

Be Strong. Move Well. Look Good.

A 4-WEEK KETTLEBELL PROGRAM

via [ADAM ADKINS](#) and THE R3SISTANCE

WEEK 1

Day 1	
Pre-Movement	Single Joint Movement - :20 Starting with the neck move a single joint for 20 seconds then move on to the next.
Warmup	4 Rounds :35w/:10r Swings Ball Slams KB Squat Clean Spiderman Climb
Strength	4 Rounds 1:5 Double KB Squat Ladder – Set bells down between each rung 40ft Prowler Push 1:5 Double KB Press Ladder – Set Bells down between each rung 10 Strict Pullups – few sets as possible regress supine rows

Test	<p>For Time:</p> <p>100 KB Snatches Change hands as needed</p>
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Day 2	
Pre-Movement	<p>12 Minutes Natural Movement Flow</p>
Variety Circuit	<p>6 Rounds - EMOM Sandbag Squat Clean Battling Ropes Rope Climb Skier Swings Half-Kneeling LM Press</p>
Mid-Line	<p>4 Rounds 10 AbWheel Rollouts 40ft Unilateral Loaded Carry</p>

Day 3

<p>Pre-Movement</p>	<p>4 Rounds Spiderman Climb with Reach Scorpion kick Animal Pose to Step through with reach Pigeon Pose (:30/side)</p>
<p>Strength</p>	<p>5 Rounds 5 Double KB Snatch 5 Double KB Viking Press 5/5 Double KB Step Ups 10 Double KB Rack Squats 10 Double KB RDL 5 Bent Rows</p> <p>Rest as needed between rounds. Shoot for 1 round every 5 minutes.</p>
<p>Mid-Line</p>	<p>10 TRX Superman 5/5 Plank Sandbag pull through 40ft Bear Crawl</p>

<p>Day 4</p>	
<p>Pre-Movement</p>	<p>Single Joint Movement - :20 Starting with the neck move a single joint for 20 seconds then move on to the next.</p>

Strength	30 Reps – For Time Sprawl Pushup to Renegade Row (1 each side) Clean Lunge to Press (1 each side) Thruster Push Press
Conditioning	15 Minutes Prowler Push Max distance

Day 5	
Pre-Movement	12 Minutes Natural Movement Flow
Bodybuilding	Every 2:30 for 25 minutes 5 Curls 5 Hammer Curls 5 Clean to Press 5/5 Lunge 5 Pushup 5 Skull Crushers

Conditioning

4 Rounds on 5 Minute Increments
9 Trap Bar Deads (225/155)
13 Pushups
17 Calorie Assault Bike

WEEK 2

Day 1	
Pre-Movement	Single Joint Movement - :20 Starting with the neck move a single joint for 20 seconds then move on to the next.
Warmup	4 Rounds :40w/:5r Suitcase Dead Lateral Shuffle Swing Lunge to Press Spiderman Climb
Strength	Tempo Circuit 6 Rounds (Go lighter than you think) 6 down, 1 in the hole, 1 up, 1 between reps Rack Squat Press Bent Row RDL Rest 1 Minute Between Rounds
Mid-Line	For Time: 50 Leg Raise with Hip Thrust

Day 2	
Pre-Movement	10 Minutes Active Movement
Variety Circuit	5 Rounds 5 Minutes work/5 Minutes rest 40 Double Unders 30 Wall Balls 20 Shuttle Sprints 10 Am. Style Swings ME Row in time remaining

Day 3	
Pre-Movement	4 Rounds Spiderman Climb with Reach Scorpion kick Animal Pose to Step through with reach Pigeon Pose (:30/side)
Strength	4 Rounds 1:5 Double KB Squat Ladder – Set bells down between each rung 40ft Prowler Push 1:5 Double KB Press Ladder – Set Bells down between each rung 10 Strict Pullups – few sets as possible regress supine rows

Mid-Line	10 TRX Superman 5/5 Plank Sandbag pull through 40ft Bear Crawl
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Day 4	
Pre-Movement	Single Joint Movement - :20 Starting with the neck move a single joint for 20 seconds then move on to the next.
Conditioning	Viking Warrior Conditioning :15w/:15r 7 Snatches

Day 5	
Pre-Movement	12 Minutes Natural Movement Flow

Bodybuilding

4 Rounds
ME Weighted Chins
ME Weighted Dips
10 Reverse Hypers

4 Rounds
10 EZ Bar Curls
10 EZ Bar Skull Crushers
10 Ab Curls

4 Rounds
10 Preacher Curls
10/10 Cross Face Tricep Ext
10 Hanging Knee Raise

WEEK 3

Day 1	
Pre-Movement	Single Joint Movement - :20 Starting with the neck move a single joint for 20 seconds then move on to the next.
Warmup	4 Rounds :35w/:10r Swings Ball Slams KB Squat Clean Spiderman Climb
Strength	EMOM x 25 20 Double KB Suitcase Deads 10 Rack Squats 8/8 Renegade Rows 10 Glute Bridge Floor Press 10 Leg Raise with hip thrust
Conditioning	10 Minute AMRAP 10/10 KB Snatches 40 Double Unders

Day 2

Pre-Movement	12 Minutes Natural Movement Flow
Variety Circuit	6 Rounds - EMOM DBall Shoulder Overs DB Snatch Circus DB S2O Farmer's Carry Prowler Pull + Push
Mid-Line	4 Rounds 10 AbWheel Rollouts 40ft Unilateral Loaded Carry

Day 3	
Pre-Movement	4 Rounds Spiderman Climb with Reach Scorpion kick Animal Pose to Step through with reach Pigeon Pose (:30/side)

Strength	<p>4 Rounds</p> <p>1:5 Double KB Squat Ladder – Set bells down between each rung</p> <p>80ft Prowler Push</p> <p>1:5 Double KB Press Ladder – Set Bells down between each rung</p> <p>10 Strict Pullups – few sets as possible regress supine rows</p>
Mid-Line	<p>10 TRX Superman</p> <p>5/5 Plank Sandbag pull through</p> <p>40ft Bear Crawl</p>

Day 4	
Pre-Movement	<p>Single Joint Movement - :20</p> <p>Starting with the neck move a single joint for 20 seconds then move on to the next.</p>
Strength	<p>Double KB Isabel</p> <p>Each rep must touch ground</p> <p>Double KB Grace</p> <p>Each rep must touch ground</p> <p>30 Rack Squats</p> <p>Complete in as few sets as possible</p> <p>30 Strict Pullups</p> <p>Complete in as few sets as possible</p>

Conditioning	12 Minutes AMRAP 10 Trap Bar Deads (sub Double KB) 20ft Trap Bar Farmers Carry
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Day 5	
Pre-Movement	12 Minutes Natural Movement Flow
Bodybuilding	Every 2:30 for 25 minutes 5 Curls 5 Hammer Curls 5 Clean to Press 5/5 Lunge 5 Pushup 5 Skull Crushers
Conditioning	4 Rounds on 5 Minute Increments 9 Trap Bar Deads (225/155) 13 Pushups 17 Calorie Assault Bike

WEEK 4

Day 1	
Pre-Movement	Single Joint Movement - :20 Starting with the neck move a single joint for 20 seconds then move on to the next.
Conditioning	Viking Warrior Conditioning :15w/:15r 7 Snatches

Day 2	
Pre-Movement	Single Joint Movement - :20 Starting with the neck move a single joint for 20 seconds then move on to the next.
Warmup	4 Rounds :40w/:5r Suitcase Dead Lateral Shuffle Swing Lunge to Press Spiderman Climb

Strength	<p>Tempo Circuit</p> <p>6 Rounds (Go lighter than you think) 6 down, 1 in the hole, 1 up, 1 between reps</p> <p>Rack Squat Press Bent Row RDL</p> <p>Rest 1 Minute Between Rounds</p>
Mid-Line	<p>For Time:</p> <p>50 Leg Raise with Hip Thrust</p>

Day 3	
Pre-Movement	<p>10 Minutes Active Movement</p>

Conditioning	<p>ABA Style</p> <p>12 Minute AMRAP .12 Woodway 12 KB Squat Clean 12 Pushups</p> <p>Rest 3</p> <p>12 Minute AMRAP .12 Woodway 12/12 KB S2O 12 TRX Superman</p> <p>Rest 3</p> <p>12 Minute AMRAP .12 Woodway 12/12 KB Snatch 12/12 Plank KB Pull Throughs</p>
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Day 4	
Pre-Movement	<p>4 Rounds</p> <p>Spiderman Climb with Reach Scorpion kick Animal Pose to Step through with reach Pigeon Pose (:30/side)</p>

Strength	<p>4 Rounds 1:5 Double KB Squat Ladder – Set bells down between each rung 80ft Prowler Push 1:5 Double KB Press Ladder – Set Bells down between each rung 10 Strict Pullups – few sets as possible regress supine rows</p>
Mid-Line	<p>10 TRX Superman 5/5 Plank Sandbag pull through 40ft Bear Crawl</p>

Day 5	
Pre-Movement	<p>12 Minutes Natural Movement Flow</p>

Bodybuilding

4 Rounds
ME Weighted Chins
ME Weighted Dips
10 Reverse Hypers

4 Rounds
10 EZ Bar Curls
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4 Rounds
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10/10 Cross Face Tricep Ext
10 Hanging Knee Raise