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PRESENTS:
Simple
Kettlebell
Workouts

TRAINING MANUAL

Simple Kettlebell Workouts

DISCLAIMER:

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this program is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including **Simple Kettlebell Workouts**. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use **Simple Kettlebell Workouts**, please follow your doctor's orders.

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Stuff You Should Know Before You Get Started

1. **ALWAYS** perform the Simple Dynamic Warm-Up before you begin any workout. This will dramatically decrease the chance of injury and it will best prepare you for each workout.
2. Your exercises are listed with numbers and letters. You will perform all the letters with the "1's" with the prescribed sets and repetitions before moving on to the "2's." Let's use **Workout #1** as an example: You will perform 1a (Bodyweight Squats) for 10-12 repetitions and then move on to 1b (Waiter's Bow) for 10-12 repetitions as soon as you finish. Because both of these exercises call for 3 sets (3 X 10-12), you will start back over with 1a when you finish 1b until you have performed 3 sets of each exercise. Then you would move on to the next number and perform those exercises in the same fashion.
3. Do your best to rest only after each exercise within the number you are on has been completed. Example: Do all the letters within #1 before resting and repeating for the prescribed number of sets. So for **Workout #5** you would do 1a, 1b, 1c, 1d, 1e and THEN rest before starting back over.

Simple Dynamic Warm-up

1. Spiderman With Rotation - 8 reps per side
2. Overhead Reverse Lunges - 10 reps per side
3. Jumping Jacks - 30 reps
4. Inchworms - 15 reps
5. Overhead Squats - 15 reps
6. Small Arm Circles - 15 reps forward/15 reps backwards
7. Large Arm Circles - 15 reps forward/15 reps backwards
8. Thoracic Spine Stretch - 30 seconds per side
9. Hamstring Stretch - 30 seconds per side

Simple Kettlebell Workouts

Phase 1

In Phase 1 you will focus a lot on mastering movements properly. We will also address problem areas for most first time exercisers or exercisers without any proper instruction from a certified personal trainer or strength and conditioning specialist. These problem areas include moving the hips properly during deadlifts and squats and bracing the abdominals properly.

Train on a 3-days per week schedule. An ideal schedule would look like this:

Week 1

Monday – **Workout #1**
Tuesday – Unstructured Activity
Wednesday – **Workout #2**
Thursday – Unstructured Activity
Friday – **Workout #3**
Sat/Sun – Unstructured Activity

Week 2

Monday – **Workout #1**
Tuesday – Unstructured Activity
Wednesday – **Workout #2**
Thursday – Unstructured Activity
Friday – **Workout #3**
Sat/Sun – Unstructured Activity

Simple Kettlebell Workouts

Workout #1

1a) Bodyweight Squats (3 X 10-12)

1b) Waiter's Bow (3 X 10-12)

2a) Hip Bridges (3 X 10-12)

2b) Plank (3 X 30 sec.)

3a) Push Ups (3 X 10-12)

3b) 3 Point Row R (3 X 10-12)

3c) 3 Point Row L (3 X 10-12)

Workout #2

1a) Y Squats (3 X 12-15)

1b) Bird Dogs (3 X 12-15)

2a) Side Plank L (2 X 30 sec.)

2b) Side Plank R (2 X 30 sec.)

3a) Push Ups (3 X 12-15)

3b) 3 Point Row R (3 X 12-15)

3c) 3 Point Row L (3 X 12-15)

4a) Single Leg Reaches R (3 X 12-15)

4b) Single Leg Reaches L (3 X 12-15)

Workout #3

1a) 2 Arm Deadlifts (3 X 6-8)

1b) Split Squats R (3 X 12)

1c) Split Squats L (3 X 12)

2a) 2 Arm Hike Backs (3 X 6-8)

2b) Plank (3 X 30 sec.)

3a) 1 Arm Deadlift R (3 X 6-8)

3b) 1 Arm Deadlift L (3 X 6-8)

4a) 1 Arm Hike Backs R (3 X 6-8)

4b) 1 Arm Hike Backs L (3 X 6-8)

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Phase 2

In Phase 2 you will continue to focus a lot on mastering movements properly. We will also continue to address problem areas.

Train on a 3-days per week schedule. An ideal schedule would look like this:

Week 3

Monday – **Workout #4**

Tuesday – Unstructured Activity

Wednesday – **Workout #5**

Thursday – Unstructured Activity

Friday – **Workout #6**

Sat/Sun – Unstructured Activity

Week 4

Monday – **Workout #4**

Tuesday – Unstructured Activity

Wednesday – **Workout #5**

Thursday – Unstructured Activity

Friday – **Workout #6**

Sat/Sun – Unstructured Activity

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Workout #4

- 1a) Y Squats (3 X 10-12)
- 1b) Hip Bridges (3 X 10-12)

- 2a) 2 Arm Overhead Press (3 X 10-12)
- 2b) KB Pullovers (3 X 10-12)

- 3a) Side Plank R (2 X 30 sec.)
- 3b) Side Plank L (2 X 30 sec.)

Workout #5

- 1a) 2 Arm Hike Backs (3 X 8-10)
- 1b) 1 Arm Overhead Press R (3 X 8-10)
- 1c) 1 Arm Overhead Press L (3 X 8-10)
- 1d) 2 Arm Deadlifts (3 X 15)
- 1e) Goblet Squat (3 X 15)

Workout #6

- 1a) 2 Arm KB Swings (4 X 12-15)
- 1b) Push Ups (4 X 12-15)
- 1c) Jump Squats (4 X 12-15)
- 1d) Plank (4 X 45-60sec.)

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Phase 3

In Phase 3 you will learn a few new exercises and the workouts will become more challenging. You will now be performing 4 workouts per week instead of 3.

Train on a 4-days per week schedule. An ideal schedule would look like this:

Week 5

Monday – **Workout #7**

Tuesday – Unstructured Activity

Wednesday – **Workout #8**

Thursday – Unstructured Activity

Friday – **Workout #9**

Sat or Sun – **Workout #10**

Week 6

Monday – **Workout #7**

Tuesday – Unstructured Activity

Wednesday – **Workout #8**

Thursday – Unstructured Activity

Friday – **Workout #9**

Sat or Sun – **Workout #10**

Workout #7

1a) Walking Lunges R (3 X 6-8)

1b) Walking Lunges L (3 X 6-8)

1c) 1/2 TGU R (3 X 6-8)

1d) 1/2 TGU L (3 X 6-8)

2a) 2 Arm Deadlifts (3 X 12-15)

2b) Modified Renegade Row R (3 X 6-8)

2c) Modified Renegade Row L (3 X 6-8)

3a) Around The World (2 X 4-6)

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Workout #8

- 1a) 1 Arm Front Squat R (3 X 10-12)
- 1b) 1 Arm Front Squat L (3 X 10-12)

- 2a) Push Ups (3 X 10-12)
- 2b) Halo (3 X 6-8 each direction)

- 3a) 2 Arm KB Swings (3 X 10-12)
- 3b) Mountain Climbers (3 X 10-12 each side)

Workout #9

- 1a) 1 Arm Overhead Press R (3 X 8-10)
- 1b) 1 Arm Overhead Press L (3 X 8-10)
- 1c) Alternating Forward Lunges (3 X 8-10 each leg)

- 2a) KB Pullovers (3 X 8-10)
- 2b) Romanian Deadlifts (3 X 8-10)

- 3a) 1/2 Get Up R (3 X 8-10)
- 3b) 1/2 Get Up L (3 X 8-10)
- 3c) Burpees (3 X 8-10)

Workout #10

- 1a) Mountain Climbers (3 X 12-15 each side)
- 1b) 1 Arm Swing R (3 X 12-15)
- 1c) 1 Arm Swing L (3 X 12-15)
- 1d) Hindu Push Ups (3 X 12-15)
- 1e) Goblet Squat (3 X 12-15)
- 1f) Modified Renegade Row R (3 X 12-15)
- 1g) Modified Renegade Row L (3 X 12-15)
- 1h) Alternating Walking Lunges (3 X 12-15 each side)

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Phase 4

In Phase 4 you will learn a few new exercises and the workouts are getting tougher yet again!

Train on a 4-days per week schedule. An ideal schedule would look like this:

Week 7

Monday – **Workout #11**

Tuesday – Unstructured Activity

Wednesday – **Workout #12**

Thursday – Unstructured Activity

Friday – **Workout #13**

Sat or Sun – **Workout #14**

Week 8

Monday – **Workout #11**

Tuesday – Unstructured Activity

Wednesday – **Workout #12**

Thursday – Unstructured Activity

Friday – **Workout #13**

Sat or Sun – **Workout #14**

Workout #11

1a) KB Catches (3 X 8-10)

1b) Push Press R (3 X 8-10)

1c) Push Press L (3 X 8-10)

2a) Romanian Deadlifts (3 X 8-10)

2b) Halo (3 X 6-8 each direction)

3a) KB Pullovers (3 X 8-10)

3b) Burpees (3 X 8-10)

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Workout #12

- 1a) Single Leg Squat R (3 X 6-8)
- 1b) Single Leg Squat L (3 X 6-8)
- 1c) Hindu Push Ups (3 X 6-8)

- 2a) 1 Arm Swing R (3 X 6-8)
- 2b) 1 Arm Swing L (3 X 6-8)
- 2c) Plank (3 X 30-60 secs.)

- 3a) Alternating Tactical Lunges (3 X 6-8 each side)
- 3b) Side Plank R (3 X 30 secs.)
- 3c) Side Plank L (3 X 30 secs.)

Workout #13

- 1a) KB Swings (3 X 15-20)
- 1b) Around The World (3 X 6-8 each direction)
- 1c) Thrusters (3 X 15-20)
- 1d) Push Ups (3 X 15-20)
- 1e) Alternating Walking Lunges (3 X 15-20)

Workout #14

- 1a) Tiger Push Ups (3 X 10-12)
- 1b) Clean R (3 X 10-12)
- 1c) Clean L (3 X 10-12)

- 2a) KB Pullovers (3 X 10-12)
- 2b) 1 Arm Front Squat (3 X 10-12)
- 2c) 1 Arm Front Squat (3 X 10-12)

- 3a) Mountain Climbers (3 X 10-12 each side)
- 3b) Burpees (3 X 10-12)

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Phase 5

In the 5th and final phase, Phase 5, you will learn a few new exercises and the workouts will become A LOT more challenging. All the workouts in this phase are timed. If you don't have an interval timer you can get one here: www.gymboss.com
Get ready for some SERIOUS fat burning kettlebell workouts!

Train on a 4-days per week schedule. An ideal schedule would look like this:

Week 7

Monday – **Workout #15**
Tuesday – Unstructured Activity
Wednesday – **Workout #16**
Thursday – Unstructured Activity
Friday – **Workout #17**
Sat or Sun – **Workout #18**

Week 8

Monday – **Workout #15**
Tuesday – Unstructured Activity
Wednesday – **Workout #16**
Thursday – Unstructured Activity
Friday – **Workout #17**
Sat or Sun – **Workout #18**

Workout #15

- 1a) 1 Arm KB Swing R (3 X 30 secs. work/15 secs. rest)
- 1b) 1 Arm KB Swing L (3 X 30 secs. work/15 secs. rest)
- 1c) Push Press R (3 X 30 secs. work/15 secs. rest)
- 1d) Push Press L (3 X 30 secs. work/15 secs. rest)

- 2a) KB Catches (3 X 30 secs. work/15 secs. rest)
- 2b) 1/2 Get Up R (3 X 30 secs. work/15 secs. rest)
- 2c) 1/2 Get Up L (3 X 30 secs. work/15 secs. rest)

- 3a) Jump Lunges (3 X 30 secs. work/15 secs. rest)
- 3b) Modified Renegade Row R (3 X 30 secs. work/15 secs. rest)
- 3c) Modified Renegade Row L (3 X 30 secs. work/15 secs. rest)

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Workout #16

- 1a) Single Leg Squat R (5 X 20 secs. work/10 secs. rest)
- 1b) Single Leg Squat L (5 X 20 secs. work/10 secs. rest)
- 1c) Tiger Push Ups (5 X 20 secs. work/10 secs. rest)
- 1d) KB High Pulls R (5 X 20 secs. work/10 secs. rest)
- 1e) KB High Pulls L (5 X 20 secs. work/10 secs. rest)
- 1f) Around The World - Change direction next set (5 X 20 secs. work/10 secs. rest)
- 1g) KB Clean R (5 X 20 secs. work/10 secs. rest)
- 1h) KB Clean L (5 X 20 secs. work/10 secs. rest)
- 1i) Halo - Alternate direction each direction (5 X 20 secs. work/10 secs. rest)

Workout #17

- 1a) Thrusters L (3 X 40 secs. work/15 secs. rest)
- 1b) Thrusters R (3 X 40 secs. work/15 secs. rest)
- 1c) 3 Point Row L (3 X 40 secs. work/15 secs. rest)
- 1d) 3 Point Row R (3 X 40 secs. work/15 secs. rest)

- 2a) Cross Body Mountain Climbers (3 X 40 secs. work/15 secs. rest)
- 2b) Hindu Push Ups (3 X 40 secs. work/15 secs. rest)
- 2c) Hand To Hand KB Swing (3 X 40 secs. work/15 secs. rest)

- 3a) Jumping Lunges (3 X 40 secs. work/15 secs. rest)
- 3b) Jumping Squats (3 X 40 secs. work/15 secs. rest)

Workout #18

- 1a) Renegade Row R (3 X 30 secs. work/10 secs. rest)
- 1b) Renegade Row L (3 X 30 secs. work/10 secs. rest)
- 1c) Push Ups (3 X 30 secs. work/10 secs. rest)

- 2a) Single Leg Deadlift R (3 X 30 secs. work/10 secs. rest)
- 2b) Single Leg Deadlift L (3 X 30 secs. work/10 secs. rest)
- 2c) Overhead Lunge R (3 X 30 secs. work/10 secs. rest)
- 2d) Overhead Lunge L (3 X 30 secs. work/10 secs. rest)

- 3a) Side Plank R (3 X 30 secs. work/10 secs. rest)
- 3b) Side Plank L (3 X 30 secs. work/10 secs. rest)
- 3c) KB Catches (3 X 30 secs. work/10 secs. rest)

Bonus 'Simple Challenge' Workouts

~Bonus~ - Simple Challenge Workout - "Reverse Triple"

Perform the following three exercises as quickly as possible through a descending ladder.

Reps for each are: 15, 12, 9, 6, 3.

So, 15 reps of all three exercises, then 12 reps of all three exercises etc... all the way down to 3 reps of all three exercises.

Record your time when finished.

1. Goblet Squat
2. Push-ups
3. KB Swings

~Bonus~ - Simple Challenge Workout - "Simple 200"

Perform the following exercises in the order listed as fast as possible.

1. 50 2 Arm KB Swings/10 Push-ups
2. 40 Jump Squats/10 Push-ups
3. 30 Hand To Hand Swings/10 Push-ups
4. 20 Burpees/10 Push-ups
5. 10 Jump Lunges (per leg)/10 Push-ups

~Bonus~ - Simple Challenge Workout - "Simple KB Tabata Style"

Perform each pair of exercises in alternating fashion, 20 seconds of work followed by 10 seconds of rest for 8 rounds total. (4 rounds of each exercise.) Once you complete 8 rounds (4 minutes total) of the first pair, move on to the 2nd pair of exercises.

- 1a) KB Catches
- 1b) KB Front Squats

- 2a) Clean and Press - Left
- 2b) Clean and Press - Right

- 3a) Tiger Push-ups
- 3b) Hand To Hand Swings

- 4a) KB High Pulls - Left
- 4b) KB High Pulls - Right

- 5a) Jump Squats
- 5b) Jump Lunges