

Kettlebell Program

Start your workout with a 35lb. kettlebell. At this weight, work on increasing the reps till you're easily in the double digits for all of your lifts. Then, get a heavier kettlebell and **keep lifting**. Be sure to do all the one-arm exercises on **both arms**, which means you'll do many of these sets twice.

Mon.	Wed.	Fri.
Kettlebell Swings 30 30	Kettlebell Swings 35 35	Kettlebell Swings 30 30 20
Kettlebell Press 6 8 6	Kettlebell Clean 6 6 6	Kettlebell Press 7 8 7
Kettlebell Turkish Get-up 4 4	Kettlebell Turkish Get-up 4 5	Kettlebell Turkish Get-up 4 5