 30 reps
1 Leg DL:
2 x 16g x 10/10 x 1;
2 x 20g x 10/10 x 1;
2 x 24g x 6/6 x 1
1L Squats/Pistols: BW x 10/10 x 3 sets
Dragon Twisting-Racked Position:
BW x 20 x 1;
BW+ 2 x 12kg x 10 x 1
1 Arm Military Press:
20kg x 5/5 x 1;
24kg x 5/5 x 1;
32kg x 5/5 x 1
Double Cleans:
2x16kg x 10 x 1;
2x20kg x 10 x 1;
2x24kg x 10 x 1
Dragon Twisting-Overhead Position:
BW + 2 x 12kg x 10 x 1;
BW + 16kg x 10 x 1

Alternating Snatch:
2 x 16kg x 20 x 1; 2 x 20kg x 20 x 1
KB Gassers-drops sets: 5 sets (Set 1: 24g; Set 2: 20kg; Set 3: 16g; Set 4: 12; Set 5: BW sprint)
Each set run from sideline to sideline holding KB, drop KB and sprint back to sideline; rest 30 sec between each gasser and do 5 sets total)
Towel Swings-Low Basin:
16kg x10 each direction x 2 sets
Double Swings:
2 x 16kg x 15 x 1;
2 x 20kg x 15 x 1;
2 x 24kg x 10 x 1

MAX SPEED/CORE STRENGTH:

2 Hand Swings:
16kg x 15 x 1;
24kg x 15 x 1
Deck Squats - BW x 20 x 2 sets
Double Clean & Press: 2 x 16kg x 10 x 2
Multi-level Slipping 4 levels drop sets
(20kg-16kg-12kg-BW only)
OH Walks-Position of Extreme Compromise
ascending sets -
2x8kg, 2x12kg, 2x16kg, walk 50 meters
1 Arm Snatch:
16kg x 20/20 x 1;
24kg x 15/15 x 1;
30kg x 10/10 x 1
Dragon Twisting-Position of Strength:
2 x 8kg x 10 x 1;
2 x 12kg x 10 x 1;
2 x 16kg x 10 x 1
1L DL:
2 x 16kg x 10/10 x 1;
2 x 24kg x 10/10 x 1
1L Squats/Pistols: 5/5 x 3 sets
Renegade Rows: 2 x 16kg x 10 x 2
1 Arm Push/Press: 24kg x 5/5 x 1;
32kg x 5/5 x 2

FOOTBALL: LINEMAN (STRENGTH, GRIP, EXPLOSIVE POWER)

PROGRAM 1.

2 Hand Swings: 24kg x 15 x 1;
32kg x 15 x 1
Bottoms Up Cleans:
32kg x 5/5 x 2 sets
(hold each rep for 2 secs)
Towel Swings - Fixed Stance - High Basin
10 each direction x 2 sets
1 Arm Suitcase DL: 2 x 32kg x 10/10 x 2
(hold 2 KBs in one hand)
Alternating Snatch: 2 count 20 total x 2 sets
Alternating Cleans: 1 count 20 total x 2 sets
Hand-Hand Swings:
(release and catch w/ every rep)-30 total
Heavy 1 Arm Swings:
15 reps per arm (use 40 or 32 kg) x 2 sets
Squat-Jump Shrugs: 2 x 24kg x 20 x 1;
2 x 32kg x 20 x 1
Double Snatch: 2 x 24kg x 10 reps x 2
Double Clean/Squat Combo -
2 x 24kg x 10 x 1;
2 x 32kg x 10 x 1
Double Clean/Press Combo -
2 x 24kg x 10 x 1;
2 x 32kg x 10 x 1

FOOTBALL: LINEMAN (STRENGTH, GRIP, EXPLOSIVE POWER)

PROGRAM 2.

1 Arm Swings: 24kg x 15/15 x 2
Bottoms Up Cleans: 32kg x 5/5 x 2 sets
(hold each rep for 2 secs)
Clean-Squat-Press:
2 x 24kg x 10 reps;
2 x 32kg x 10 reps
(clean+front squat+Press = 1 rep)
Hand-Hand Swings:
(release and catch w/ every rep)
32kg x 40 total
Heavy 1 Arm Swings:
10/10 x 2 (use 40 or 32 kg)
Dragon Twisting: BW x 10 x 3 sets
OH Walks-Position of Extreme Compromise:
2 x 24kg x 1;
2 x 32kg x 1
(walk 40 yards each set)
Bottoms Up Press: 32kg x 5/5 x 2
Double Swings: 2 x 32kg x 10 x 2
KB Thrusters:
(1 Front Squat+1 Double Push/Press)
24kg x 20 x 1 (fast)
Towel Swings - Fixed Stance, Mid-Basin:
24 kg x 15 each direction x 1
1 Arm Snatch:
24kg x 20/20 x 1;
24kg x 15/15 x 1;
24kg x 10/10 x 1

STRENGTH/ENDURANCE:

Dragon Twisting - BW x 20 x 2
Towel Swings - Fixed Stance - High Basin:
12kg x 10/10 x 1;
16kg x 10/10 x 1
1L Squats/Pistols - BW x 5/5 x 4 sets
DARC Swing: 24kg x 20 x 2
Double Clean - Front Squat - Press:
2 x 16kg x 10 x 1;
2 x 24kg x 10 x 1
1L DL:
2 x 12kg x 10/10 x 1;
2 x 20kg x 10/10 x 1
Multi-level Slipping 4 Levels Drop Sets:
(16kg-12kg-8kg-BW only)
Lateral KB Shuffles: Drop Sets x 5 sets
(Set 1: 16kg; Set 2: 12kg; Set 3: 8kg;
Set 4: 4kg; Set 5: BW) (Do all 5 sets
without a break, each shuffle is 20 yards
down and back-40 yards with each weight)
Hold the KB by the handles while shuffling
1 Arm Snatch: 20kg x 20/20 x 3
Jump Shrugs:
2 x 16kg x 20 x 1;
2 x 24kg x 20 x 1
Front Squats:
2 x 16kg x 10 x 1;
2 x 20kg x 10 x 1;
2 x 28kg x 10 x 1

STRENGTH/FLEXIBILITY:

1 arm Swings:
16kg x 20/20 x 1;
24kg x 20/20 x 1
Turkish Get Up: 16kg x 5/5 x 2
1 Arm Snatch:
16kg x 15/15 x 1;
24kg x 10/10 x 1
1 Arm Clean:
16kg x 10/10 x 1;
24kg x 5/5 x 2
Front Squat:
2 x 16kg x 10 x 1;
2 x 24kg x 10 x 1
1 Arm Press:
16kg x 5/5 x 1;
24kg x 5/5 x 1
1L Squats/Pistols - BW x 10/10 x 2
Double Snatch/Double OH Squat Combo -
2 x 16kg x 5/5 x 1;
2 x 20kg x 5/5 x 1
(do 1 snatch and immediately follow with
OH Squat; repeat for all reps)
Double Clean-Double Front Squat- Double Press -
2 x 20kg x 10 x 2
Towel Swings - 16kg x 10 each direction x 1
Dragon Twisting - BW x 40 x 1

