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# **KETTLEBELL** ***TRAINING MANUAL***

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# Kettlebell Training Manual

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## **Kettlebell Training Manual**

# **Disclaimer**

The information provided in this workout program is for educational purposes only. The author is not a doctor and this information shouldn't be taken as medical advice. You should get a physicians approval before attempting any of the information in this program. This program is designed for healthy adults of 18 years and older. If you have any existing injuries, conditions or health issues, please seek your physician's approval before attempting any type of information in this program. The author is not liable or responsible for any damages, resulting from the use of this program. The user acknowledges any risk of injury, caused or alleged, with the use of this information. If your physician advises to not use the information provided in the program, please abide by those orders.

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# Kettlebell Training Manual

## Welcome

Within this program you are going to discover proven Kettlebell workouts that you have never seen before. You are going to get results FAST, as long as you are consistent with your training. I'm WARNING you though! These workouts are very challenging. Make sure to rest when you need it and feel free to substitute any exercise that you cannot perform. It's not worth injuring yourself. Many of these exercises are very technical.

**Make sure you learn the basic kettlebell swing and master it before attempting the more technical exercises. Almost every exercise branches off the kettlebell swing, as you will find out.** Start with a lighter kettlebell when performing a new movement and feel free to regress the movement if needed.

### Here are some tips before starting:

- If anything hurts while performing an exercise, stop doing it immediately. If you need any exercise alternatives, feel free to email me at [contact@andrewraposo.com](mailto:contact@andrewraposo.com)
- If you aren't sure on how to perform an exercise, be sure to get instruction from a certified personal trainer.
- Make sure to perform one of the Mobility Warm Up routines that I present in my "Get Mobility Like A Fighter" videos before starting any of the workouts in the program.
- If you are just starting out and you're choosing which day you are going to perform a workout, make sure there is a day of rest between workout days.

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For Example:

Monday – Workout

Tuesday – Rest

Wednesday – Workout

Thursday – Rest

Friday – Workout

Saturday – Rest

Sunday – Rest

- Make sure you are being active during your rest days. Go for a long walk, bike ride, play a sport, etc.
- Cool down appropriately after completing a workout by foam rolling or stretching.

## **How To Incorporate These Workouts Into An Existing Program**

There are many ways you can put these workouts into your program. You can use the kettlebell workouts to replace a full body-conditioning day or add in the “ab focused” kettlebell workouts and use those as an ab training circuit into your routine. Which makes a good fit at the end of a routine you are currently following.

If you are following a strength routine, you can put these workouts on a “conditioning day” or you can use them as an intense finisher after your main strength exercises. This will help accelerate fat loss like nothing else.

If you have a specific program you are following or currently competing in a sport and you want to better fit this into your routine then shoot me an email at [contact@andrewraposo.com](mailto:contact@andrewraposo.com) Make sure you provide your

## **Kettlebell Training Manual**

workout schedule in detail so I can give you the best results.

To your success,

-Andrew Raposo, CPT

P.S. If you would like the most cutting edge and up to date information on getting the best set of ripped abs possible, follow me on some of my other sites to keep yourself updated.

[www.AndrewRaposo.com](http://www.AndrewRaposo.com)

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# Kettlebell Training Manual

## KB Swing

- Start with the kettlebell on the floor approximately 1 foot away from you.
- Hinge/bend at your hips and grab the kettlebell.



## Kettlebell Training Manual

- Without flexing your spine, hike-pass the kettlebell through your knees.





## Kettlebell Training Manual

- Once the kettlebell has reached it's furthest point back, stand up by forcefully extending your hips and squeezing your glutes.

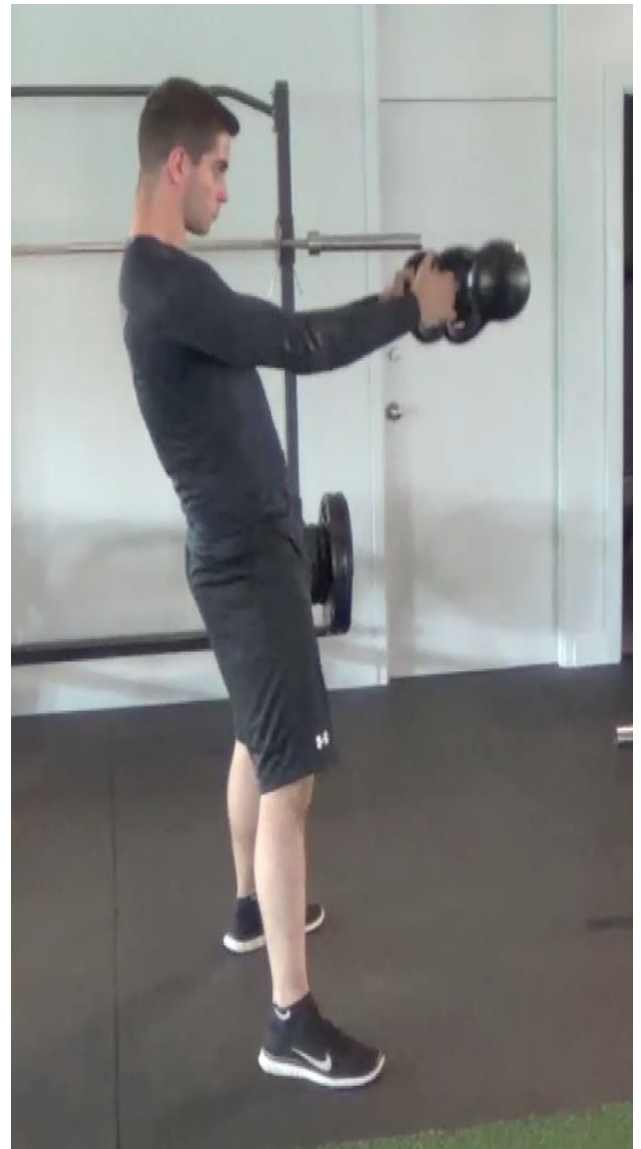


- Pass the kettlebell back through your knees and repeat for the prescribed reps/time.

# Kettlebell Training Manual

## Double KB Swing

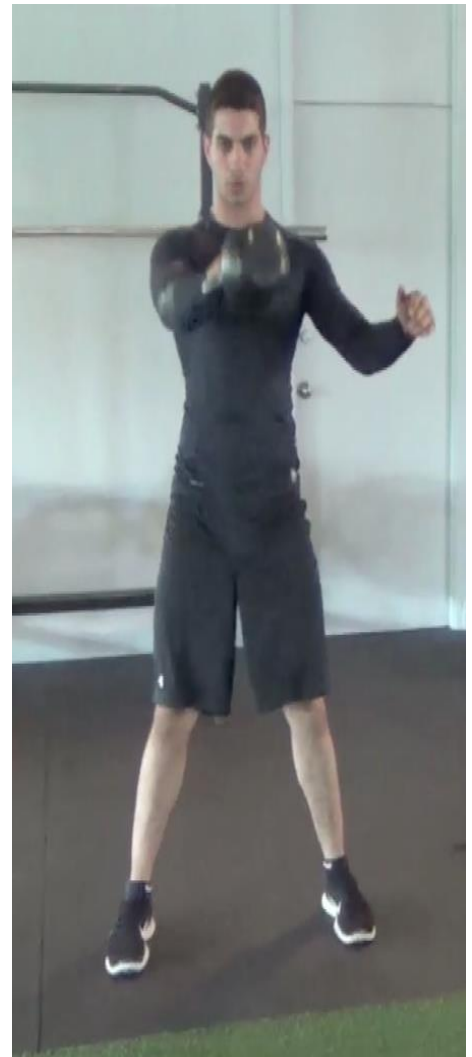
- Same movement as the **KB Swing** but your feet will be a bit wider and you will be holding two kettlebells instead of one.
- Hold the kettlebells with the thumbs up



# Kettlebell Training Manual

## One Arm KB Swing

- Same movement as the **KB Swing** but you will be using one arm.
- As you pass the kettlebell through your knees, the other hand will swing behind you.
- This same hand will follow you as you stand up and extend your hips.
- Pass the kettlebell back through your knees and repeat for the prescribed reps/time.



## Kettlebell Training Manual

### One Arm KB High Pull

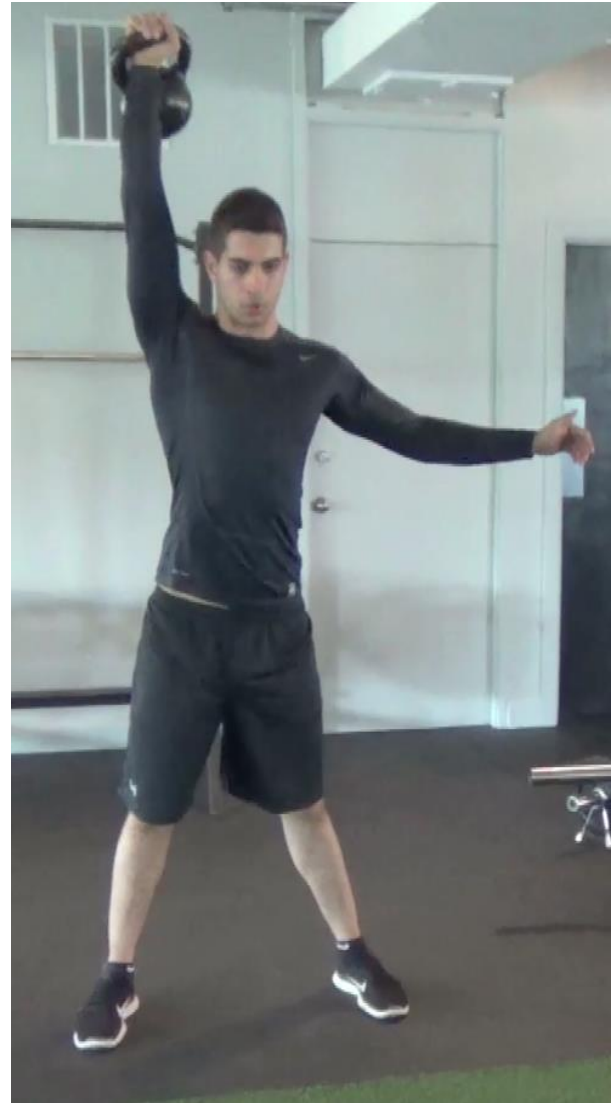
- After successfully completing a **One Arm KB Swing**, you will pull your elbow back as if you were trying to elbow someone behind you.
- Push the kettlebell back down and pass it through your knees into the hinge position.
- Repeat for the prescribed reps/time



# Kettlebell Training Manual

## KB Snatch

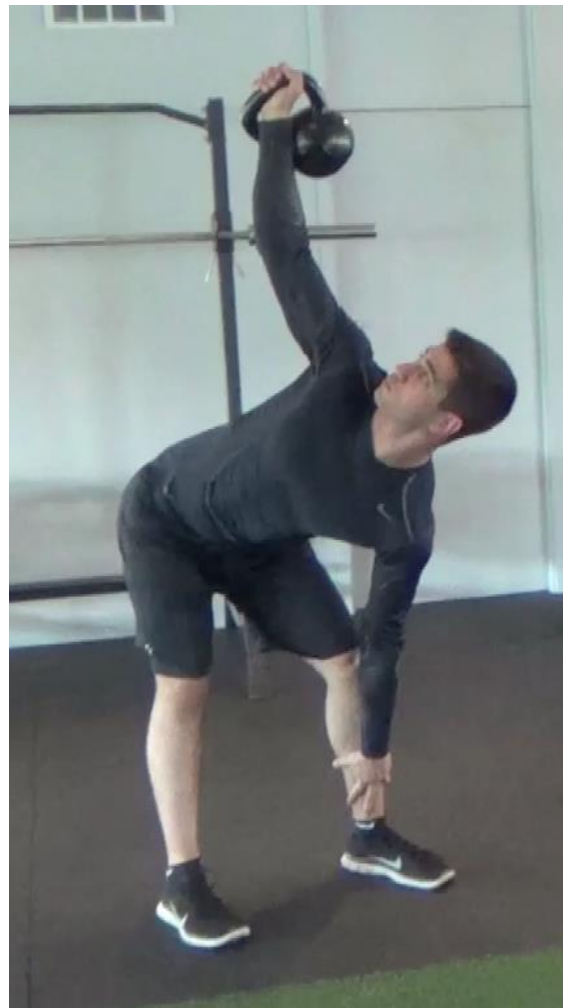
- After successfully completing a **One Arm KB High Pull**, punch up towards the ceiling, locking out the kettlebell overhead.
- Guide the kettlebell back down and pass it through knees into the hinge position.
- Repeat for the prescribed reps/time.



# Kettlebell Training Manual

## KB Windmill

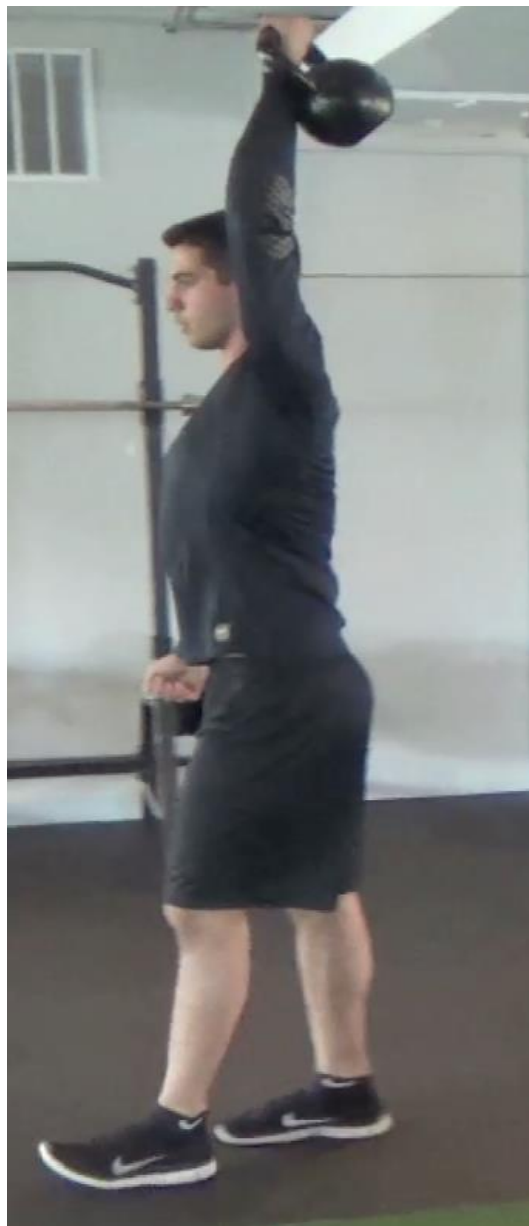
- Start with the kettlebell overhead and arm extended.
- Slightly point your toes 45 degrees away from the kettlebell.
- Hinge back and shift all your weight onto the leg that is on the same side of the kettlebell.
- With your other hand, follow your opposite leg into the ground as far as your flexibility will allow.
- Stand back up by extending your hips and squeezing your glutes.
- Make sure to keep your eyes on the kettlebell throughout the whole movement. Repeat for prescribed reps/time.



## Kettlebell Training Manual

### KB One Arm Overhead Walk

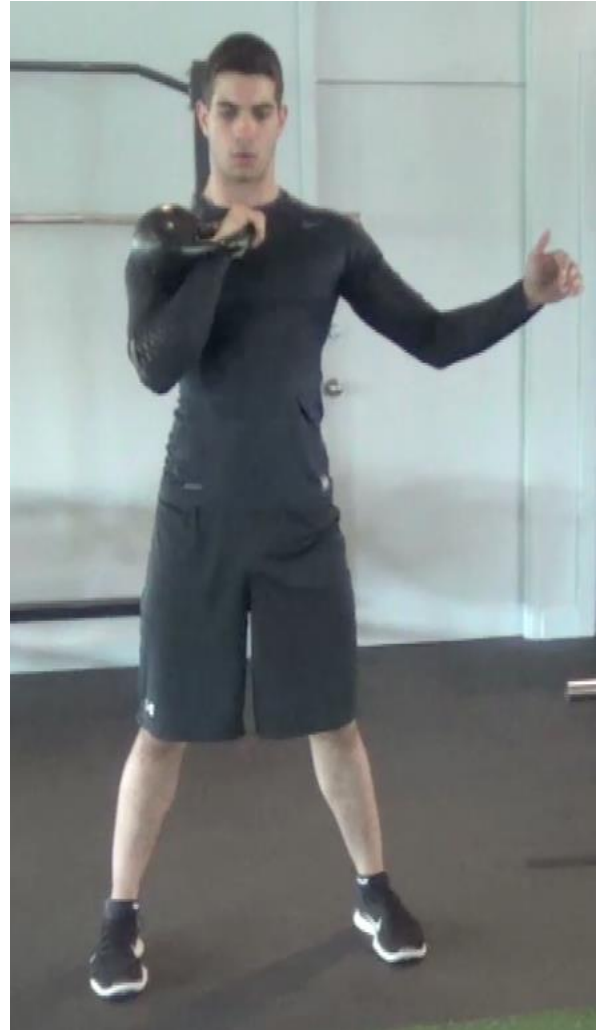
- Start with the kettlebell overhead and arm extended.
- Brace your abs nice and tight.
- Walk for the prescribed distance with the kettlebell overhead.
- Make sure you are keeping your shoulder away from your ear.



# Kettlebell Training Manual

## KB Clean

- Perform a **One Arm KB Swing**.
- After the kettlebell reaches the level of your pelvis, pull your elbow towards your torso and punch the kettlebell into the rack position.
- Make sure to keep your wrist straight.
- Guide the kettlebell back down and pass it through your knees into the hinge position.
- Repeat for the prescribed reps/time.

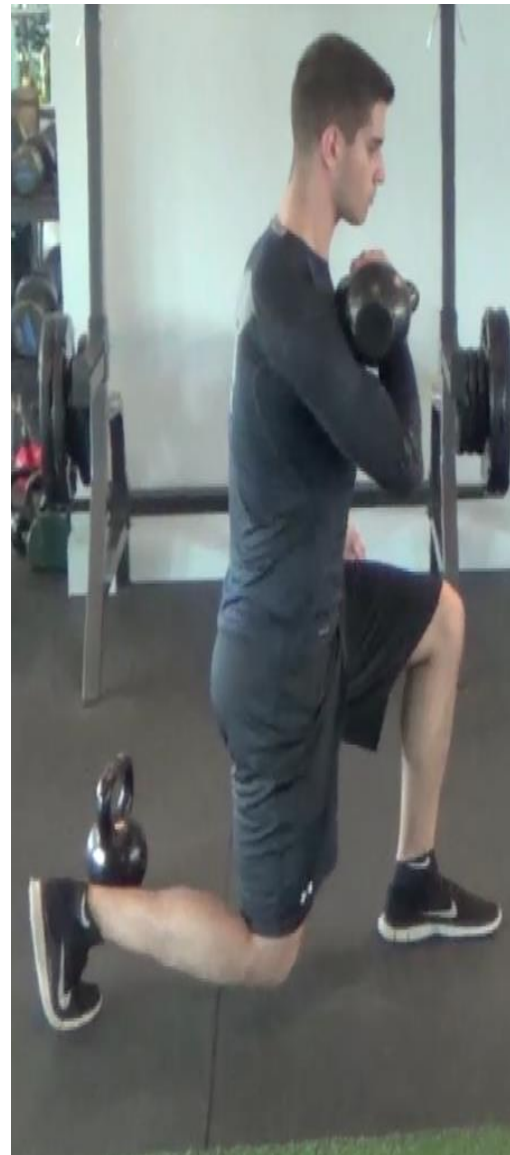
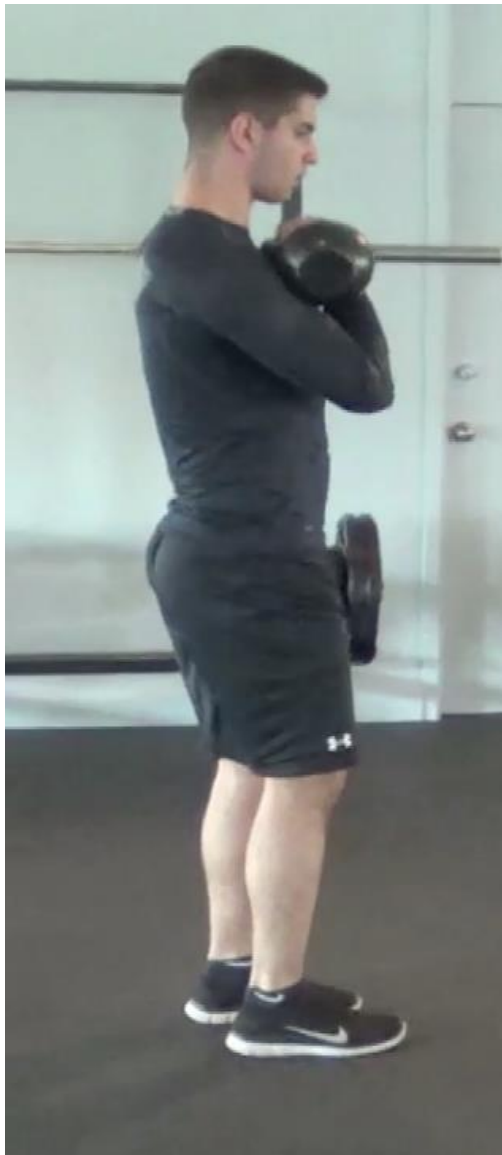




## Kettlebell Training Manual

### One Arm KB Reverse Lunge In Rack Position

- Start standing with the kettlebell in a rack position.
- Step the leg that is on the same side of the kettlebell backwards and lower your knee barely off the ground.
- Keeping your body straight and abs braced.
- Drive through the heel of the forward leg into the starting position.
- Repeat for the prescribed reps/time and then repeat with the other leg.



## Kettlebell Training Manual

### Single Leg KB RDL (Romanian Deadlift)

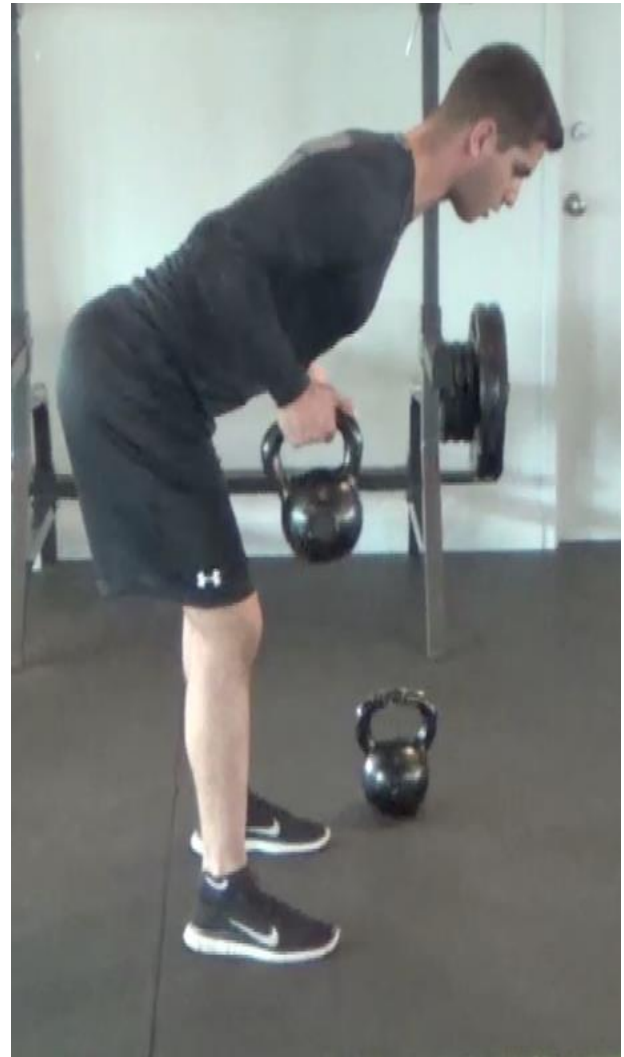
- Start standing with the kettlebell in one hand.
- Bring the leg that is on the same side of the kettlebell backwards while lowering your chest.
- Maintain a straight torso and make sure not to round at your low back.
- Return to the starting position.
- Repeat for the prescribed reps/time and then repeat with the other leg.



## Kettlebell Training Manual

### One Arm KB Bent Over Row

- Start with feet shoulder width apart and into a bent over position with the kettlebell in one hand.
- Make sure you use your hips to bring your butt back and not bending with your low back.
- With your arm straight, bring your elbow by your ribs while squeezing your shoulder blades together.
- Bring your arm back to the starting position and repeat.



# Kettlebell Training Manual

## Double KB Clean

- Perform a **Double KB Swing**.
- After the kettlebells reach the level of your pelvis, pull your elbows towards your torso and punch the kettlebells into the rack position.
- Make sure to keep your wrists straight.
- Guide the kettlebells back down and pass them through your knees into the hinge position.
- Repeat for the prescribed reps/time.



# Kettlebell Training Manual

## Double KB Press

- Start with the kettlebells in the rack position.
- Brace your abs and squeeze your glutes.
- Press the kettlebells overhead by extending your arms.
- Slowly lower them back to the rack position.
- Repeat for the prescribed reps/time.



## Kettlebell Training Manual

### Double KB Push Press

- Same movement as the **Double KB Press**, but now, you're slightly bending your knees into a semi squat position to jump the kettlebells overhead.
- Explosively push with your legs to complete the movement.
- Slowly lower the kettlebells back to the rack position.
- Repeat for the prescribed reps/time.



## Kettlebell Training Manual

### Double KB Rack Position Walk

- Start with the kettlebells in rack position.
- Brace your abs nice and tight.
- Walk for the prescribed distance with the kettlebells in rack position.
- Make sure you are not bending at your low back.



## Kettlebell Training Manual

### Double KB Front Squat

- Start in a standing position. Feet slightly wider than shoulder width apart and kettlebells in a rack position.
- Squat down by bending at your hips and knees until your thighs are at least parallel with the ground.
- Make sure to keep your chest up and knees out.
- Drive through your heels into the standing position.
- Repeat for the prescribed reps/time.

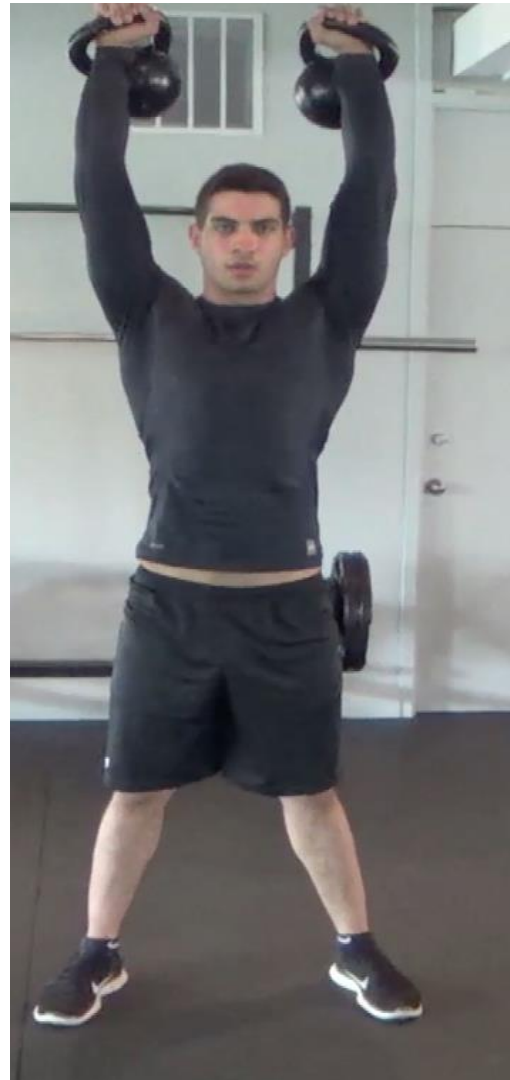




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## Double KB Thruster

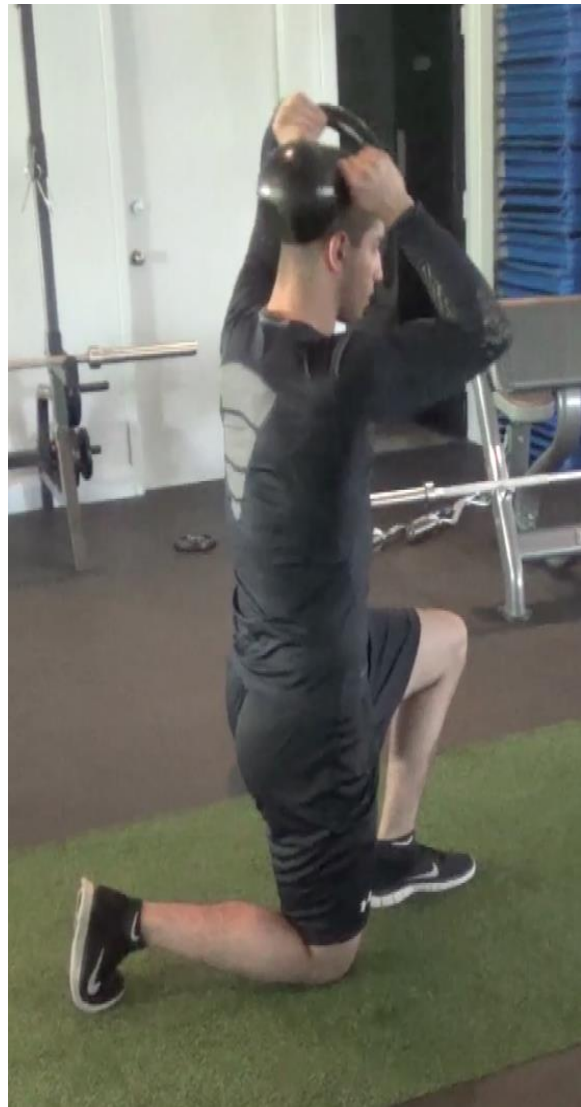
- Start in a standing position. Feet slightly wider than shoulder width apart and kettlebells in a rack position.
- Perform a **Double KB Front Squat**.
- Using the momentum of the squat, press the kettlebells overhead.
- Slowly lower the kettlebells down into the rack position.
- Repeat for the prescribed reps/time.



## Kettlebell Training Manual

### Half Kneeling KB Halo

- Start in a half kneeling position and hold the kettlebell upside down by the handle.
- Bring the kettlebell to forehead level.
- Brace your abs and make circles around your head with the kettlebell.
- Make sure to not move your torso or head.
- Repeat for the prescribed reps/time and repeat the movement in the opposite direction.



# Kettlebell Training Manual

## KB Bug

- Start by lying on your back with your hips and knees bent at a 90-degree angle.
- Hold the kettlebell upside down by the handle and press it up with your arms extended at chest level.
- Press your low back into the floor by squeezing your abdominals.
- With your arms straight, slowly lower the kettlebell over your head.
- Keeping your arms straight, bring it back to chest level.
- Make sure your low back is in constant contact with the floor and the abdominals are always tight.



# Kettlebell Training Manual

## KB Renegade Row

- Start in a push up position with the kettlebells underneath your hands.
- Brace your abs and row one kettlebell by bringing your elbow to your ribs.
- Lower the kettlebell back and repeat with the other side.
- Prevent the hips and torso from moving as much as possible.
- Repeat for the prescribed reps/time.



# Kettlebell Training Manual

## KB Half Burpee

- Start in a push up position with the kettlebells underneath your hands.
- Hop your feet in and get your knees to your elbows.
- Hop your feet back into the starting position.
- Repeat for prescribed reps/time.



# Kettlebell Training Manual

## KB Floor Press

- Start by lying on your back with the kettlebell in one hand and the forearm is vertical to the ground.
- Press the kettlebell by extending your arm.
- Slowly lower the kettlebell into the starting position.
- Repeat for the prescribed reps/time and then repeat the movement on the other side.



## Kettlebell Training Manual

### KB Turkish Get Up

- Start by lying on your back with the kettlebell in one hand and the forearm is vertical to the ground.
- On that same side, your knee should be bent.
- On the other side, your arm and leg should form a 45-degree angle from your body.
- Make sure your eyes are always on the kettlebell throughout the movement.



- Drive through your heel and roll onto your elbow.



## Kettlebell Training Manual

- Post up onto your hand by pushing your hand into the ground.



- Drive your heel into the ground and extend your hips by squeezing your glutes.





## Kettlebell Training Manual

- Bring your knee towards your hand.



- Get into a half kneeling position by bringing your torso up straight and adjusting your leg position appropriately.



## Kettlebell Training Manual

- Drive through your heel into a standing position.



## Kettlebell Training Manual

- Perform a **Reverse Lunge** down into the half kneeling position.



## Kettlebell Training Manual

- Windshield wiper your foot inwards and hinge at the hips while reaching for the floor with your hand.



- Kick your foot forward into a 45-degree angle and rest your bum on the ground.



## Kettlebell Training Manual

- Roll down onto your elbow and back into the starting position.
- Repeat for the prescribed reps/time and repeat the movement on the other side.

