

101 Kettlebell Workouts



By David Whitley, RKC

I want to extend a BIG thank you to all my teachers and students for all you have taught me, to my wife Mandy for her support and to my parents for everything they have done for me.

Thanks also to God for all He has done for me.

Proverbs 24:5 A wise man is strong, Yes a man of knowledge increases strength;

Dave

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So often the question comes up “I got a kettlebell, now what the heck do I do with it??” After designing programs and workouts for hundreds of clients, it was brought to my attention more than once that some people just want to be able to flip open a book, close their eyes and put their finger on a page and find a workout.

So I set a simple goal: Write a short book that had 101 workouts with no fluff, no filler and no BS. This book is the result of that.

I have compiled workouts from my clients, my classes and myself and have also included workouts inspired by (a polite way to say stolen from) my colleagues. The most amazing thing to me is the amount of things I had to leave out to get down to 101.

I will assume you already know the names of the most common kettlebell drills and that your technique is up to par. If not, seek help from an RKC. You can email me questions at irontamerdave@hotmail.com.

There is potential for injury and some of these workouts may be too tough for some people. Use your common sense and have your doctor's clearance. Like I tell the members of my Power Circuit Bootcamp “Push yourself, but don't be stupid.”

Kettlebell Workouts for General Conditioning

The following workouts will develop a base of strength and endurance, give you a chance to practice your technique and lay the groundwork for more rigorous workouts.

1.

Military press 3 sets of 5 reps per side (3x5/5)

Row 3 sets of 5 (3x5)

1 KB Squat 3x5

Windmill 3x5/5

Swing 3x15

2.

Double Military press 3x5

Double Row 3x5

Double KB Squat 3x5

Windmill 3x5

Double Swing 3x15

3.

Floor press 3x5/5

Row 3x5/5

Squat 3x5

Get-up 3x5/5

Swing 3x15

4.

Alternating Floor press 3x5

Alternating Row 3x5

1 KB Squat 3x5

Get-up 3x5

Swing 3x15

5.

Alternating Military press 3x5

Alternating Row 3x5

Double KB Squat 3x5

Windmill 3x5/5

Double Swing 3x15

6.

Clean and press 3x5/5

Renegade Row 3x5

Squat 3x5

Get up 3x5/5

Swing 3x15

7.

Double Clean and press 3x5

Renegade Row 3x5

Double Squat 3x5

Windmill 3x5/5

Swing 3x15

8.

Get up 3x5/5

Double Row 3x5

Swing 10x5 begin each set at the top of the minute

9.

Windmill 3x5/5

Double clean and press 3x5

Double clean and squat 3x5

Double swing 3x10

10.

TGU 3x5/5

Double clean and press 3x5

Double clean and squat 3x5

Double row 3x5

Double swing 3x10

11.

Clean and press 5/5

Row 5/5

Alternating each exercise begin at the top of each minute for a total of 20 minutes

12.

Squat x5

Swing x10

Alternating each exercise begin at the top of each minute for a total of 20 minutes

30 Under 30

Kettlebell training is very time-efficient. This section contains 30 workouts that can be completed in less than 30 minutes.

1. Get-up 2x 5/5 (2 sets of 5 reps per arm)
Snatch 5x10/10
2. 1 arm swings :30 right, :30 left, rest :30
repeat for 15 sets
3. Clean and press (C&P) 3x5/5
Swings as many as possible in 10:00
4. Pistol 5x1/1
C&P 5/5
Swing 5x20
5. Squat holding one KB by the horns in the "steering wheel" position 5x5
Row 5x5/5
Swing 5x20
6. 1 leg Deadlift 5x5/5
C&P 5x5/5
Squat holding one KB by the horns in the "steering wheel" position 5x5
Snatch- as many as possible in 5:00
7. Row 5x5/5 alternated with
C&P 5x5/5
Rest 2:00
Swing 5x20
8. Row 5x5/5 alternated with
Pushup (any variation) 5x5
Snatch 5x10/10
9. Windmill 3x5/5
Snatch 3x10/10
Hindu squat 3x20
10. Swing 3x25
Burpees (Squat thrust) 3x10
C&P 3x 5/5
Snatch- as many as possible in 3:00

11. Swing- as many as possible in 5:00
Rest 1:00
Squat holding one KB by the horns in the “steering wheel” position- as many as possible in 5:00
Rest 1:00
C&P- as many as possible in 5:00
Rest 1:00
Pushup variation as many as possible in 5:00
Rest 1:00
Snatch- as many as possible in 5:00

12. Turkish Get-up- as many as possible in 5:00
Rest 1:00
Pushup variation as many as possible in 5:00
Rest 1:00
Swing- as many as possible in 5:00
Rest 1:00
C&P- as many as possible in 5:00
Rest 1:00
Hindu squat as many as possible in 5:00
Rest 1:00

13. Double C&P 5x5
Double Row 5x5
Burpee 3x10
Swing 5x20

14. Pullup 5x5
Double C&P 5x5
Hindu Squat 5x20
Snatch 5x10/10

15. Get up 3x3/3
Double Row 3x5
Double Squat 3x5
Swing 5x25

16. Double C&P 5x5
Double Squat 3x5
Double Row 5x5
Snatch 5x10/10

17. Get up 3x3/3
Double Row 3x5
Pushup variation 3x15
Swing 5x25

18. Get up 3x3/3
 - Double Row 3x5
 - Hindu Squat 5x20
 - Snatch 5x10/10

19. Double Windmill (one kb over head, one low) 3x3/3
 - Pushup variation
 - Double Row 3x5
 - Swing 5x25

20. Double C&P 5x5
 - Double Squat 3x5
 - Pullup 5x5
 - Snatch 5x10/10

21. Double C&P 5x5
 - Pullup 5x5
 - Double Squat 3x5
 - Double swing 5x10

22. Windmill 3x5/5
 - Double Snatch 15x5 start at the top of each minute

23. Double clean and squat 10x10 rest 1:00 between sets

24. Burpee 5x10 alternated with
 - Double clean 5x10

25. Double snatch 5x10 alternated with
 - Hindu Squat 5x20 rest :30 between each set

26. Ladders-
 - C&P 5 series of 1,2,3 per side alternated with
 - Pullups 5 series of 1,2,3 per side
 - Reverse lunge 5x 5/5

27. Turkish Get-up 3x5/5
 - Snatch 3x15/15
 - Renegade Row 3x 5/5

28. Double Snatch :30 on/ :30 off for 15:00
 - Hindu squat 3x20

29. Snatch 1:00 right, 1:00 left 1:00 rest repeat a total of 8 times

30. Alternating press 5x5/5

Alternating Row 5x5/5

Double squat 5x5

Snatch 3x15/15

Size and Strength

You can gain considerable size and strength training with heavy kettlebells, particularly if you use a high volume approach. Here are a couple of proven methods for packing the meat onto a scrawny frame.

EDT

EDT (Escalating Density Training) was invented by renowned strength coach Charles Staley. Mike Mahler first introduced me to it as a method for increasing size and strength.

This is how EDT works:

Take two exercises for opposing muscle groups. Alternate between exercises for as many sets as you can in a designated time period, typically 15-20 minutes. Staley refers to this time period as a "PR Zone."

Choose a weight that you can complete ten reps with good form and do multiple sets of three to five for as many sets as possible in each "PR Zone." Keep the rest breaks short in between each set. The idea is to do as many total reps as possible within the PR zone. As long as you are doing more reps at each workout, you will make progress and increase strength and size. So, if you completed forty total reps on the clean and press, your goal for the next EDT workout is to achieve a minimum of forty-one reps.

EDT Option One

Monday & Thursday: Upper Body

PR Zone 1 (20 Minutes)

Double Military Presses

Renegade Rows

Rest 5:00

PR Zone 2 (15 Minutes)

Alternating Presses

Alternating Rows

Rest 2:00

Windmills 2x5

Tuesday & Friday Lower Body

PR Zone 1 (Twenty Minutes)

Double Front Squats

1 leg Deadlift

Rest 5:00

PR Zone 2 (Fifteen Minutes)

Overhead Squats

Double Swings

EDT Option two

Monday & Thursday: Upper Body

PR Zone 1 (20 Minutes)

Double Floor Presses

Bent Rows

Rest 5:00

PR Zone 2 (15 Minutes)

Military Presses

Pullups

Rest 2:00

Windmills 2x5

Tuesday & Friday Lower Body

PR Zone 1 (Twenty Minutes)

Pistols

Double Swings

Rest 5:00

PR Zone 2 (Fifteen Minutes)

Double Front Squats

Overhead Squats

Option Three

Full Body A

PR Zone 1 (20 Minutes)

Double Military Presses

Pullup

Rest 5:00

PR Zone 2 (15 Minutes)

Double Front Squats

Swings

Full Body B

PR Zone 1 (20 Minutes)

Double Floor Presses

Bent row

Rest 5:00

PR Zone 2 (15 Minutes)

Swings

Pistols

High Volume for Mass Gains

German Volume Training (GVT) is another method for size and strength that I learned from Mike Mahler. The idea is to use medium weight and a LOT of reps. Eat a lot and grow.

GVT one (Lower Body)

A-1: Double Front Squat 10x5

B-2: Double Swing 10x5

Alternate between the two exercises and work up to 10x10

Double Windmill 3x5 l,r (left and right)

GVT two (Upper Body)

A-1: Double Military Press 10x5

A-2: Kettlebell Pull-up 10x5

Alternate between the two exercises and work up to 10x10

TGU 3x5 l,r (left and right)

GVT Three (Lower Body)

A-1: Double Front Squat 10x5

B-2: Double KB deadlift 10x5

Alternate between the two exercises and work up to 10x10

Double Windmill 3x5 l,r (left and right)

GVT four (Upper Body)

A-1: Double floor Press 10x5

A-2: Double row 10x5

Alternate between the two exercises and work up to 10x10

TGU 3x5 l,r (left and right)

Stacking

Stacking is a lot like ladders but instead of adding reps of the same exercise, you add another exercise. This is great for endurance and very tough, especially with a heavier weight. Sr. RKC Brett Jones inspired this idea.

1.

Swing :30

Rest :30

Swing :30, squat :30

Rest :30

Swing :30, squat :30, slingshot :30

Rest :30

Swing :30, squat :30, slingshot :30, Clean and press :30 per hand

Rest 1:00 & repeat 3-5 times

Swing :30, squat :30, slingshot :30, Clean and press :30 per hand, row :30 per hand

2.

Rest :30-:90 between rounds

Swings r/l 1:00 (:30/hand)

swings r/l + C&P r/l (:30/hand)

swings r/l + C&P r/l + squat

swings r/l + C&P r/l + squat + row r/l (:30/hand)

swings r/l + C&P r/l + squat + row r/l + slingshot

3.

Rest :30-:90 between rounds

Swing :30

Rest :30

Swing :30, squat :30

Rest :30

Swing :30, squat :30, pushup :30,

Rest :30

Swing :30, squat :30, pushup :30, slingshot :30,

Rest :30

Swing :30, squat :30, pushup :30, slingshot :30, Clean and press :30 per hand

4.

slingshot 1:00

Rest :30

slingshot 1:00, snatch :30 each hand

Rest :30

slingshot 1:00, snatch :30 each hand, C&P :30 each hand

Rest :30

slingshot 1:00, snatch :30 each hand, C&P :30 each hand, squat 1:00

Rest :30
slingshot 1:00, snatch :30 each hand, C&P :30 each hand, squat 1:00, swing
1:00

5.
Clean and press :30 per hand
Rest :30
Clean and press :30 per hand, Swing :30 per hand,
Rest :30
Clean and press :30 per hand, Swing :30 per hand, squat :30,
Rest :30
Clean and press :30 per hand, Swing :30 per hand, squat :30, slingshot :30 each
direction,
Rest :30
Swing :30, squat :30, slingshot :30, Clean and press :30 per hand, slingshot :30
each direction, row :30 per hand
Rest 1:00 & repeat 3-5 times

You can also make the first exercise of the first round be the last exercise of the
last round. I call this reverse stacking.

6.
Swing :30
Rest :30
Squat :30 Swing :30
Rest :30
Slingshot :30, Squat :30, Swing :30,
Rest :30
Clean and press :30 per hand , Slingshot :30, Squat :30, Swing :30
Rest 1:00 & repeat 3-5 times
Row :30 per hand, Clean and press :30 per hand, Slingshot :30, Squat :30,Swing
:30

7.
Clean and press :30 per hand
Rest :30
Swing :30 per hand, Clean and press :30 per hand,
Rest :30
Squat :30, Swing :30 per hand, Clean and press :30 per hand,
Rest :30
Slingshot :30 each direction, Squat :30, Swing :30 per hand, Clean and press :30
per hand
Rest :30
Row :30 per hand, Slingshot :30 each direction, Squat :30, Swing :30, Clean and
press :30 per hand,
Rest 1:00 & repeat 3-5 times

8.

Slingshot 1:00

Rest :30

Snatch :30 each hand, Slingshot 1:00,

Rest :30

C&P :30 each hand, Snatch :30 each hand, Slingshot 1:00,

Rest :30

Squat 1:00, C&P :30 each hand, Snatch :30 each hand, Slingshot 1:00,

Rest :30

Swing 1:00, Squat 1:00, C&P :30 each hand, Snatch :30 each hand, Slingshot

1:00,

Rest 1:00 & repeat 3-5 times

9. Stacking KB & Bodyweight exercises

Swing :30 per hand

Rest :30

Swing :30 per hand, Pushup :30,

Rest :30

Swing :30 per hand, Pushup :30, Hindu Squat :30

Rest :30

Swing :30 per hand, Pushup :30, Hindu Squat :30, Row :30 per hand

Rest :30

Swing :30 per hand, Pushup :30, Hindu Squat :30, Row :30 per hand, Clean and press :30 per hand

10. Reverse stacking and bodyweight exercises

Swing :30 per hand

Rest :30

Pushup :30, Swing :30 per hand,

Rest :30

Hindu Squat :30, Pushup :30, Swing :30 per hand,

Rest :30

Row :30 per hand, Hindu Squat :30, Pushup :30, Swing :30 per hand,

Rest :30

Clean and press :30 per hand, Row :30 per hand, Hindu Squat :30, Pushup :30, Swing :30 per hand

Intervals

Interval training is a tremendous way to build endurance and shed fat. This type of training is quick and extremely effective. It can also be extremely hard. There are many types of intervals, but in this book I am only going to discuss modified variations of the Tabata protocol.

Tabata

The Tabata interval is :20 sprinting, :10 rest repeated a total of 8 times. Do 4 minutes of moderate intensity exercise before and after the 4 minutes of intervals. The whole thing takes 12 minutes. I like to begin with Joint mobility and finish with simply walking.

1. Swings :20 work/:10 rest for 8 rounds
2. Double snatch
3. Snatch
4. High pull
5. Double high pull
6. Double clean
7. Squat and Press (thruster)
8. Double Thruster
9. Clean and squat
10. Double clean and squat
11. Burpee on KB handles to a clean
12. Clean and thruster (Squat and Press)
13. Double clean and thruster

Mixed Tabata

These workouts combine 2 Kettlebell and Bodyweight exercises

1. Swing :20 work/:10 rest
Hindu Squat :20 work/:10 rest, repeat 4 times alternating exercises
2. Double High pull
Burpee
3. Deck Squat
Swing
4. Burpee
Double Clean
5. Double Snatch
Thruster

Circuit Training

Circuit training is a great way to build cardio endurance, muscular endurance and conditioning for any sport. It is also a powerful way to burn fat. Circuit training is especially well suited to kettlebells because you can move seamlessly from one exercise to the next without setting down the weight. Steve Maxwell Sr. RKC is a master at this kind of workout.

There are three ways I approach circuits. I have included samples of all three.

1. Do a pre-determined number of reps of each exercise.
 2. Do an exercise for a pre-determined length of time.
 3. Combine the two methods and do a pre-determined number of reps of each exercise for a pre-determined length of time
-
1. Squat with KB in steering wheel position x5 reps
Clean and press (C&P) x5 reps per side (5/5)
Swing x20
Repeat the entire sequence 5 times, resting 1:00 between rounds
 2. Snatch x10/10
Row x5/5
C&P x5/5
Squat with KB in steering wheel position x5 reps
Do as many rounds a possible in 20:00
 3. Pistol x1/1
C&P x5/5
Swing x25
Rest 1:00, repeat for 5 rounds
 4. Snatch x10/10
Double Squat x 5
C&P x5/5
Repeat as many times as possible in 20:00
 5. Reverse lunge :30 per leg
Slingshot :30 each direction
C&P :30 per side
Swing :30 per hand
Squat with KB in steering wheel position 1:00
Rest 1:00, repeat for a total of 5 rounds
 6. Slingshot :30 each direction
C&P :30 per side
Row :30 per side
Swing :30 per hand
Swing alternating hands each rep :30

2 hand swing :30
Rest 1:00, repeat for a total of 5 rounds

7. Windmill :30 per side
Double squat :30
Snatch :30 per side

8. Snatch x10/10
Double Squat x 5
Windmill x5/5
C&P x5/5
Repeat for as many times as possible in 20:00

9. Snatch x10/10
Reverse Lunge x 5/5
C&P x5/5
Row x5/5
Repeat for as many times as possible in 20:00

10. 1 hand Swing x10/10
Double Squat x 5
Double C&P x5
Alternating Row x5/5
Repeat for as many times as possible in 20:00

11. Reverse lunge :30 per leg
Slingshot :30 each direction
Pushup variation 1:00
Swing :30 per hand
Hindu Squat 1:00
Rest 1:00, Repeat for as many times as possible in 20:00

12. Slingshot :30 each direction
C&P :30 per side
Burpee 1:00
Swing :30 per hand
Double KB Squat 1:00
Rest 2:00, repeat for a total of 5 rounds

13. Reverse lunge :30 per leg
Burpee :30
C&P :30 per side
Snatch :30 per hand
Hindu Squat 1:00
Repeat for as many times as possible in 20:00

14. Row x8/8
Pushup variation x15
Double snatch x10
Repeat for as many times as possible in 20:00

15. C&P x5/5
Pullup x5
Double snatch x10
Hindu squat
Repeat for as many times as possible in 20:00

16. Row x8/8
Pushup variation x15
Snatch x10/10
Burpee x10
Repeat for as many times as possible in 20:00

17. Pullup x5
Double snatch x10
Double squat and press x5
Repeat for as many times as possible in 20:00

18. C&P x5/5
Pullup x5
Swing x20
Pushup variation x15
Repeat for as many times as possible in 20:00

19. Double C&P x5
Pullup x5
Snatch x10/10
Reverse Lunge x5/5
Repeat for as many times as possible in 20:00

20. C&P x5/5
Pullup x5
Double snatch x10
Hindu squat
Repeat for as many times as possible in 20:00

21. Reverse lunge :30 per leg
Burpee :30
C&P :30 per side
Double Snatch :30
Pullup x:30
Repeat for as many times as possible in 20:00

Well, there you go. 101 workouts with no fluff, no filler and no BS. It is now up to you to take this information and get to work forging yourself into a superhero.

I hope you have enjoyed this book and get a lot of painful and productive use from it. I have used all these workouts on either myself or my clients and all have produced results. You must remember, however, that none of these workouts will work if you don't do them.

If you enjoyed this book, have questions about it or about any of my other products, please drop me an email and let me know.

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Train hard and stay safe!

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