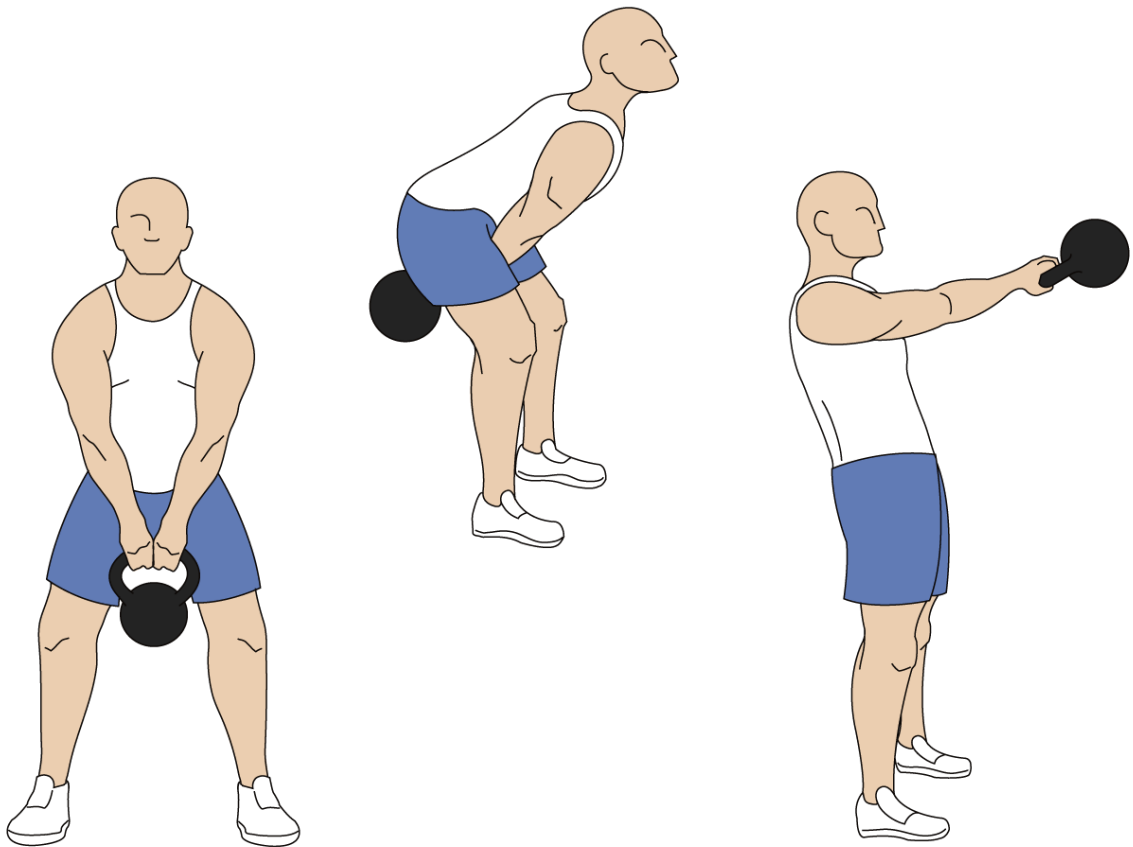


TheAgelessMan.com

Kettlebell Workout Program

Beginner Level



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2. Introduction

2.1. History and Background of Kettlebells

Kettlebells were first used for physical conditioning in 18th century Russia, where they are called ги́ря (girya), and were employed by the Soviet Red Army in the 20th century as part of strength and conditioning programs. Kettlebell programs were popularised in the USA around the beginning of the C21st by Pavel Tsatsouline, who also developed the first certification program for kettlebells.

2.2. Benefits of Kettlebells

Kettlebells differ from conventional dumbbells by virtue of the fact that their weight is located some distance underneath the handle, which is also thicker than that of most dumbbells. As a result, kettlebells are more difficult to move around and grip. This increased difficulty stimulates more muscle activity contributing to increased burning of calories during resistance exercise. Kettlebells lend themselves more readily than dumbbells or barbells to exercises involving swinging and ballistic movements, and therefore a greater number of muscle areas can be worked within the one exercise (compound exercise as opposed to isolation).

2.3. Caution

Because kettlebell exercises differ considerably from other resistance and weight-bearing exercises for reasons outlined above, care should be taken by those beginning a program involving them.

A qualified personal trainer or fitness class instructor who has experience with (and, ideally, certification with) kettlebells should demonstrate and monitor appropriate exercises for the beginner.

Those who are accustomed to training with heavier weights, such as used in hypertrophy programs, should bear in mind that the vast majority of kettlebell exercises are compound rather than isolating in nature, and often involve explosive movement. Therefore a lighter weight of kettlebell should be selected to begin with, and heavier kettlebells should not be used until perfect form is achieved with the lighter ones.

Anyone with back and shoulder problems, or a weak core, should consult a physician or appropriately qualified medical practitioner before commencing an exercise program involving kettlebells.

When exercising with kettlebells, a clear working space of around 3m or 9 ft is ideal.

2.4. Suggested Kettlebell Weights

Current Strength	Starting Weight	Suggested Set of Kettlebells
Average Female	18lb / 8kg	12lb, 26lb, 35lb / 8kg, 12kg, 16kg
Strong Female	26lb / 12kg	26lb, 35lb, 44lb / 12kg, 16kg, 20kg
Average Male	35lb / 16kg	35lb, 44lb, 53lb / 16kg, 20kg, 24kg
Strong Male	44lb / 20kg	44lb, 53lb, 70lb / 20kg, 24kg, 32kg
Very Strong Male	53lb / 24kg	53lb, 70lb, 88lb / 24kg, 32kg, 40kg

2.5. Stretching and Warm-up

Kettlebell exercises place great demands on joint flexibility and strength as well as coordination. Therefore warm-ups for kettlebell routines should include specific stretches and engagement of all joints: wrists, elbows, shoulders, hips, knees and ankles. These stretches should be made up of a combination of static stretches (up to 2 minute holds), “ballistic” stretches (a number of repetitions moving in and out of end ranges, e.g. lateral straight punches) and coordination exercises which integrate lower and upper body movements (e.g. jumping jacks)

2.6. Order of Exercises

Exercises in each circuit are listed in the order in which they should be performed. The exercises are described and illustrated in the pages that follow the workout description.

2.7. Number of Circuits per Workout and Rests

We recommend repeating the circuit three times, depending on your fitness level. After completing one exercise, go straight into the next one. Short rests of between 90 seconds and 5 minutes can be taken in between circuits.

2.8. Repetitions and Time Taken

This workout is entirely time-based, meaning you perform as many repetitions as possible within the nominated time limit.

2.9. The Workout

Objective: To increase muscular strength and endurance in as wide a variety of muscle group areas as possible while also improving cardiovascular performance

Total time taken (estimated, excluding rest time): 15-45 mins, subject to length of time per exercise.

Number of circuits to be performed in one workout: 3

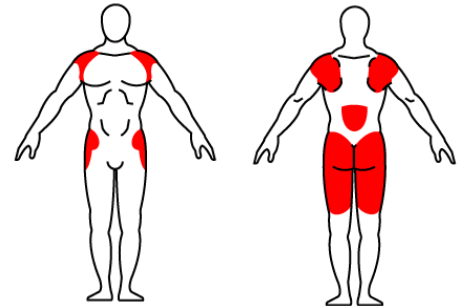
Exercise	Amount of Time	Important notes
Two –handed Kettlebell Swing	1-3min	Remember to drive hips forward explosively (but smoothly) while swinging the kettlebell forward
Two-Arm Kettlebell Row	1-3min	Pull kettlebells towards your stomach maintaining spine-neutral position (back straight, chest out) and keeping your elbows tucked in
Alternating Kettlebell Press	1-3min	A good alternative to bench presses but demands a compound wrist and arm movement .
Woodman’s Chop	1-3min	Remember to keep your lower back in its natural arch and to pivot .
Goblet squat/Front Squat	1-3min	Squat as low as you can and drive back up through your heels.

3. Two Handed Kettlebell Swing

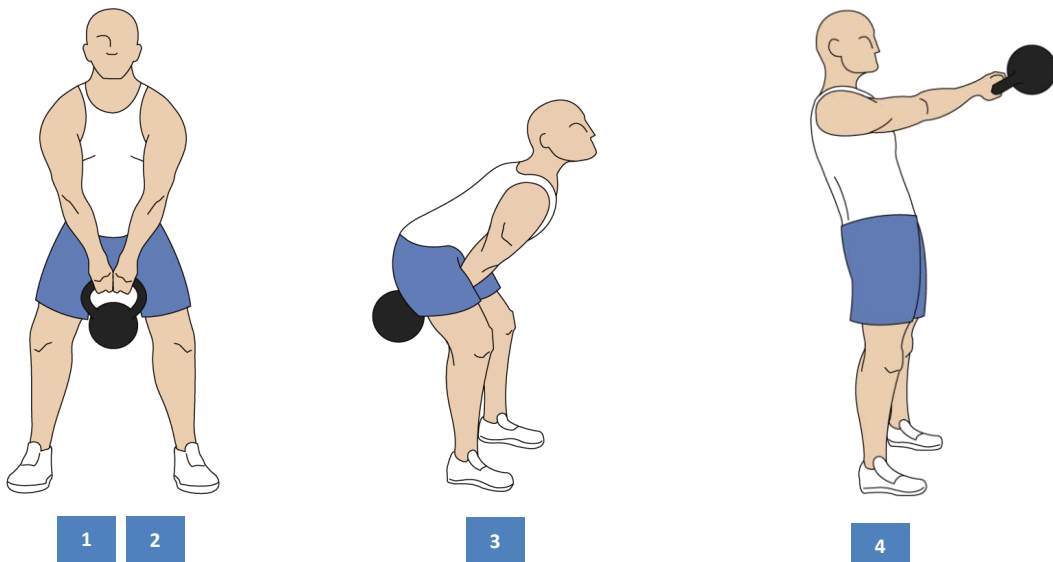
Skill Level: **Beginner**

3.1. Main Muscle Groups Worked

- | | | |
|------------------|------------|-------------------|
| ✓ Lower Back | Biceps | Adductors |
| Middle Back | Triceps | Quadriceps |
| Trapezius | Forearms | Calves |
| Latissimus Dorsi | Abdominals | ✓ Gluteus Maximus |
| ✓ Shoulders | Obliques | ✓ Hips |
| | Chest | ✓ Hamstrings |



3.2. Exercise Steps



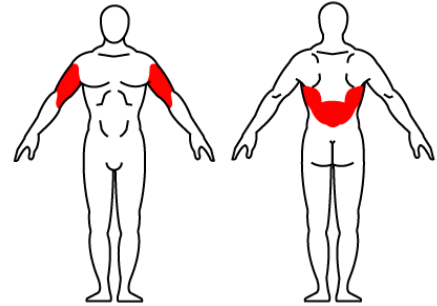
1. Stand in spine-neutral position with feet slightly wider than shoulder-width apart.
2. Hold kettlebell with both hands, palms down, arms in front of body.
3. Bend knees slightly and thrust hips back, as for a squat, but don't go down as far.
4. Maintaining a fluid motion, drive hips forward explosively while swinging the kettlebell forwards and to shoulder height, engaging hips and glutes all the time. The hips and glutes, rather than the arms, should be driving the kettlebell forward.
5. Lower kettlebell back down between legs and repeat swinging motion.

4. Two-Arm Kettlebell Row

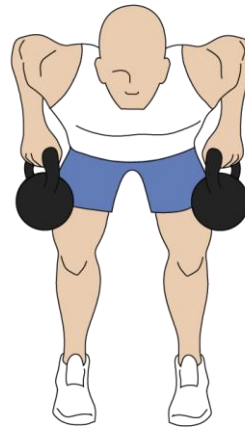
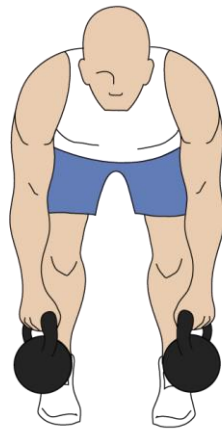
Skill Level: **Beginner-Intermediate**

4.1. Main Muscle Groups Worked

- | | | |
|--------------------|------------|-----------------|
| Lower Back | ✓ Biceps | Adductors |
| ✓ Middle Back | Triceps | Quadriceps |
| Trapezius | Forearms | Calves |
| ✓ Latissimus Dorsi | Abdominals | Gluteus Maximus |
| Shoulders | Obliques | Hips |
| | Chest | Hamstrings |



4.2. Exercise Steps



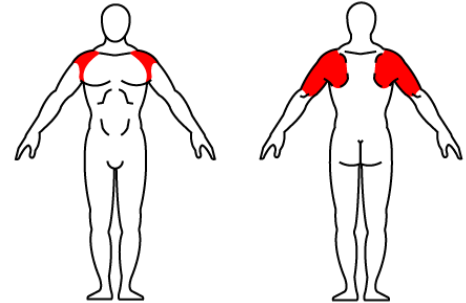
1. Take two kettlebells and place them in front of your feet.
2. Bend knees slightly.
3. Bend over to pick up the kettlebells while maintaining spine neutral position.
4. Pull kettlebells towards your stomach maintaining spine-neutral position (back straight, chest out) and keeping your elbows tucked in.
5. Lower kettlebells and repeat.

5. Alternating Kettlebell Press

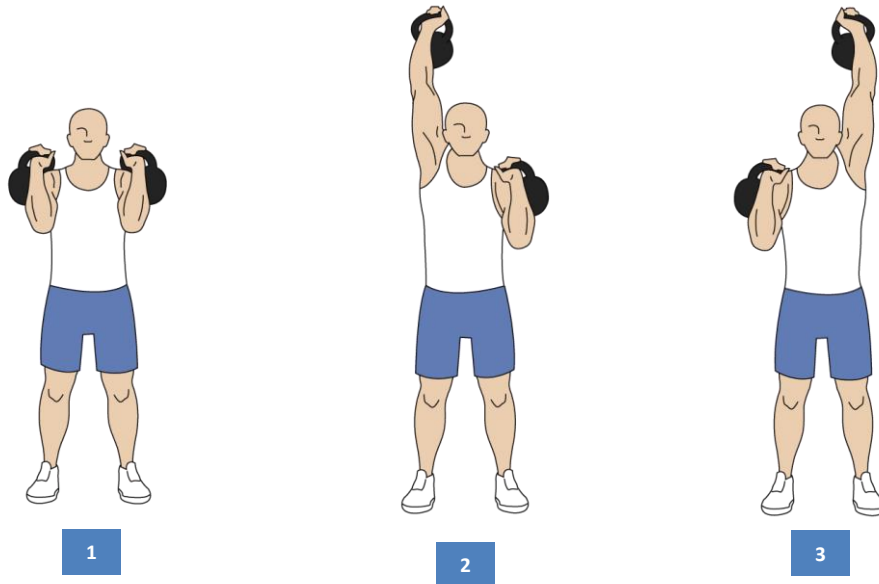
Skill Level: **Intermediate**

5.1. Main Muscle Groups Worked

Lower Back	Biceps	Adductors
Middle Back	✓ Triceps	Quadriceps
Trapezius	Forearms	Calves
Latissimus Dorsi	Abdominals	Gluteus Maximus
✓ Shoulders	Obliques	Hips
	Chest	Hamstrings



5.2. Exercise Steps



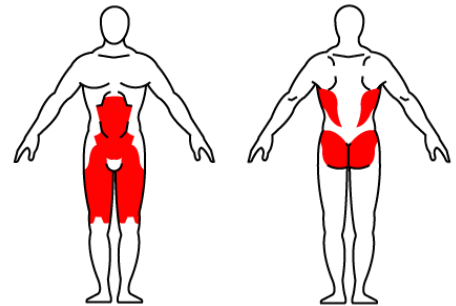
1. Bring two kettlebells to your shoulders using the clean motion.
2. Press one kettlebell directly overhead by extending your arm through your elbow, turning your wrist so that your palms face forward. Hold the other kettlebell stationary on your shoulder.
3. Lower the pressed kettlebell back down to your shoulder and immediately press the other kettlebell up with your arm.
4. Repeat alternating presses.

6. Kettlebell Woodman's Chop

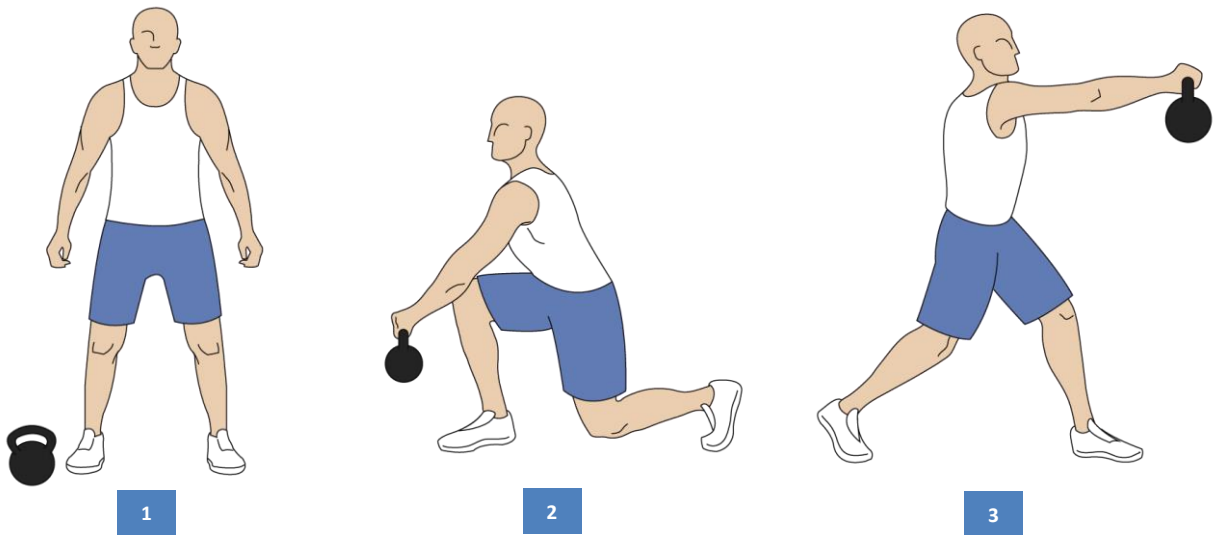
Skill Level: **Beginner**

6.1. Main Muscle Groups Worked

Lower Back	Biceps	Adductors
Middle Back	Triceps	✓ Quadriceps
Trapezius	Forearms	Calves
✓ Latissimus Dorsi	✓ Abdominals	✓ Gluteus Maximus
Shoulders	Obliques	Hips
	Chest	Hamstrings



6.2. Exercise Steps



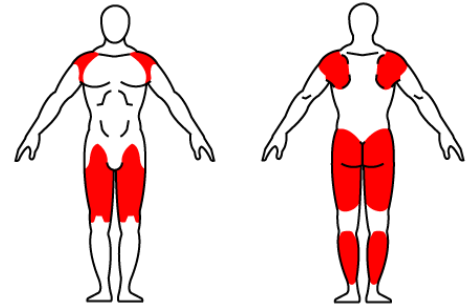
1. Stand with your feet outside shoulder width with a kettlebell on the floor to your right side.
2. Keeping your lower back in its natural arch, pivot your feet to the right and bend down and pick up the kettlebell by the handle
3. Raise it as you pivot and twist to the left, stopping when the bell is at chest height.
4. Return the weight to the floor.

7. Goblet Squat/Front Squat

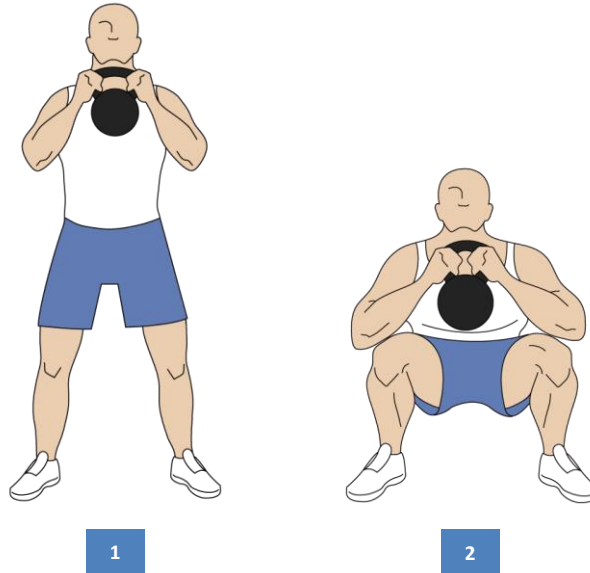
Skill Level: **Beginner**

7.1. Main Muscle Groups Worked

Lower Back	Biceps	Adductors
Middle Back	Triceps	✓ Quadriceps
Trapezius	Forearms	✓ Calves
Latissimus Dorsi	Abdominals	✓ Gluteus Maximus
✓ Shoulders	Obliques	Hips
	Chest	✓ Hamstrings



7.2. Exercise Steps



1. Hold a kettlebell by the handle close to your chest and assume a comfortable stance.
2. Bring your knees out as you squat down to bring the kettlebell between them.
3. Looking straight ahead at all times, squat as low as you can. Pause at the bottom of the squat.
4. Keep your head and chest up, with your back in spine-neutral position (straight).
5. Rise back up by driving through your heels.