

Kettlebell Endurance Program

Increase the number of repetitions for these exercises, since what you're really working here is endurance. Get a heavier kettlebell when you wish to make it more intense, since you are already probably able to double digit repetitions for each of your sets.

Mix up your kettlebell weights depending on which left you want to stress the most, and start some of these exercises at lower rep counts if you can't manage them at first. Safe is better than injured.

| Mon. | Wed. | Fri. |
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| Kettlebell Turkish Get-up 10 10 | Kettlebell Snatch 50 50 | Kettlebell Turkish Get-up 10 10 |
| K. Swing 55 55 | K. Clean and Press 20 20 | K. Swing 60 60 |
| K. Press 20 20 | K. Turkish Get-Up 10 To Failure | K. Press 20 20 |
| K. Clean and Press 9 To Failure | | K. Clean and Press 9 To Failure |