

Kettlebell Strength Program

Increase the number of repetitions for these exercises till you are easily doing double digits for each exercise. Then, get a heavier kettlebell.

Mon.	Wed.	Fri.
Kettlebell Turkish Get-up 5 5	Kettlebell Turkish Get-up 5 To Failure	Kettlebell Turkish Get-up 6 6
K. Press 5 5	K. Clean and Press 5 5 5	K. Press 6 6
K. Clean and Press 6 6 To Failure	K. Swing 20 20 20	K. Clean and Press 7 7 To Failure