

# ENCYCLOPEDIA OF KETTLEBELL LIFTING PROGRAM GUIDE

## 1. General Conditioning

Go through entire circuit 1-3 times with moderate weight and minimal rest between exercises:

Twisting Swings—10 rotations  
Slingshot Squat—20 reps each direction  
Seated Clean-Single—5 reps each side  
Chair Press-anchored—5 reps each side  
Bottoms Up Snatch—5 reps each side  
Front Squat Kicks—10 reps  
Alternating Knee to Chest—20 reps  
Low Back Pullover Stretch—10 reps  
Hot Potato—40 reps  
Iron Belly Breathing—1:00

## 2. General Conditioning

Hand-to-Hand Horse Stance—30 reps  
Twisting Windmills—20 reps

Repeat circuit for 2-3 cycles:

Crossover Pushup—20 reps  
Single Leg Rows—10 reps per leg  
Jump Lunge Cleans—5 per side  
Slide Push—20 yards  
L-Sit—30 second hold  
BOSU™ Hyperextension—10 reps

## 3. Core

Between the Legs Pass—30 passes each direction  
Horizontal Chest Stretch—10 reps  
Bent Over Arm Circles—10 each direction, per arm

Circuit: repeat 2-5 cycles

Bottoms Up Pushups-vertical—10 reps  
Alternating Bottoms Up Clean & Press—5 reps each hand  
Box Pistol Squat—5 reps each leg  
Alternating ½ Get-ups—20 reps  
BOSU™ Superman—10 reps

Stretch:

V-Sit Groin Stretch—10 reps

## 4. General Conditioning

2 Hand Swings—10 x 3  
Front Lever—5x5  
Seated Double Snatch—5x5  
Lunge Press—5x5  
Modified Dragon Flags—5x5  
Racked Hindu Squats—5x5  
KB Pinch Grip & Carry—max time x 2 sets

## 5. Anaerobic Conditioning

Go through entire cycle 3-5 times:

Get Down-Get Up-double—20 reps  
3 Position Step-Ups—5 reps each position  
Partial Speed Snatch—1:00 per arm at max speed  
Crossover Pushup—20 reps  
Alternating Leg Raise—20 reps

## 6. Quick Hands Cardio Circuit

Go through entire circuit 3-5 times

Hot Potato—20 reps  
2 Hand Flip & Catch-Rear—10 reps  
2 Hand Flip & Catch-Forward—10 reps  
Open Palm Flip & Catch—10 reps  
1 Hand Flip & Catch-Rear—5 reps each hand  
1 Hand Flip & Catch-Forward—5 reps each hand  
Open Palm Clean—5 reps each hand  
Open Palm Snatch—5 reps each hand

## 7. Mobility

Go through entire sequence 1-2 times without break

Around the Body Pass—20 reps each direction  
Halos—10 reps each direction  
Front Raise Stretch—10 reps  
Lateral Bending—20 reps each direction  
Low/High Stretch—10 reps  
Single Arm Circles—10 reps each direction  
Overhead Arm Circles—10 reps each direction  
Bent over Arm Circles—10 reps each direction  
Rear Deltoid Stretches—5 reps each variation  
Neck & Chest Opener—20 reps

## 8. Mobility

Do each exercise for 20 reps with no break between; repeat for 1-2 cycles

Twisting Windmills  
Punches with pivots  
Horizontal Chest Stretch  
Standing Pullover Stretch  
Swinging Rear Deltoid Stretch  
Rib Expansion Stretch  
Squat Stretch  
Low Back Pullover Stretch

## 9. Strength and Power

Warm-up:

KB Hindu Pushups—10 reps x 2 sets  
BOSU™ Reverse Hypers—10 reps x 2 sets

Go through each cycle 2-3 times

Rest 1:00 between each set:

Box Jump Cleans—5 reps  
Box Drop Squat—5 reps  
Lunge Press—10 reps per arm  
Jump Shrugs—20 reps  
1 Hand/2 KB Swings—10 reps each hand  
Seated High Pulls—10 reps

Iron Belly Breathing—1:00 x 2 sets

## 10. Strength and Power

Go through each cycle 2-3 times

Rest 1:00 between each set:

Box Pistol Squat—5 reps per leg  
Good Mornings—10 reps  
Chair Clean & Press-Double—5 reps  
Horizontal Rows-double—10 reps  
Jump Lunge Snatch—5 reps per side  
Double Leg Raise—10 reps  
Pinch Grip Swings—10 reps per hand

