

kettlebell workouts chart

The Ultimate Kettlebell Workouts Chart: Your Comprehensive Guide to Strength, Power, and Fat Loss

kettlebell workouts chart is your essential resource for unlocking the full potential of this incredibly versatile piece of fitness equipment. Kettlebells offer a unique training modality that blends strength, cardio, and flexibility, making them a highly efficient tool for achieving a wide range of fitness goals. Whether you're a beginner looking to establish a solid foundation or an experienced athlete aiming to enhance explosive power and conditioning, understanding how to structure your kettlebell training is paramount. This comprehensive guide will delve into various kettlebell workout routines, provide guidance on selecting appropriate weights, explain proper form for key exercises, and offer strategies for progressive overload, all designed to be easily referenced from a practical kettlebell workouts chart.

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Understanding the Kettlebell Workouts Chart

A kettlebell workouts chart serves as a roadmap for your training journey. It's more than just a list of exercises; it's a strategic plan that dictates the movements, sets, repetitions, and rest periods you'll undertake. A well-designed chart helps ensure you're targeting different muscle groups effectively, managing intensity, and consistently progressing. Without a structured approach, kettlebell workouts can become haphazard, limiting your results and potentially increasing the risk of injury. This guide aims to equip you with the knowledge to create and follow a kettlebell workouts chart that aligns with your personal fitness aspirations.

The concept behind a kettlebell workouts chart is to provide a clear, actionable plan. It simplifies complex training principles into an easy-to-follow format. By consulting a chart, you eliminate guesswork and can focus on executing each movement with precision and intention. Whether you're planning a weekly routine or a specific day's session, the chart is your primary reference point, ensuring consistency and maximizing the benefits of your kettlebell training.

Benefits of Kettlebell Training

The popularity of kettlebell training stems from its multifaceted benefits. Unlike traditional dumbbells, the offset center of gravity in a kettlebell engages more stabilizer muscles, leading to greater functional strength. This dynamic nature of kettlebell exercises simultaneously builds cardiovascular endurance, muscular strength, and power. The ballistic nature of many kettlebell movements, such as swings and snatches, is exceptional for developing explosive power, a crucial component for athletic performance and everyday activities. Furthermore, kettlebell workouts are incredibly time-efficient, allowing you to achieve a full-body workout in a shorter period.

Beyond raw strength and power, kettlebell training significantly improves core stability and muscular endurance. The continuous tension and range of motion involved in exercises like the Turkish Get-Up demand exceptional control and resilience from your entire body. This translates to improved posture, reduced risk of back pain, and enhanced overall physical preparedness. For individuals looking for a comprehensive approach to fitness that incorporates strength, conditioning, and mobility, a well-structured kettlebell workouts chart is indispensable.

Cardiovascular Health and Endurance

Kettlebell workouts, particularly those involving dynamic movements like swings, cleans, and snatches, elevate your heart rate significantly, making them an excellent form of cardiovascular exercise. These compound movements recruit large muscle groups, demanding a substantial amount of oxygen and putting your heart and lungs to the test. Regular incorporation of such workouts into your routine can lead to improved aerobic capacity, better blood circulation, and a stronger heart, contributing to overall cardiovascular health. A kettlebell workouts chart can help you structure these cardio-focused sessions to ensure you're working within effective heart rate zones.

Functional Strength and Power Development

The unique design of a kettlebell, with its handle attached to the bell, allows for a wider range of motion and more dynamic movements compared to dumbbells. This facilitates the development of functional strength, which is strength that can be applied to real-world activities. Exercises like the kettlebell swing are prime examples of how to build explosive power in the hips and posterior chain, essential for activities like jumping, running, and lifting heavy objects. A kettlebell workouts chart can strategically include these power-focused exercises to maximize this benefit.

Core Strength and Stability

Many kettlebell exercises inherently challenge your core muscles to stabilize your body against the dynamic forces generated. Movements like the Turkish Get-Up, windmills, and overhead presses require constant engagement of your abdominal, oblique, and lower back muscles to maintain balance and control. This consistent activation leads to a robust and resilient core, which is fundamental for preventing injuries, improving posture, and enhancing performance in all other physical activities. Your kettlebell workouts chart

should prioritize exercises that build this critical foundation.

Calorie Expenditure and Fat Loss

The high intensity and full-body nature of kettlebell workouts make them incredibly effective for burning calories and promoting fat loss. The combination of strength training and cardiovascular stimulus results in a significant metabolic boost, often leading to a higher "afterburn" effect, where your body continues to burn calories at an elevated rate even after the workout is complete. A thoughtfully designed kettlebell workouts chart can optimize these sessions for maximum calorie expenditure, supporting your fat loss goals.

Key Kettlebell Exercises for Your Chart

When constructing your kettlebell workouts chart, it's crucial to include a variety of fundamental exercises that target different muscle groups and movement patterns. These exercises form the backbone of effective kettlebell training. Mastering the form for each is paramount before progressing to more complex variations or heavier weights. A good chart will highlight these foundational movements and guide you on how to incorporate them progressively.

The beauty of kettlebell training lies in its efficiency; many exercises are compound movements, meaning they work multiple muscle groups simultaneously. This makes them ideal for building a strong, well-rounded physique and for maximizing the effectiveness of your workout time. Prioritizing these core exercises will ensure your kettlebell workouts chart provides a solid foundation for all your fitness endeavors.

The Kettlebell Swing

The kettlebell swing is often considered the cornerstone of kettlebell training. It's a ballistic, hip-dominant exercise that powerfully works the posterior chain, including the hamstrings, glutes, and lower back, while also engaging the core and shoulders. Proper form is critical: the movement originates from the hips, not the arms, and the kettlebell should travel in a pendular motion. Mastering the two-handed swing is the first step before progressing to one-handed variations or more complex patterns.

The efficiency of the kettlebell swing makes it a fantastic tool for building explosive power, improving cardiovascular conditioning, and burning a high number of calories in a short amount of time. When planning your kettlebell workouts chart, the swing should be a staple, with variations and intensity adjusted based on your fitness level and goals.

The Goblet Squat

The goblet squat is an excellent exercise for building lower body strength and improving squat mechanics. Holding the kettlebell close to your chest helps to keep your torso upright and engages your core more effectively than a traditional barbell back squat for some individuals. It targets the quadriceps, glutes, and hamstrings, while also promoting mobility in the hips and ankles. This exercise is a valuable addition to any kettlebell

workouts chart for developing fundamental lower body strength.

This squat variation is particularly beneficial for beginners learning proper squat form due to the counterbalancing effect of the kettlebell. It also serves as a great warm-up exercise and can be easily progressed by increasing the weight or the number of repetitions. Including the goblet squat in your kettlebell workouts chart ensures you're developing a strong and stable lower body.

The Kettlebell Deadlift

The kettlebell deadlift is fundamental for building strength in the entire posterior chain. Similar to the conventional deadlift, it targets the hamstrings, glutes, lower back, and traps. The kettlebell version, often performed with a single kettlebell between the legs, requires careful attention to hip hinge mechanics and maintaining a neutral spine. It's a crucial exercise for developing overall strength and is a foundational movement for many other kettlebell exercises.

Incorporating kettlebell deadlifts into your kettlebell workouts chart is vital for building a strong foundation of pulling strength. It's an exercise that can be safely loaded with progressively heavier weights, contributing significantly to your overall strength gains. Mastering this movement will prepare you for more complex lifts and improve your ability to handle everyday lifting tasks.

The Turkish Get-Up

The Turkish Get-Up is a complex, full-body movement that builds unparalleled strength, stability, and mobility. It involves transitioning from a lying position on the floor to standing and back down, all while holding a kettlebell overhead. This exercise challenges nearly every muscle in the body, with a particular emphasis on the shoulders, core, hips, and legs. It's an excellent exercise for improving coordination and building extreme resilience.

Due to its intricate nature, the Turkish Get-Up requires precise execution. It's often best introduced with lighter weights and a focus on the step-by-step breakdown. Including this in your kettlebell workouts chart, even with lighter weights or modified progressions, will significantly enhance your overall athleticism and proprioception. It's a true test of full-body control and strength.

The Kettlebell Clean

The kettlebell clean is a dynamic exercise that brings the kettlebell from a swing-like position to the rack position (resting on the forearm, supported by the shoulder). It's a powerful, full-body movement that develops explosive strength in the hips, legs, and back, while also improving shoulder and arm strength. Mastering the clean is a prerequisite for exercises like the kettlebell press and snatch.

This exercise is fantastic for developing power and is a key component in many kettlebell complexes and circuits. A well-structured kettlebell workouts chart will include progressive steps to master the clean, ensuring proper technique to avoid injury and maximize benefits. It's a cornerstone for building upper body power and conditioning.

Designing Your Kettlebell Workouts Chart

Creating an effective kettlebell workouts chart involves careful consideration of your goals, fitness level, and available time. The chart should outline a structured approach to training, ensuring you hit all major muscle groups and incorporate a balance of strength, conditioning, and mobility work. A good chart is personalized and adaptable, evolving as you get stronger and fitter.

The key to a successful kettlebell workouts chart is consistency and progression. Without a plan, workouts can become stale and ineffective. By understanding the principles of program design, you can create a chart that is not only challenging but also sustainable and enjoyable, leading to long-term success.

Setting Realistic Goals

Before you can design your kettlebell workouts chart, it's crucial to define what you want to achieve. Are you aiming for weight loss, muscle gain, improved athletic performance, or simply better overall fitness? Your goals will dictate the types of exercises, rep ranges, sets, and intensity that should be included in your chart. For instance, a goal of muscle hypertrophy will involve different set and rep schemes than a goal focused on cardiovascular endurance.

Be specific and measurable with your goals. Instead of "get stronger," aim for "increase my kettlebell swing weight by 10 pounds in 8 weeks." This specificity will allow you to tailor your kettlebell workouts chart more effectively and track your progress more accurately.

Assessing Your Fitness Level

Your current fitness level is a critical factor in determining the starting point for your kettlebell workouts chart. Beginners should start with lighter weights and focus on mastering proper form for fundamental exercises. Intermediate and advanced trainees can incorporate more complex movements, heavier weights, and higher intensity techniques. An honest self-assessment will prevent injury and ensure you're challenging yourself appropriately.

Consider your experience with strength training, your current cardiovascular fitness, and any pre-existing injuries. This assessment will help you select appropriate starting weights and exercise variations, ensuring your kettlebell workouts chart is safe and effective from the outset.

Structuring Your Weekly Routine

A typical kettlebell workouts chart might be structured around a weekly split, allocating specific days for different types of training or muscle groups. Common structures include full-body workouts performed 2-3 times per week, or a split routine that targets upper body and lower body on alternate days. Rest and recovery are vital, so your chart should incorporate dedicated rest days or active recovery sessions.

For a balanced approach, consider including a mix of strength-focused days, conditioning-focused days, and perhaps a day dedicated to mobility or technique work. The frequency and intensity will depend on your goals and recovery capacity. Your kettlebell workouts chart should reflect this thoughtful planning.

Determining Sets, Reps, and Rest Periods

The classic guidelines for sets and reps can be adapted for kettlebell training: lower reps (1-5) with heavier weights for strength, moderate reps (6-12) for hypertrophy (muscle growth), and higher reps (15+) for endurance. Rest periods also vary: longer rests (60-120 seconds) for strength, moderate rests (30-60 seconds) for hypertrophy, and shorter rests (15-30 seconds) for endurance. Kettlebell workouts can also involve timed circuits where rest is minimal.

When creating your kettlebell workouts chart, specify these parameters clearly for each exercise. This detail ensures you are training with the correct intensity to achieve your desired outcomes. For instance, a kettlebell swing workout for conditioning might specify 30 seconds of work followed by 15 seconds of rest, repeated for several rounds.

Sample Kettlebell Workouts Chart Routines

To illustrate how to put the principles into practice, here are some sample kettlebell workouts chart routines. These are templates and should be adjusted based on your individual needs, goals, and fitness level. The key is to understand the structure and how exercises are combined to create effective training sessions.

These routines provide a starting point for creating your own personalized kettlebell workouts chart. Remember to prioritize form, listen to your body, and gradually increase the challenge as you progress.

Beginner Full-Body Routine (3 Days Per Week)

This routine is designed for individuals new to kettlebell training, focusing on mastering fundamental movements and building a solid base of strength and conditioning.

- **Day 1:**

- Kettlebell Goblet Squat: 3 sets of 8-10 reps
- Kettlebell Deadlift: 3 sets of 8-10 reps
- Kettlebell Swing (two-handed): 3 sets of 10-12 reps
- Kettlebell Overhead Press (one-arm): 3 sets of 6-8 reps per arm
- Plank: 3 sets, hold for 30-45 seconds

- **Day 2: Rest or Active Recovery (e.g., light walk, stretching)**

- **Day 3:**

- Kettlebell Goblet Squat: 3 sets of 8-10 reps
- Kettlebell Single-Arm Row: 3 sets of 8-10 reps per arm
- Kettlebell Swing (two-handed): 3 sets of 10-12 reps
- Kettlebell Farmer's Walk: 3 sets, walk for 30-40 seconds
- Bird-Dog: 3 sets of 10-12 reps per side

- **Day 4: Rest or Active Recovery**

- **Day 5:**

- Kettlebell Goblet Squat: 3 sets of 8-10 reps
- Kettlebell Romanian Deadlift: 3 sets of 10-12 reps
- Kettlebell Swing (two-handed): 3 sets of 10-12 reps
- Kettlebell Push-Up (on kettlebells): 3 sets of as many reps as possible with good form
- Side Plank: 3 sets, hold for 30 seconds per side

- **Days 6 & 7: Rest**

Intermediate Strength and Conditioning (4 Days Per Week)

This routine balances strength development with cardiovascular conditioning, suitable for those with some kettlebell experience.

- **Day 1: Strength Focus (Lower Body & Core)**

- Kettlebell Goblet Squat: 4 sets of 8-10 reps
- Kettlebell Swing (two-handed): 4 sets of 12-15 reps

- Kettlebell Romanian Deadlift: 4 sets of 10-12 reps
- Kettlebell Bulgarian Split Squat: 3 sets of 8-10 reps per leg
- Kettlebell Side Bend: 3 sets of 12-15 reps per side

• **Day 2: Conditioning Focus**

- Kettlebell Swing (two-handed): 5 rounds of 30 seconds work, 30 seconds rest
- Kettlebell Clean & Press (alternating arms): 5 rounds of 30 seconds work, 30 seconds rest
- Burpee with Kettlebell Row: 5 rounds of 30 seconds work, 30 seconds rest

• **Day 3: Rest or Active Recovery**

• **Day 4: Strength Focus (Upper Body & Core)**

- Kettlebell Overhead Press (one-arm): 4 sets of 6-8 reps per arm
- Kettlebell Renegade Row: 4 sets of 8-10 reps per arm
- Kettlebell Floor Press: 4 sets of 10-12 reps
- Kettlebell Farmer's Walk: 4 sets, walk for 40-50 seconds
- Turkish Get-Up: 3 sets of 1-2 reps per side (focus on form)

• **Day 5: Conditioning Focus**

- Kettlebell Snatch: 5 rounds of 45 seconds work, 30 seconds rest (focus on volume and speed)
- Kettlebell Thrusters: 5 rounds of 45 seconds work, 30 seconds rest
- Kettlebell High Pulls: 5 rounds of 45 seconds work, 30 seconds rest

• **Days 6 & 7: Rest**

Progressive Overload with a Kettlebell Workouts Chart

The principle of progressive overload is fundamental to continued progress in any training program, and a kettlebell workouts chart is no exception. To keep getting stronger, build more muscle, or improve your conditioning, you must gradually increase the demands placed on your body over time. This can be achieved in several ways, all of which can be clearly documented and planned within your chart.

Simply performing the same workouts week after week will lead to a plateau. By consciously applying progressive overload, your kettlebell workouts chart becomes a dynamic tool that guides you towards consistent improvement and helps you overcome training plateaus. This makes the chart an indispensable element for long-term success.

Increasing Weight

The most straightforward method of progressive overload is to increase the weight of the kettlebell you are using. As you become stronger, select a slightly heavier kettlebell for exercises where you can maintain good form for the prescribed repetitions. This is a direct way to challenge your muscles to adapt and grow. Your kettlebell workouts chart should have a system for tracking the weights used for each exercise.

Increasing Repetitions

Another effective strategy is to increase the number of repetitions you perform for each set. If your chart calls for 3 sets of 8 reps, aim to progress to 9 or 10 reps with the same weight. Once you can comfortably complete the higher end of the rep range for all sets, you might then consider increasing the weight and dropping back to the lower end of the rep range.

Increasing Sets

Adding an extra set to an exercise is another way to apply progressive overload. For example, if you are performing 3 sets of an exercise, progressing to 4 sets will increase the overall volume and demand on your muscles. This method is particularly useful when you're not yet ready to increase the weight or repetitions significantly.

Decreasing Rest Periods

For conditioning-focused kettlebell workouts, decreasing the rest time between sets or exercises is a form of progressive overload that increases intensity. If you initially rest for 60 seconds between sets, try reducing it to 45 or even 30 seconds. This forces your body to work harder and recover more efficiently.

Improving Technique and Range of Motion

While not always quantifiable on a chart, refining your technique and increasing the range of motion for an exercise also constitutes progressive overload. Performing a kettlebell swing with greater hip drive, or a goblet squat with a deeper descent, are forms of progression that enhance the effectiveness of the exercise and build better movement patterns.

Nutrition and Recovery for Kettlebell Training

To truly maximize the benefits of your kettlebell workouts and ensure consistent progress, proper nutrition and recovery are just as important as the training itself. Your kettlebell workouts chart provides the framework for your physical exertion, but what you consume and how you rest dictates your body's ability to adapt and repair. Neglecting these aspects can hinder your results and increase your risk of overtraining and injury.

Think of nutrition and recovery as the essential support system for your kettlebell workouts chart. They enable your body to rebuild, adapt, and become stronger and more resilient. Without them, your training efforts will yield suboptimal results. Therefore, integrating smart nutritional choices and effective recovery strategies is crucial for a holistic approach to kettlebell training.

Fueling Your Workouts

A balanced diet rich in lean protein, complex carbohydrates, and healthy fats is essential for fueling your kettlebell workouts. Protein is crucial for muscle repair and growth, while carbohydrates provide the energy needed for intense training sessions. Healthy fats support hormone production and overall health. Timing your nutrient intake can also be beneficial, with pre-workout meals providing energy and post-workout meals aiding recovery.

Hydration is Key

Staying adequately hydrated is paramount, especially during strenuous kettlebell sessions. Dehydration can lead to fatigue, decreased performance, and an increased risk of cramping and heat-related illnesses. Ensure you are drinking plenty of water throughout the day, and especially before, during, and after your workouts.

Prioritizing Sleep and Rest

Sleep is a critical component of recovery, allowing your body to repair muscle tissue and replenish energy stores. Aim for 7-9 hours of quality sleep per night. Your kettlebell workouts chart should also include planned rest days, which are essential for allowing your body to recover and adapt. Overtraining can lead to decreased performance, increased injury risk, and burnout.

Active Recovery and Mobility

On rest days, consider incorporating active recovery, such as light walking, cycling, or swimming. These low-intensity activities can help improve blood flow, reduce muscle soreness, and promote recovery without placing excessive stress on your body. Additionally, dedicating time to mobility work, stretching, and foam rolling can improve flexibility, joint health, and reduce muscle tightness, all of which are crucial for maintaining optimal performance and preventing injuries.

Frequently Asked Questions About Kettlebell Workouts Charts

Q: How often should I update my kettlebell workouts chart?

A: You should aim to review and potentially update your kettlebell workouts chart every 4-8 weeks. This allows for adaptation and prevents plateaus by introducing new challenges or variations based on your progress.

Q: What is the best kettlebell weight to start with for my chart?

A: For men, a common starting weight for exercises like swings and goblet squats is 16-24 kg (35-53 lbs). For women, 8-12 kg (18-26 lbs) is often a good starting point. Always prioritize form over weight.

Q: Can I use a kettlebell workouts chart for fat loss?

A: Absolutely. Kettlebell workouts, especially those incorporating compound movements and circuit training, are excellent for calorie expenditure and boosting metabolism, making them highly effective for fat loss when combined with a proper diet.

Q: What if I don't have access to a wide range of kettlebell weights for my chart?

A: You can still progress effectively with fewer weights. Focus on increasing repetitions, adding sets, decreasing rest times, or improving technique and range of motion. You can also explore kettlebell complexes or flow routines that utilize the same weight dynamically.

Q: How do I incorporate kettlebell workouts into an existing gym routine?

A: You can integrate kettlebell sessions on separate days from your weightlifting routine, or use them as a warm-up or finisher. Consider specific kettlebell workouts that complement your current training split, such as a cardio-focused kettlebell circuit on a rest day from heavy lifting.

Q: What are the key exercises to prioritize on a kettlebell workouts chart for beginners?

A: For beginners, prioritize the kettlebell swing, goblet squat, deadlift, and overhead press. Mastering the form for these foundational movements will build a strong base for more advanced exercises.

Q: How do I ensure I'm not overtraining with my kettlebell workouts chart?

A: Listen to your body. Include adequate rest days, ensure sufficient sleep, and monitor for signs of excessive fatigue, persistent soreness, or decreased performance. If you experience pain, stop the exercise and consult a professional.

Q: Should my kettlebell workouts chart focus on strength or conditioning?

A: The focus depends on your goals. For strength, prioritize heavier weights and lower reps with longer rest. For conditioning, focus on higher reps, shorter rest periods, and dynamic, ballistic movements. A well-rounded program often incorporates elements of both.

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adults, *Kettlebells for 50+* presents functional exercises carefully adapted and tested to provide a comprehensive total-body workout. Step-by-step photos and explanatory captions make it easy for anyone from fitness novice to longtime athlete to train smart and stay fit for life.

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kettlebell workouts chart: *Kettlebell Shred* Emily James, AI, 2025-03-14 Kettlebell Shred is a comprehensive guide designed to transform your fitness through strategic kettlebell training. It moves beyond simple routines, empowering you to understand the why behind each movement for personalized progress. The book highlights the kettlebell's unique ability to engage multiple muscle groups simultaneously, improving cardiovascular health, functional strength, and physique. Did you know that the kettlebell stretches back centuries from Russian markets to a global fitness tool? Or that kettlebell movements enhance functional strength used in rehabilitation and athletic performance? The book progresses from kettlebell basics, covering proper form and safety, to mastering key exercises like the swing, snatch, and Turkish get-up. It then offers workout routines tailored for fat loss, strength building, and endurance. What sets Kettlebell Shred apart is its focus on biomechanics, explaining the physics behind efficient movement and grounding its approach in exercise science and practical experience, ensuring continuous challenge and adaptation for long-term fitness success.

kettlebell workouts chart: *The Kettlebell Notebook* Jay Cin, 2013-01-29 First, let me tell you what this book is not. This is not a book that is going to start off with a long boring introduction. This is not a book that is going to explain the entire science of kettlebells and why you must train with them to see results. This is not a book that dedicates an entire chapter to the history of kettlebells, dating back to the BC era. This is not a book that's going to dump all my personal beliefs and training philosophies on you over and over and over again. This is not a book where I preach about how I am the greatest kettlebell instructor or why I am ultraqualified to talk about this topic. Now, let me tell what this book is. I got the idea from my own experience of trying to learn how to work with kettlebells. Every book I have ever bought on kettlebells gave you the same 8-12 exercises over and over, and nobody ever gave you anything new. They all talked on and on about the history of kettlebells, and the science behind them, and all the benefits of working with them. But don't get me wrong, that stuff is definitely important to know, but I didn't need any more of that. I needed new ideas and exercises that I could do with them to see those benefits. So then I started asking other fitness professionals how they trained people with kettlebells and what exercises they did, and once again, everybody was doing the same 8-12 exercises. It almost seemed like those 8-12 exercises were the only ones that existed. So in the end, I decided to put together a compilation of all the different exercises I have either come up with, seen, or thought of and listed some of the more popular workouts I have put clients through to give you new exercises, techniques, and ideas to incorporate in either your routine or that of your client.

kettlebell workouts chart: [Enter The Kettlebell Workbook](#) Anthony Diluglio, 2014-04-04 If you own Pavel Tsatsouline's popular kettlebell manifesto *Enter the Kettlebell*, you will love our ETK workbook. It turns the ETK philosophy into a detailed 12 week follow-along training plan. If you've had trouble creating your own ETK training program, this workbook is for you! Download this 56 page eBook and start earning your Rite of Passage today. Pavel specializes in teaching breakthrough fitness techniques to elite athletes and people who are naturally motivated. Renowned trainer Anthony DiLuglio specializes in providing motivating programs based on Pavel's principles to get ordinary people started and keep them going. Anthony's typical client needs more structure and follow-along simplicity than provided in *Enter the Kettlebell* itself. This workbook is divided into two main sections: the Program Minimum and the Rite of Passage Each of these is broken down into weekly progressions with a specific checklist of drills for each day. The week starts with a preview

and then the follow-along program itself. You should strive to complete the program in its entirety. If you do not complete a week appropriately, simply repeat that week before moving on. Specs: 12 week follow-along 56-page book

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kettlebell workouts chart: *Men's Health Push, Pull, Swing* Myatt Murphy, Editors of Men's Health Magazi, 2014-09-02 No piece of exercise equipment is more convenient, reliable, versatile and effective at building lean muscle and boosting post-workout metabolic rate than the venerable dumbbell and its cousins the kettlebell and sandbag. Together, these are the tools that will reshape the way we think about fitness and this book will stand as the definitive guide to targeting the key muscles that men and women want to develop and tone. The beauty of these tools is that they are simple, inexpensive, and can be used in a small space so readers can exercise in the convenience of their homes. Most important is that they allow the freedom to use a full range of motion, unlike the rigid, limiting structure of weight machines. No longer restrained by the typical up/down motion of barbells and machines, readers can become strong in any direction. And sanctioned by Men's Health, this book demonstrates with large color photos more than 150 strength exercises that incorporate the three key movements—pushing, pulling, and swinging—that make up the perfect full-range-of-motion workout. Because it emphasizes building functional strength for real-world application and total-body fitness Men's Health Push, Pull, Swing will appeal to beginners as well as fitness buffs, especially those who enjoy CrossFit style workouts.

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