JILLIAN MICHAELS

America's Toughest Trainer

Ultimate Kettlebell

8 Week
Weight Loss Program

"Shed fat and tone your entire body with my highly effective kettlebell set. Plus, with the addition of the comfort padding, these kettlebells won't bang you up while your workout."

JILLIAN MICHAELS OFFICIAL PRODUCT

www.jillianmichaels.com

Please note that not all exercises are referenced on the product exercise chart or instructional DVD.

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Ultimate Kettlebell *8 Week Weight Loss Program*

WEEKS 1 – 2 Couch Potato
DAYS 1 and 4

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP		CIRCUIT 1		CIRCUIT 2		CIRCUIT 3	
Swing	:30	Single Arm Swing with Pass	:30	Bridge Pullover	:30	Single Arm High Pull	:30
Around The World	:30	Stiff Squat with Alternating Upright Row	:30	Row	:30	Single Leg Stiff Leg Dead Lift	:30
Swing	:30	Single Arm Swing with Pass	:30	Bridge Pullover	:30	Single Arm High Pull	:30
Around The World	:30	Stiff Squat with Alternating Upright Row	:30	Row	:30	Single Leg Stiff Leg Dead Lift	:30
Swing	:30						
Around The World	:30						
Advance to Circuit 1		Repeat 3 times and advance to Circuit 2		Repeat 3 times and advance to Circuit 3		Repeat 3 times and stretch	

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WEEKS 1 – 2 Couch Potato

DAYS 2 and 5

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP		CIRCUIT 1		CIRCUIT 2		CIRCUIT 3	
Jump Jacks	:30	Two Way Lunge	:30	Around the World	:30	Deadlift	:30
Swing	:30	Rack	:30	Snatch Swing [Right Arm]	:30	Figure 8	:30
Jump Jacks	:30	Two Way Lunge	:30	Around the World	:30	Deadlift	:30
Swing	:30	Rack	:30	Snatch Swing [Left Arm]	:30	Figure 8	:30
Jump Jacks	:30						
Swing	:30						
Advance to Circuit 1		Repeat 3 times and advance to Circuit 2		Repeat 3 times and advance to Circuit 3		Repeat 3 times and stretch	

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WEEKS 3 – 4 Beginner

DAYS 1 and 4

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP		CIRCUIT 1		CIRCUIT 2		CIRCUIT 3	
Swing	:30	Single Arm High Pull	:30	Hang Swing	:30	Single Leg Stiff Leg Dead Lift [Right Leg]	:30
Jog in Place	:30	Stiff Leg Dead Lift	:30	Bridge Pullover	:30	Row	:30
Swing	:30	Row	:30	Jog in Place	:30	Rack Squat Press [Right Leg]	:30
Jog in Place	:30	Single Arm High Pull	:30	Hang Swing	:30	Single Leg Stiff Leg Dead Lift [Left Leg]	:30
Swing	:30	Stiff Leg Dead Lift	:30	Bridge Pullover	:30	Row	:30
Jog in Place	:30	Row	:30	Jog in Place	:30	Rack Squat Press [Left Leg]	:30
Advance to Circuit 1		Repeat 3 times and advance to Circuit 2		Repeat 3 times and advance to Circuit 3		Repeat 3 times and stretch	

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WEEKS 3 – 4 Beginner

DAYS 2 and 5

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP		CIRCUIT 1		CIRCUIT 2		CIRCUIT 3	
Rack [Right Arm]	:30	Figure 8	:30	Snatch Swing	:30	Sit Up to Stand	:30
Around the World	:30	Single Arm Swing [Right Arm]	:30	Deadlift	:30	Rack	:30
Swing	:30	Two Way Lunge	:30	Single Arm Swings with Pass	:30	Around the World	:30
Rack [Left Arm]	:30	Figure 8	:30	Snatch Swing	:30	Sit Up to Stand	:30
Around the World	:30	Single Arm Swing [Left Arm]	:30	Deadlift	:30	Rack	:30
Swing	:30	Two Way Lunge	:30	Single Arm Swings with Pass	:30	Around the World	:30
Advance to Circuit 1		Repeat 3 times and advance to Circuit 2		Repeat 3 times and advance to Circuit 3		Repeat 3 times and stretch	

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WEEKS 5 – 6 Intermediate

DAYS 1 and 4

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP		CIRCUIT 1		CIRCUIT 2		CIRCUIT 3	
Swing	:30	Single Arm High Pull [Right Arm]	:45	Hang Swing	:45	Row	:60
Jog in Place	:30	Stiff Squat with Alternating Upright Row	:45	Rack Squat Press [Right Leg]	:45	Bridge Pullover	:60
Jump Jacks	:30	Stiff Leg Dead Lift	:45	Single Leg Stiff Leg Dead Lift [Right Leg]	:45	Row	:60
Swing	:30	Single Arm High Pull [Left Arm]	:45	Hang Swing	:45	Bridge Pullover	:60
Jog in Place	:30	Stiff Squat with Alternating Upright Row	:45	Rack Squat Press [Left Leg]	:45		
Jump Jacks	:30	Stiff Leg Dead Lift	:45	Single Leg Stiff Leg Dead Lift [Left Leg]	:45		
Advance to Circuit 1		Repeat 3 times and advance to Circuit 2		Repeat 3 times and advance to Circuit 3		Repeat 3 times and stretch	

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WEEKS 5 – 6 Intermediate

DAYS 2 and 5

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP		CIRCUIT 1		CIRCUIT 2		CIRCUIT 3	
Jump Jacks	:30	Figure 8	:45	Sit Up to Stand	:45	Rack	:45
Mountian Climbers	:30	Swing	:45	Around the World	:45	Two way Lunge	:45
Jog in Place	:30	Rack Squat Press [Right Leg]	:45	Single Arm Swings with Pass	:45	Deadlift	:45
Jump Jacks	:30	Figure 8	:45	Sit Up to Stand	:45	Rack	:45
Mountian Climbers	:30	Swing	:45	Around the World	:45	Two way Lunge	:45
Jog in Place	:30	Rack Squat Press [Left Leg]	:45	Single Arm Swings with Pass	:45	Deadlift	:45
Advance to Circuit 1		Repeat 3 times and advance to Circuit 2		Repeat 3 times and advance to Circuit 3		Repeat 3 times and stretch	

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WEEKS 7 – 8 Advanced

DAYS 1 and 4

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP		CIRCUIT 1		CIRCUIT 2		CIRCUIT 3	
Butt Kicks	:60	Bridge Pullover	:60	Stiff Squat with Alternating Upright Row	:60	Single Arm High Pull [Right Arm]	:60
Jump Jacks	:45	Row	:60	Single Leg Stiff Leg Dead Lift [Right Leg]	:60	Stiff Leg Deadlift	:60
Swing	:60	Jog in Place	:60	Hang Swing	:60	Snatch Swing [Right Arm]	:60
Butt Kicks	:60	Bridge Pullover	:60	Stiff Squat with Alternating Upright Row	:60	Single Arm High Pull [Left Arm]	:60
Jump Jacks	:60	Row	:60	Single Leg Stiff Leg Dead Lift [Left Leg]	:60	Stiff Leg Deadlift	:60
Swing	:60	Jog in Place	:60	Hang Swing	:60	Snatch Swing [Left Arm]	:60
Advance to Circuit 1		Repeat 3 times and advance to Circuit 2		Repeat 3 times and advance to Circuit 3		Repeat 3 times and stretch	

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WEEKS 7 – 8 Advanced

DAYS 2 and 5

DAYS 3 and 6

These days should be cardio only. Shoot for 30 minutes doing the activity of your choice. Mix it up. Try incline walking. Stair climbing. Rowing. Swimming. Biking etc. No strength training. It's imperative that you let your muscles rest between training sessions. Studies have shown that you get best results when you train a muscle group 2 times a week with 2 days of rest between training sessions. **Make sure you take at least one day totally off exercise.**

WARM-UP		CIRCUIT 1		CIRCUIT 2		CIRCUIT 3	
Single Arm Swing	:60	Figure 8	:60	Single Arm Swings with Pass	:60	Snatch Swing [Right Arm]	:60
Rack [Right Arm]	:60	Around the World	:60	Two way Lunge	:60	Sit Up to Stand	:60
Swing	:60	Rack Squat Press [Right Leg]	:60	Deadlift	:60	Mountain Climbers	:60
Single Arm Swing	:60	Figure 8	:60	Single Arm Swings with Pass	:60	Snatch Swing [Left Arm]	:60
Rack [Left Arm]	:60	Around the World	:60	Two way Lunge	:60	Sit Up to Stand	:60
Swing	:60	Rack Squat Press [Left Leg]	:60	Deadlift	:60	Mountain Climbers	:60
Advance to Circuit 1		Repeat 3 times and advance to Circuit 2		Repeat 3 times and advance to Circuit 3		Repeat 3 times and stretch	

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