

6 Week Kettlebell Shred

Introduction

Welcome to the 6 Week Kettlebell Shred program! As a personal trainer, I initially designed this program for use in a paid small group training class that I was running, but tweaked a few things around so it would be a more individual based program. As such, the program is designed to get progressively more challenging and complex as you progress through the weeks. Primarily the program focuses entirely on kettlebell training, but does include a few barbell movements in the later weeks.

The structure of the program is simple, complete each phase and workout twice before moving on to the next phase. Let's take Phase 1 of the workout plan for example. There are 3 workouts in each phase, and you will complete them all in order. When you finish the first 3 workouts in order, you will then cycle back to the first workout you did and repeat the phase one more time. This way one phase will take you 2 weeks to complete after doing 3 workouts per week, and you will move on to the next phase after two rotations of phase 1.

The ideal way to perform this program is to have at least one day of rest between each work day. One great way to do this is to work out Monday, Wednesday, and Friday, and rest Tuesday, Thursday, Saturday, and Sunday.

The goal of this program is fat loss through varied and constantly changing, high intensity, short duration workouts. However if you are a beginner, you can definitely expect to increase strength using this program as well. Your best bet to getting the most out of this program is to couple it with an excellent and well thought out consistent nutrition plan.

Be sure to track your weights used and the time it takes you to complete the workouts where prompted, as this will help you progress in a clear and defined way. Be safe, train hard, train smart. **Best of luck, and I wish you all the gains you are chasing!**

Phase 1:

Workout 1 / 4:

1. 30-20-10 As Quickly As Possible (AQAP)

Front Squats
Push Press
Deadlift High Pulls

Time completed: _____ Weights: _____

2. Every Minute On the Minute (EMOM) x 10 minutes

10 Kettlebell swings
5 pull ups

3. Standard sets

Face Pulls

Weight: _____

Reps: 12-15 12-15 12-15 (Rest 45 seconds b/t sets)

Plank Step Throughs

3 rounds of 45 seconds (as many rounds as you can get)

Rest 1:00 between rounds

Workout 2 / 5:

1.

TABATA: 20 SECONDS ON, 10 SECONDS OFF FOR 12 ROUNDS OF

Kettlebell Swings (even rounds)

Pass through lunges (odd rounds)

2.

3 ROUNDS OF:

Turkish Get-ups: 5 reps per side

Kettlebell Overhead press: 8-10 reps (one kettlebell in each hand)

Russian twists x :30s

Rest 2:00 before repeating

3.

Standard sets (complete all sets of one exercise before moving to the next)

Single Leg Romanian Deadlifts

Weight: ___ ___ ___

Reps: 8-10 8-10 8-10 (Rest 1 minute b/t sets)

Dumbbell Bench Press

Weight: ___ ___ ___

Reps: 8-10 8-10 8-10 (Rest 1 minute b/t sets)

Workout 3 / 6:

1.

10-1 As quickly as possible

(Perform 10 reps of everything, then 9 reps of everything, etc..)

Alternating Kettlebell floor press (per arm)

Kettlebell snatch (per arm)

Front squat

Time completed: _____ Weights: _____

2.

3 rounds As Quickly As Possible

100 meter farmers carry

400 meter run

1:00 Heels 2 heaven

3.

Standard sets

Kettlebell Deadlift

Weight:

Reps: 10-12 10-12 10-12 (Rest 1:30 b/t sets)

Kettlebell Bent Over Row

Weight:

Reps: 8-10 8-10 8-10 (Rest 1 minute b/t sets)

Phase 2:

Workout 7 / 10:

1.

Every Minute on the Minute for 10 minutes

Kettlebell Front squat x 8 reps

Kettlebell Single Arm Overhead Press x 5 / arm

2.

5 rounds As Quickly As Possible

Kettlebell passthrough lunges x 6 / leg

Kettlebell Single Leg Romanian Deadlifts x 6 / leg

Unweighted pistol squats x 5 / leg

Time completed: _____ Weights: _____

3.

Standard Sets

Face Pulls

Weight: ____ ____ ____

Reps: 12-15 12-15 12-15 (Rest 45 seconds b/t sets)

Marching Planks

3 rounds of 1 minute, with a one minute rest between rounds

Workout 8 / 11:

1.

Kettlebell Deadlifts

Weight: ____ ____ ____

Reps: 10-12 10-12 10-12 (Rest 1:00 b/t sets)

2.

4 rounds As Quickly As Possible:

20 Kettlebell Swings

10 Burpees

400 meter run

Time completed: ____ Weights: ____

3.

3 rounds of:

KB Overhead Press x 10

Bodyweight Dips x 16-20

Workout 9 / 12:

1.

TABATA 20 Seconds On, 10 Seconds off, Sprint work
For 10 rounds, 20 seconds jogging, 10 seconds sprinting

2.

5 rounds for time:

Kettlebell Bent over row x 8 / arm

Kettlebell Snatch x 6 / arm

Push Ups x 20

Time completed: _____ Weights: _____

3.

Turkish Get Ups

Weight: _____

Reps: 5 5 5 (per arm) (Rest 1:00 b/t sets)

Phase 3:

Workout 13 / 16 :

1.

Every Minute on the Minute x 10 minutes

Standing Alternating Kettlebell Overhead press x 6 / arm

5 burpees

Time completed: _____ Weights: _____

2.

10 - 9 - 8 - 7... 1 Kettlebell Swings

1 - 2 - 3 - 4... 10 Barbell Deadlifts

Descending / Ascending Ladder, Reps of Kettlebell swings decrease starting from 10, as reps of barbell deadlifts increase to 10 starting from 1

3. Face Pulls

Weight: _____

Reps: 12-15 12-15 12-15 (Rest 45 seconds b/t sets)

Workout 14 / 17 :

1.

3 Rounds For Time:

400 meter run

10 pull ups

20 push ups

Time completed: _____

2.

Kettlebell Front Squat

Weight: _____

Reps: 6-8 6-8 6-8 (Rest 1:30 b/t sets)

3.

Superset

Kettlebell Single Leg Romanian Deadlift / Alternating Kettlebell Reverse Lunges

Weight: _____

Reps: 8-10 8-10 8-10 (Rest 2 minutes b/t sets)

4.

Marching Planks

3 rounds of 1:00, with a 1:00 rest between rounds

Workout 15 / 18:

1.

TABATA, 20 seconds of work, 10 seconds rest for 12 rounds

Even Rounds - Sprints

Odd Rounds - Burpees

2.

5 Rounds As Quickly As Possible

Kettlebell Deadlift x 15

Turkish Get ups x 5 / arm
Marching planks x 50

Time completed: _____ Weights: _____

3.

Dumbbell Bench Press

Weight: _____

Reps: 8-10 8-10 8-10 (Rest 1 minute b/t sets)