

Home Kettlebell workout

1. Designate a 3' x 3' space where you will be training. If that seems too small make it 1 meter x 1 meter.

2. Make sure you don't have toddlers or animals that can get in the way. Toddlers and animals can be hurt by anything swinging, especially a kettlebell.

3. Get a cheap timer or use your phone's timer for timed drills.

If you have a jumprope and Indian Clubs... warm up with them for the joint mobility and 2-3 minutes each. If you don't, do some basic joint mobility Wrist Rolls, elbow rotations, shoulders rotations, head and neck turns and extensions and flexions to warm that up, trunk rotations, hip rotations, knee rotations, ankle rotations.

Then... jump rope for 2-3 minutes.

Drill #1 (1 min Right / 1 min Left) 1 handed Swing.

rest 1 minute

Drill #2 (1 min Right / 1 min Left) 1 handed Clean.

rest 1 minute

Drill #3 (1 min Right / 1 min Left) Half Snatch

rest 1 minute

Drill #4 (1 min Right / 1 min Left) Snatch

rest 1 minute

Drill #5 (1 min Right / 1 min Left) Strict Press

rest 1 minute

Drill #6 (1 min Right / 1 min Left) Push Press

rest 1 minute

Drill #7 (1 min Right / 1 min Left) Jerk

rest 1 minute

Drill #8 (1 min Right / 1 min Left) Bottom Up Clean

rest 1 minute

Drill #9 (1 min Right / 1 min Left) Bottom Up Press

rest 1 minute

Drill #10 (1 min Right / 1 min Left) Bottom Up Clean and Press

rest 1 minute

Drill #11 4 mins (Alternate every min) Snatch

rest 1 minute

Drill #12 4 mins (Alternate every min) Jerk

rest 1 minute

Drill #13 2 handed Quarter Swing Catch and Squat (try to go butt to the floor) 20 reps

rest 1 minute

Drill #14 30 Crunches

total work is 30 minutes plus 14 minutes of Rest. Total time 44 minutes.

If you do not know how to perform a certain skill, replace it with one that you know. In other words.. if you do NOT know how to Jerk... substitute with Push Press. If you do NOT know how to Snatch... substitute with Cleans.

If you do not know any other skills other than the 1 handed swing.... do 6 minutes of 1 handed Swings (alternating every minute) and then do 3 rounds of that. That's a total of 18 minutes of Swings and that's probably 17 minutes of Swings more than anyone else will do.

Good Luck and have fun sweating all over the place.

Moses is the creator of the Youth Kettlebell Sport kettlebells that run from 2kg ,4kg and 6kg. Kettlebells that actually fit younger kids .

Check them out here https://www.usaykbs.org/affiliate-mainsite?affiliate_id=2271794

Kettlebell sport is growing in popularity and its great to get kids involved but even better that the tools fit them to not cause injury.

He is also the head coach of Kettlebell Sanctuary in Las Vegas.