

12 WEEK KETTLEBELL PROGRAM PDF

Thank you for downloading our 12 Week Kettlebell Program PDF!

This program uses a 5-day split over 7 days.

Always consult a fitness professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike

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	Day 1					
	LEGS / ARMS	Warm up	Set 1	Set 2	Set 3	Set 4
LEGS	Air squats	30-50				
	Heel-elevated Goblet squats	20	10-12	10-12	10-12	8-10
	Bulgarian Split Squats	20	10-12	10-12	10-12	8-10
	Romanian Deadlift (RDL) - Hex bar or DB	20	10-12	10-12	10-12	8-10
	Straight-Leg Deadlift (SLDL)	20	10-12	10-12	10-12	8-10
TRICEPS	Floor Skull Crushers	20	15-20	12-15	10-12	8-10
BICEPS	Biceps Curls, Single arm	20	15-20	12-15	10-12	8-10
	KB Hammer Curls	20	15-20	12-15	10-12	8-10
	Day 2					
	SHOULDERS	Warm up	Set 1	Set 2	Set 3	Set 4
SHOULDERS	Side Lateral Raises, Side-lying or Seated	20	15-20	12-15	12-15	10-12
	High incline KB Presses	20	15-20	12-15	12-15	10-12
	Front Raises		15-20	12-15	12-15	10-12
	Seated Reverse KB Flyes		15-20	12-15	12-15	10-12
TRAPS	Shrugs	20	15-20	12-15	12-15	10-12
	Scapula "Kelso" Shrugs	20	15-20	12-15	10-12	10-12
	"Y" Raises, or Lu Raises	20	15-20	12-15	10-12	10-12
	Day 3					
	REST					
	Day 4					
	GLUTES / BACK / CALVES	Warm up	Set 1	Set 2	Set 3	Set 4
GLUTES	Reverse Lunges	20	15-20	12-15	10-12	10-12
	Contra-lateral B-Stance KB RDLs	20	15-20	10-12	10-12	10-12
BACK	Single-Side KB row	20	15-20	12-15	10-12	10-12
	KB Helms Row		15-20	12-15	10-12	10-12
	Seated Reverse Flyes		15-20	12-15	10-12	10-12
CALVES	Single-Leg Calf Raises		20-25	20-25	20-25	20-25
	Toe raises		20-25	20-25		
	Day 5					
	CHEST	Warm up	Set 1	Set 2	Set 3	Set 4
CHEST	Flat KB Bench Press	20-25	15-20	12-15	10-12	10-12
	Decline KB Bench Press	20-25	15-20	12-15	10-12	10-12
	Underhand KB Bench Press	20-25	15-20	12-15	10-12	10-12
	KB Flyes	20-25	15-20	12-15	10-12	10-12
	Day 6					
	CARDIO / ABS	Warm up	Set 1	Set 2	Set 3	Set 4
CARDIO	Walking Lunges	24 each direction (bw)	12 each Direction	12 each Direction	12 each Direction	
	Step-ups		30 each Leg	30 each Leg	30 each Leg	
ABS	Crunches		20	20	20	20
	Sit Ups with a Twist		20	20		
	Side Bends		15-20 Per side	15-20 Per side		
	KB Swings		20	20	20	20
	KB High Pulls		15	15	15	15
	Day 7					
	REST					