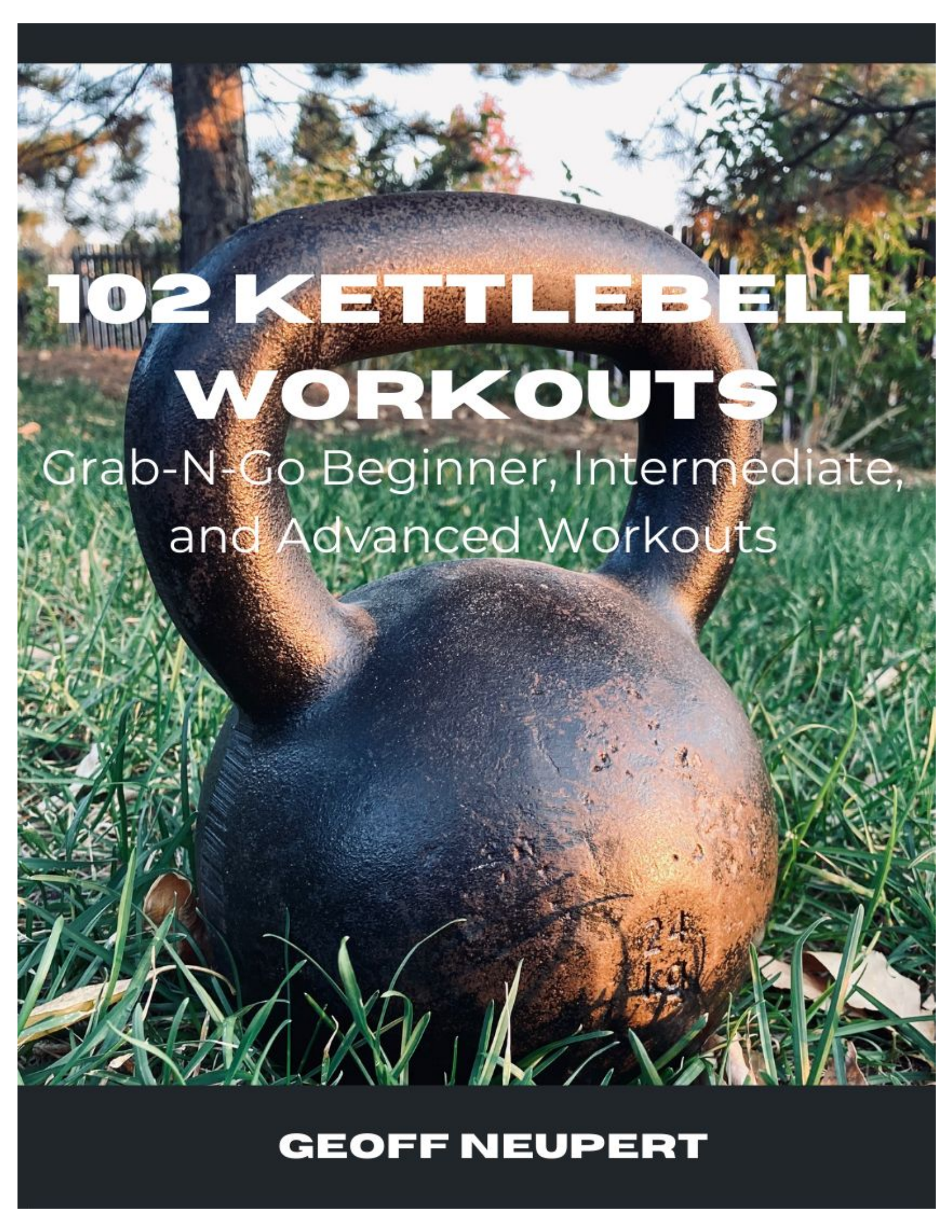




102 KETTLEBELL WORKOUTS

Grab-N-Go Beginner, Intermediate,
and Advanced Workouts

GEOFF NEUPERT

102 KETTLEBELL WORKOUTS

Grab-N-Go Beginner, Intermediate, and Advanced Workouts

Inside, you'll find 102 different kettlebell workouts for all skill levels.

They range from 20 to 30 minutes.

Why so short?

So they get done.

That means for many people, much more than 30 minutes and form starts to degrade and fatigue sets in, both of which can lead to injury.

Furthermore, kettlebells are a "force multiplier." Due to the ballistic nature of exercises like the Swing, Clean, and Snatch, that pass between the legs underneath the body, you can actually do more work in less time when compared to traditional strength training exercises.

For example, if you accelerate a Swing on the way down, you can create or exhibit "virtual force" - the momentary production of more force than the load you're actually using.

My weightlifting coach, Alfonso Duran, had me hold a dumbbell while standing on a scale to explain this phenomenon. First, he had me use a "tempo" - a 4 second negative, followed by a 2 second concentric. The number on the scale didn't change.

Then he had me move the dumbbell as fast as I could. The dial spun quickly to the left as the mass of the dumbbell and my body weighed more due to the force imparted by me on the dumbbell.

This is "virtual force."

Former StrongFirst Instructor Brandon Hetzler has measured this “virtual force” on a force plate as being approximately 10X the weight of the kettlebell - over 500 pounds with a 53 pound kettlebell.

That means, instead of producing 530 pounds of force per set of 10 reps (53 pound kettlebell X 10 reps), you could theoretically produce 5300 pounds of force.

This is critically important to understand and apply because the more force you can produce, the more work you perform.

And the more work you perform in any given workout, the faster you'll get the results you're looking for.

Which brings us to a question:

What Size Kettlebell Should You Use?

Men:

- Rookie - 16kg
- Intermediate - 24kg
- Strong - 32kg+

Women:

- Rookie - 10-12kg
- Intermediate - 14-16kg
- Strong - 16-20kg+

Now, on to the workouts...

SINGLE KETTLEBELL



MINIMALIST PRIME

One kettlebell. One exercise.

1) Swing Hard!, 1.0*

- The 2-Hand Swing
- Set your timer for 20 minutes
- Use a medium kettlebell
- Perform 7 Swings every minute, on the minute

*You can do this with the 1H Swing; just alternate hands on the top of every minute

2) Swing Hard! 2.0*

- Set your timer for 20 minutes
- Use a medium kettlebell
- Use the 2-H Swing
- Perform 10 Swings every minute, on the minute

*You can do this with the 1H Swing; just alternate hands on the top of every minute

3) Swing Hard! 3.0*

- Set your timer for 20 minutes
- Use a heavy kettlebell
- Use the 2-H Swing
- Perform 5 Swings every minute, on the minute

*You can do this with the 1H Swing; just alternate hands on the top of every minute

4) Non-Stop Get Ups

- **The Get Up**
- Set your timer for 15 minutes
- Use a medium kettlebell
- Do as many sets of 1/1 as you can in 15 minutes

5) Descending Hell Get Ups

- **The Get Up**
- Set your timer for 15 minutes
- Use a light to medium kettlebell
- Do as many descending ladders of 5,4,3,2,1 as you can in 15 minutes

- 5,4,3,2,1 = Each hand, so 5+5,4+4,3+3,2+2,1+1
- Rest as much as necessary, and as little as possible between sets

5) The King Sized Killer

- **The Snatch**
- Set your timer for 20 minutes
- Use a “heavy-ish” kettlebell
- Perform ladders of 1,2,3,4,5
- Do as many sets as you can in the 20 minute time period
- Rest as much as necessary and as little as possible between sets

6) The King Sized Killer 2.0

- **The Snatch**
- Set your timer for 20 minutes
- Use a “heavy-ish” kettlebell
- Perform sets of 5
- Do as many sets as you can in the 20 minute time period
- Rest as much as necessary and as little as possible between sets

7) The King Sized Killer 3.0

- **The Snatch**
- Set your timer for 20 minutes
- Find your Rep Max (RM) using a medium kettlebell
- Do one side then the other, without rest
- Rest 5 minutes
- Perform sets with 50% of that RM for the next 15 minutes, resting as needed between sets
- Rest as much as necessary and as little as possible between sets

8) The Long Cycle (Of Death...)

- **Use the 1H Clean + Jerk**
- Set your timer for 20 minutes

- Use a “comfortably heavy” kettlebell
- Perform ladders of 1,2,3,4,5, with no rest between sides... so 1+1, rest, 2+2, rest... and so on...
- Rest as much as necessary and as little as possible between sets

9) The Long Cycle (Of Death...) 2.0

- **Use the 1H Clean + Jerk**
- Set your timer for 20 minutes
- Use a medium sized kettlebell
- Perform sets of 10 with no rest between sides... so 10+10 then rest...
- Rest as much as necessary and as little as possible between sets

10) The Long Cycle (Of Death...) 3.0

- **Use the 1H Clean + Jerk**
- Set your timer for 20 minutes
- Find your Rep Max (RM) using a medium kettlebell
- Do one side then the other, without rest
- Rest 5 minutes
- Perform sets with 50% of that RM for the next 15 minutes, resting as needed between sets



11) The Giant

- **Use the 1H Clean + Press**
- Set your timer for 20 minutes
- Use a “moderately heavy” kettlebell
- Perform ladders of 1,2,3,4,5, with no rest between sides... so 1+1, rest, 2+2, rest... and so on...
- Perform as many sets as possible in the given time frame
- Rest as much as necessary and as little as possible between sets

12) Carry Me 1

- **The Suitcase Carry** (Hold a kettlebell in one hand by the side of your body like a suitcase)
- Set your timer for 20 minutes
- Walk 40 yards/meters non-stop carrying a moderately heavy kettlebell
- Change hands, and walk back
- Do this as many times as you can in 20 minutes
- Rest as much as necessary and as little as possible between sets

13) Carry Me 2

- **The Rack Carry** (Hold a kettlebell on 1 side of your body in the rack position)
- Set your timer for 20 minutes
- Walk 40 yards/meters non-stop carrying a moderately heavy kettlebell
- Change sides, and walk back
- Do this as many times as you can in 20 minutes
- Rest as much as necessary and as little as possible between sets

14) Carry Me 3

- **The Overhead Carry** (Hold a kettlebell on 1 side of your body in the overhead position)
- Set your timer for 20 minutes
- Walk 40 yards/meters non-stop carrying a moderately heavy kettlebell
- Change sides, and walk back
- Do this as many times as you can in 20 minutes
- Rest as much as necessary and as little as possible between sets

15) The BUP

- **The Bottom's Up Press**
- Use a medium sized kettlebell
- Perform ladders of 1,2,3, resting between sides... so 1+1, rest, 2+2, rest... and so on...
- Rest as necessary, but not too little

16) Front Squat Madness, Light

- **The Single KB Front Squat**
- Use a “moderately heavy” kettlebell
- Perform ladders of 1,2,3,4,5, with no rest between sides... so 1+1, rest, 2+2, rest... and so on...
- Rest as much as necessary and as little as possible between sets

MIXED BAG

One Kettlebell. Two Exercises. Grind. Ballistic.

17) MB 1

A1. 2H Swing x 10

A2. Get Up x 1,1

- Set your timer for 20 minutes
- Alternate sets of A1 and A2
- Rest as much as necessary and as little as possible between sets

18) MB 2

A1. 2H Swing x 10

A2. Goblet Squat x 5

- Use a medium size kettlebell
- Set your timer for 20 minutes
- Alternate sets of A1 and A2
- Rest as much as necessary and as little as possible between sets

19) MB 2, Hard

A1. 2H Swing x 20

A2. Goblet Squat x 10

- Use a medium size kettlebell
- Set your timer for 20 minutes
- Alternate sets of A1 and A2
- Rest as much as necessary and as little as possible between sets

20) MB 3

A1. 1H Swing **x 10,10**

A2. Press **x 5,5**

- Use a medium size kettlebell
- Set your timer for 20 minutes
- Alternate sets of A1 and A2
- Rest as much as necessary and as little as possible between sets



21) MB 4

A1. Single KB Front Squat **x 5,5**

A2. Snatch **x 10,10**

- Use a medium size kettlebell

- Set your timer for 20 minutes
- Alternate sets of A1 and A2
- Rest as much as necessary and as little as possible between sets

22) MB 5

A1. Single KB Front Squat x 5,5

A2. Push Press x 5,5

- Use a medium size kettlebell
- Set your timer for 20 minutes
- Alternate sets of A1 and A2
- Rest as much as necessary and as little as possible between sets

23) MB 5, Hard

A1. Single KB Front Squat x 5,5

A2. Push Press x 10,10

- Use a medium size kettlebell
- Set your timer for 20 minutes
- Alternate sets of A1 and A2
- Rest as much as necessary and as little as possible between sets

24) MB 5, Harder

A1. Single KB Front Squat, L x 5,5

A2. Push Press, L x 10,10

A3. Single KB Front Squat, R x 5

A4. Push Press, R x 10

- Use a medium size kettlebell
- Set your timer for 20 minutes

- Perform a set of A1, followed by A2, then A3, followed by A4
- Rest as much as necessary and as little as possible between sets

25) MB 6

A1. Snatch **x 5,5**

A2. Press **x 5,5**

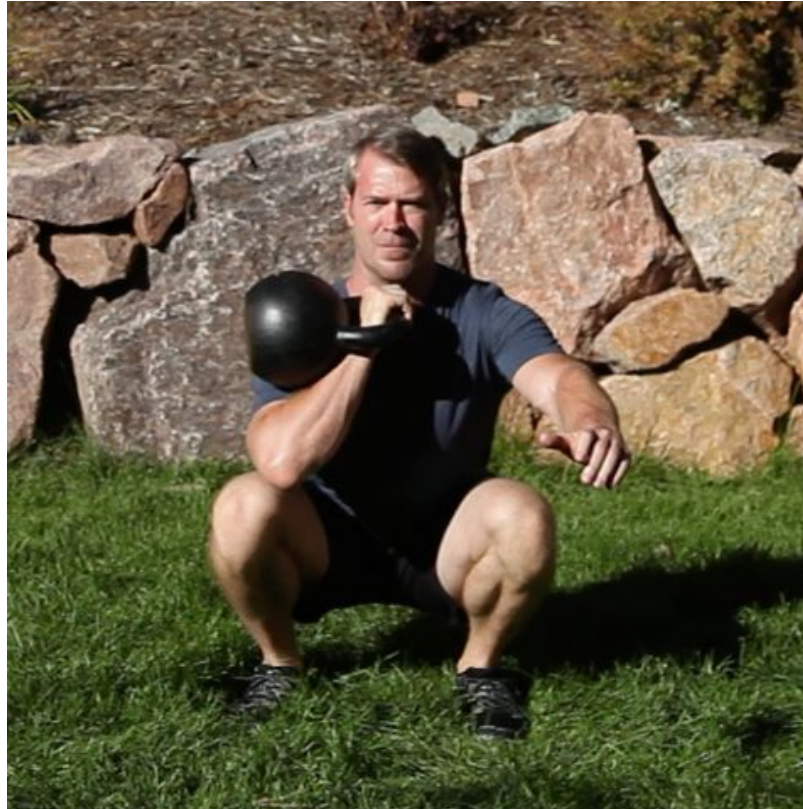
- Use a medium size kettlebell
- Set your timer for 20 minutes
- Alternate sets of A1 and A2
- Rest as much as necessary and as little as possible between sets

26) MB 6, Hard

A1. Snatch **x 10,10**

A2. Press **x 5,5**

- Use a medium size kettlebell
- Set your timer for 20 minutes
- Alternate sets of A1 and A2
- Rest as much as necessary and as little as possible between sets



CIRCUITS.

One Kettlebell. Multiple Exercises.

27) The Fundamental 3

- | | |
|-------------------------|--------------|
| A1. Goblet Squat | x 5 |
| A2. Get Up | x 1,1 |
| A3. 2H Swing | x 10 |

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Alternate sets of A1 and A2
- Rest as much as necessary and as little as possible between sets

28) The Fundamental 3, Hard

A1. Goblet Squat x 10
A2. Get Up x 2,2
A3. 2H Swing x 20

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Alternate sets of A1 and A2
- Rest as much as necessary and as little as possible between sets

29) The BIG 6

A1. Goblet Squat x 5
A2. Get Up x 1,1
A3. 2H Swing x 10
A4. Clean x 10,10
A5. Press x 5,5
A6. Snatch x 10,10

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Rest as much as necessary and as little as possible between sets

30) The BIG 6, HARD

A1. Goblet Squat x 10
A2. Get Up x 2,2
A3. 2H Swing x 20
A4. Clean x 10,10
A5. Press x 5,5
A6. Snatch x 10,10

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Rest as much as necessary and as little as possible between sets

31) The Half Olympic, Light

A1. Clean x 5,5
A2. Front Squat x 5,5
A3. Press x 5,5

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Rest as much as necessary and as little as possible between sets

32) The Half Olympic, Light 2

A1. Clean x 5,5
A2. Front Squat x 5,5
A3. Push Press x 5,5

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Rest as much as necessary and as little as possible between sets

33) The Half Olympic, Light 3

A1. Clean x 5,5
A2. Front Squat x 5,5
A3. Jerk x 5,5

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Rest as much as necessary and as little as possible between sets

COMBOS

One Kettlebell. Multiple Exercises. Zero Rest.

Each of these workouts is performed either as a **Complex**, or a **Chain** - your choice.

A Complex: A series of compound exercises performed sequentially with the same weight (kettlebell) and without rest. All the reps for one exercise are completed before moving on to the next exercise in the sequence.

A Chain: A series of compound exercises performed sequentially with the same kettlebell in which each exercise is performed once before the sequence is started again. Each time the sequence is performed is considered one repetition.

For single kettlebell combos, perform all the exercises on your non-dominant arm first, then switch your dominant arm.

34) The [Half] Olympic

Clean + Front Squat + Press

- Use a medium size kettlebell - one you can Press about 10 times each hand without putting the bell down
- Set your timer for 20 minutes
- Perform sets of 5
- Rest as much as necessary and as little as possible between sets

35) The [Half] Olympic, Ladder

Clean + Front Squat + Press

- Use a medium size kettlebell - one you can Press about 10 times each hand without putting the bell down
- Set your timer for 20 minutes
- Perform ladders of 2,3,5... OR... 2,4,6,8... OR... 3,5,7... OR... 5,7,8...
- Rest as much as necessary and as little as possible between sets

36) The [Half] Olympic 2

Clean + Front Squat + Push Press

- Use a medium size kettlebell - one you can Push Press about 10 times each hand without putting the bell down
- Set your timer for 20 minutes
- Perform sets of 5
- Rest as much as necessary and as little as possible between sets

37) The [Half] Olympic 2, Ladder

Clean + Front Squat + Push Press

- Use a medium size kettlebell - one you can Push Press about 10 times each hand without putting the bell down
- Set your timer for 20 minutes
- Perform ladders of 2,3,5... OR... 2,4,6,8... OR... 3,5,7... OR... 5,7,8...
- Rest as much as necessary and as little as possible between sets

38) The [Half] Olympic, 3

Clean + Front Squat + Jerk

- Use a medium size kettlebell - one you can Jerk about 10 times each hand without putting the bell down
- Set your timer for 20 minutes
- Perform sets of 5
- Rest as much as necessary and as little as possible between sets

38) The [Half] Olympic, 3, Ladder

Clean + Front Squat + Jerk

- Use a medium size kettlebell - one you can Jerk about 10 times each hand without putting the bell down
- Set your timer for 20 minutes
- Perform ladders of 2,3,5... OR... 2,4,6,8... OR... 3,5,7... OR... 5,7,8...
- Rest as much as necessary and as little as possible between sets

39) King-Sized Combo 1

Snatch + Press + Front Squat

- Use a medium size kettlebell - one you can Snatch about 10 times each hand without putting the bell down
- Set your timer for 20 minutes
- Perform sets of 5
- Rest as much as necessary and as little as possible between sets

40) King-Sized Combo 2

Snatch + Front Squat + Press

- Use a medium size kettlebell - one you can Snatch about 10 times each hand without putting the bell down
- Set your timer for 20 minutes
- Perform sets of 5
- Rest as much as necessary and as little as possible between sets

41) Going Ballistic

Swing + Clean + Snatch

- Use a medium size kettlebell - one you can Snatch about 10 times each hand without putting the bell down
- Set your timer for 20 minutes
- Perform sets of 5
- Rest as much as necessary and as little as possible between sets

42) Going Ballistic 2

Swing + Clean + High Pull + Snatch

- Use a medium size kettlebell - one you can Snatch about 10 times each hand without putting the bell down
- Set your timer for 20 minutes
- Perform sets of 5
- Rest as much as necessary and as little as possible between sets

43) Going Ballistic 3

Swing + High Pull + Push Press + Snatch

- Use a medium size kettlebell - one you can Snatch about 10 times each hand without putting the bell down
- Set your timer for 20 minutes
- Perform sets of 5
- Rest as much as necessary and as little as possible between sets

44) Going Ballistic 4

Swing + High Pull + Snatch + Push Press

- Use a medium size kettlebell - one you can Snatch about 10 times each hand without putting the bell down
- Set your timer for 20 minutes
- Perform sets of 5
- Rest as much as necessary and as little as possible between sets



KETTLEBELL & BODYWEIGHT

One Kettlebell. Your Body.

45) Total Body Smoker 1

A1. 2H Swing x 10

A2. Push Up x 10

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Alternate between A1 and A2
- Rest as much as necessary and as little as possible between sets

46) Total Body Smoker 2

A1. 2H Swing

A2. Push Up

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Alternate between A1 and A2
- Use Ladders
 - Swing - 10,20,30
 - Push Ups - 10,15,20
- Do as many ladders as possible
- Rest as much as necessary and as little as possible between sets

47) Total Body Smoker 3

A1. 2H Swing

A2. Push Up

- Use a medium size kettlebell

- Set your timer for 20-30 minutes
- Alternate between A1 and A2
- Use Pyramid
 - Swing - 10,20,30,20,10
 - Push Ups - 10,15,20,15,10
- Do as many pyramids as possible
- Rest as much as necessary and as little as possible between sets

48) Total Body Smoker 4

A1. 2H Swing x 10

A2. Pull Up / Chin Up x 5

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Alternate between A1 and A2
- Rest as much as necessary and as little as possible between sets

49) Total Body Smoker 5

A1. 2H Swing

A2. Pull Up / Chin Up

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Alternate between A1 and A2
- Use Ladders
 - Swing - 10,20,30
 - Pull Up / Chin Up - 1,2,3 or 2,3,5 (depending on strength levels)
- Do as many ladders as possible
- Rest as much as necessary and as little as possible between sets

50) Total Body Smoker 6

A1. 2H Swing

A2. Pull Up / Chin Up

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Alternate between A1 and A2
- Use Pyramid
 - Swing - 10,20,30,20,10
 - Pull Up / Chin Up - 1,2,3,2,1 or 2,3,5,3,2 (depending on strength levels)
- Do as many pyramids as possible
- Rest as much as necessary and as little as possible between sets

51) Total Body Smoker 7

A1. 2H Swing x 10

A2. Parallel Dips x 5-10

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Alternate between A1 and A2
- Rest as much as necessary and as little as possible between sets

52) Total Body Smoker 8

A1. 2H Swing

A2. Parallel Dips

- Use a medium size kettlebell

- Set your timer for 20-30 minutes
- Alternate between A1 and A2
- Use Ladders
 - Swing - 10,20,30
 - Parallel Dips - 3,5,7 or 5,10,15 (depending on your strength levels)
- Do as many ladders as possible
- Rest as much as necessary and as little as possible between sets

53) Total Body Smoker 9

A1. 2H Swing

A2. Parallel Dips

- Use a medium size kettlebell
- Set your timer for 20-30 minutes
- Alternate between A1 and A2
- Use Pyramid
 - Swing - 10,20,30,20,10
 - Parallel Dips - 3,5,7,5,3 or 5,10,15,10,5 (depending on your strength levels)
- Do as many pyramids as possible
- Rest as much as necessary and as little as possible between sets

54) Upper Body Blast

A1. Clean + Press, L,R

A2. Chin Ups

- Use a 5-6RM (Rep Max) kettlebell
- Set your timer for 20-30 minutes
- Alternate between A1 and A2
- Perform ladders of 1,2,3 of each exercise
- Do as many ladders as possible

- Rest as much as necessary and as little as possible between sets

DOUBLE KETTLEBELL.



Use the following lifts:

Double Swing
Double Press
Double Clean
Double Front Squat
Double High Pull
Double Snatch
Double Push Press
Double Jerk

Here's a quick tutorial on how to perform these exercises correctly and safely:

<https://chasingstrength.com/video/double-kettlebell-exercises>

MINIMALIST SUPREME.

Two Kettlebells. One Exercise.

BEYOND THE BASICS

55) Swing Harder!

- **The Double Kettlebell Swing**
- Set your timer for 20 minutes
- Use a pair of medium kettlebells
- Perform 5 Swings every minute, on the minute

56) Swing Harder! 2

- **The Double Kettlebell Swing**
- Set your timer for 20 minutes
- Use a pair of medium kettlebells
- Perform 7 Swings every minute, on the minute

56) Swing Harder! 3

- **The Double Swing**
- Set your timer for 20 minutes
- Use a pair of medium kettlebells
- Perform 10 Swings every minute, on the minute

58) The DFSQ

- **Double Front Squat**
- Use a heavy pair of kettlebells
- Set your timer for 20 minutes

- Perform as many sets of 3, 4, or 5 reps as you can in time frame
- Rest as much as necessary and as little as possible between sets

59) The DCL 1

- **Double Clean**
- Use a moderately heavy pair of kettlebells
- Set your timer for 20 minutes
- Perform as many sets of 5 reps as you can in time frame
- Rest as much as necessary and as little as possible between sets

60) The DCL 2

- **Double Clean**
- Use a moderately heavy pair of kettlebells
- Set your timer for 20 minutes
- Perform as many sets of 10 reps as you can in time frame
- Rest as much as necessary and as little as possible between sets

61) The DMP

- **The Double [Military] Press**
- Use a moderately heavy pair of kettlebells
- Perform a rep max (RM)
- Write that number here: _____
- Rest 5 minutes
- Set your timer for 20 minutes
- Perform ladders with 33%, 50%, and 66% of your RM
- Do as many ladders as possible in the 20 minute time frame

62) Carry On! 1 - The Farmer

- Carry a pair of kettlebells by your side (a.k.a. “The Farmer’s Carry”)

- Use a pair of moderately heavy kettlebells
- Set your timer for 20 minutes
- Set a distance of 100 yards
- See how much distance you can carry your kettlebells in the given time period

63) Carry On! 2 - The Rack

- Carry a pair of kettlebells in the Rack (a.k.a. “The Rack Carry”)
- Use a pair of moderately heavy kettlebells
- Set your timer for 20 minutes
- Set a distance of 100 yards
- See how much distance you can carry your kettlebells in the given time period



DOUBLE KETTLEBELL SUPERSETS & CIRCUITS.

Two Kettlebells. Multiple Exercises.

64) G&B (Grind & Ballistic) Superset 1

A1. Double FSQ x 5
A2. Double Swing x 10

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

65) G&B 2

A1. Double Press x 5
A2. Double Swing x 10

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

66) G&B 3

A1. Double Press x 5
A2. Double Clean x 10

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

67) G&B 4

A1. Double FSQ x 5
A2. Double Clean x 10

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

68) G&B 5

A1. Double Press x 5
A2. Double Snatch x 5

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

69) 2G (Double Grind) 1

A1. Double Press x 5
A2. Double FSQ x 5

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

70) 2G 2

A1. Double Press x 5

A2. Renegade Row x 5

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

71) 2G 3

A1. Double FSQ x 5

A2. Renegade Row x 5

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

72) 2B (Double Ballistic) 1

A1. Double Swing x 5

A2. Double Clean x 5

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

73) 2B (Double Ballistic) 2

A1. Double Swing x 5

A2. Double High Pull x 5

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

74) 2B (Double Ballistic) 3

A1. Double Swing x 5

A2. Double Snatch x 5

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

75) 2B (Double Ballistic) 4

A1. Double Clean x 5

A2. Double Push Press x 5

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

76) 2B (Double Ballistic) 5

- A1. Double Clean** **x 5**
A2. Double Jerk **x 5**

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

77) Super Circuit 1

- A1. Double Clean** **x 5**
A2. Double FSQ **x 5**
A3. Double Press **x 3**

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

78) Super Circuit 2

- A1. Double Clean** **x 5**
A2. Double FSQ **x 5**
A3. Double Push Press **x 5**

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

79) Super Circuit 3

A1. Double Clean x 5
A2. Double FSQ x 5
A3. Double Jerk x 5

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary



80) Super Circuit 4

- | | |
|--------------------------|------------|
| A1. Double Snatch | x 5 |
| A2. Double FSQ | x 5 |
| A3. Double Press | x 5 |

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

81) Super Circuit 5

- | | |
|-------------------------|------------|
| A1. Double FSQ | x 5 |
| A2. Double Swing | x 5 |
| A3. Double Press | x 5 |

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

82) Super Circuit 6

- | | |
|-------------------------|------------|
| A1. Double Swing | x 5 |
| A2. Double FSQ | x 5 |
| A3. Double Clean | x 5 |
| A4. Double Press | x 5 |

- Use medium-heavy pair of kettlebells
- Set your timer for 30 minutes
- Do as many sets as you can

- Rest as much as possible between sets, and as little as necessary

83) Super Circuit 7

A1. Double Swing	x 5
A2. Double FSQ	x 5
A3. Double Clean	x 5
A4. Double Push Press	x 5

- Use medium-heavy pair of kettlebells
- Set your timer for 30 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

84) Super Circuit 8

A1. Double FSQ	x 5
A2. Double Swing	x 5
A3. Double Press	x 5
A4. Double Snatch	x 5

- Use medium-heavy pair of kettlebells
- Set your timer for 30 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

85) Super Circuit 9

A1. Double Clean	x 5
A2. Double Press	x 5
A3. Double Snatch	x 5

A4. Double FSQ **x 5**

- Use medium-heavy pair of kettlebells
- Set your timer for 30 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

86) Super Circuit 10

A1. Double Clean **x 5**

A2. Double Press **x 5**

A3. Double Snatch x 5

A4. Double FSQ x 5

A5. Double Push Press **x 5**

- Use medium-heavy pair of kettlebells
- Set your timer for 30 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

87) Super Circuit 11

A1. Double Clean **x 5**

A2. Double FSQ x 5

A3. Double Push Press x 5

A4. Double FSQ x 5

A5. Double Snatch **x 5**

- Use medium-heavy pair of kettlebells
- Set your timer for 30 minutes
- Do as many sets as you can

- Rest as much as possible between sets, and as little as necessary

88) Super Circuit 12

A1. Double Swing	x 5
A2. Double Clean	x 5
A3. Double Push Press	x 5
A4. Double High Pull	x 5
A5. Double Snatch	x 5

- Use medium-heavy pair of kettlebells
- Set your timer for 30 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

89) Super Circuit 13

A1. Double Swing	x 5
A2. Double Clean	x 5
A3. Double Push Press	x 5
A4. Double High Pull	x 5
A5. Double Snatch	x 5
A6. Double Jerk	x 5

- Use medium-heavy pair of kettlebells
- Set your timer for 30 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary



DOUBLE KETTLEBELL & BODYWEIGHT.

Two Kettlebells. One Body.

90) 2KBB 1

A1. Double FSQ **x 1,2,3,4,5**

A2. Pull Ups **x 1,2,3,4,5**

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

91) 2KBB 2

A1. Double Press **x 1,2,3,4,5**

A2. Pull Ups **x 1,2,3,4,5**

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

92) 2KBB 3

A1. Double Push Press **x 2,4,6,8**

A2. Pull Ups **x 2,4,6,8**

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

93) 2KBB 4

A1. Double Snatch **x 1,2,3**

A2. Parallel Dips **x 2,3,5**

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

94) 2KBB 5

A1. Double Swings x 10

A2. Push Ups x 10

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

DOUBLE KETTLEBELL COMPLEXES

2 Kettlebells. Multiple Exercises. Breathless. Sweaty. (Pumped).

95) King-Sized Combo 3

Snatch + Press + Front Squat

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Perform sets of 3
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

96) King-Sized Combo 4

Snatch + Front Squat + Press

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Perform sets of 3

- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

97) King-Sized Combo 5

Snatch + Front Squat + Push Press

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Perform sets of 5
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

98) King-Sized Combo 6

Snatch + Front Squat + Jerk

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Perform sets of 5
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

99) The Olympic

Clean + Front Squat + Press

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Perform sets of 5

- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

100) The Olympic 2

Clean + Front Squat + Push Press

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Perform sets of 5
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

101) The [TRUE] Olympic

Clean + Front Squat + Jerk

- Use medium-heavy pair of kettlebells
- Set your timer for 20 minutes
- Perform sets of 5
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

102) The Real Muscle-Building Fat-Burner (Light)

Clean + Jerk

- Use medium pair of kettlebells
- Set your timer for 20-30 minutes
- Perform sets of 10

- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

103) The Real Muscle-Building Fat-Burner (Light)

Clean + Push Press

- Use medium pair of kettlebells
- Set your timer for 20-30 minutes
- Perform sets of 10
- Do as many sets as you can
- Rest as much as possible between sets, and as little as necessary

WHO IS THIS GUY WRITING THESE WORKOUTS?



This guy is Geoff Neupert. That's him in the back row on the left after teaching his *Kettlebell STRONG!* Workshop in Singapore.

And why is he writing about himself in the third person?

I have no idea. I guess that's supposed to be what "professionals" do.

Anyway, thanks for downloading and reading this report. I hope it gave you some ideas and you find these workouts challenging and fun.

I know I have. And so have my clients and customers since January 2002 when I first started using kettlebells. I immediately recognized their value because of their similarity to Olympic Weightlifting, which was my second sport of choice. (Wrestling was my first.)

I was a U.S. National Championships qualifier and state champion, and kettlebells gave me a way to introduce the benefits (and more) of Olympic lifting to my personal training clients, without having to focus so much on technique.

I then got certified as a RKC (Russian Kettlebell Challenge) Kettlebell Instructor in 2005 and later in 2010, became a Master Instructor and taught others all around the world how to become kettlebell instructors too.

In 2012 I became the second StrongFirst Certified Master [Kettlebell] Instructor and their Education Manager until 2014 when I resigned both positions to focus and grow Original Strength Systems, which I co-founded with Tim Anderson.

Essentially, I've had the good fortune to train folks from all walks of life, on 5 of the 7 continents, using kettlebells and traditional methods - middle school, high school, college, semi-pro, and pro athletes... Arthritic grandmothers... and members of the US military's special forces community and everyone in between.

If you have any questions, feel free to email me at:
support@chasingstrength.com.

And there are more kettlebell workout resources for you on the next page.

RESOURCES

Kettlebell Workout Videos (My YouTube Channel):

<https://www.youtube.com/user/GeoffNeupert>

Kettlebell Training Ideas & Concepts (My Old YouTube Channel):

<https://www.youtube.com/user/kettlebellsecrets>

Kettlebell & Strength Training Musings:

www.ChasingStrength.com