

## KB ONLY MUSCLE GAIN VOL 2

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Created by Joe Daniels

Swing This KB Club

### FOCUS

Slightly more Lower Body than KBOMG vol 1

muscle density

recomp

strength

### MOBILITY EXERCISES

Choose 1 to 2 that fits best for you as a warmup  
preworkout

### SYNOVIAL SUPPORT

[Follow Video](#)

[Stick Mobility 5 minutes](#)

[Playlist](#)

[Athletic Yoga Flow 1](#)

Click underline above for video

### WEEK 1 TALKTHROUGH!!!!

HEAVY KB WORK

MAIN KETTLEBELL WORK

REST is always as needed

if not timed sets. I prefer to use HR

and start when around 60t o 65% max

### FINISHERS

#### LINKS/ DISCOUNTS / NOTES

Get Flexible with Stick Mobility

10% off order

code "kblocker10"

WHOOP : Follow Strain Recomm

very helpful with HRV and Sleep monitor

[Click here to get 1 month free](#)

RP Strength 10% Discount

on Nutritional Templates or APP

code "swing"

Need HEAVIER Cast Iron Bells ?

10% off Great Lakes Giryra (Canada)

code " kblocker"

Heavier Competition KBells

Kettlebell Kings 10% discount

code "kblocker10"

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**Workout A**

notes

SHOULDER CAR's

**TORSO/ Stability**

**DAY 1**

**EVEREST COMPLEX**

4 cycles of DL, Clean, Squat, Jerk, OH Squat= 1 set  
3 sets

bench

**20 MIN CLOCK**

**3 DOUBLE KB SNATCHES TO 1 TGU L/ R**

medium weight example 2x16-20kg

try to go nonstop but REST AS YOUR BODY TELLS YOU

NOT A DBL  
TGU!

Dont overestimate! even 2x16kg will be tough in the end.....

**INVERSE LADDERS-**

**6 Pushups to 1 Renegade Row Rep**

5 pushups to 2 alternated renegade row reps

continue down the ladder to

1 pushup and 6 RR reps total

REST AS NEEDED BETWEEN SETS

COOLDOWN

STRETCH

FOAM ROLL

**Workout B**

notes

REST DAY

RECOMMENDED

HIP MOBILITY 5 min

**HIP/ Speed PULL/ LC**

**DAY 2**

**OUTSIDE LEGS DBL KB SWINGS**

4x 6-8

**20 MIN EMOM DBL LONG CYCLE**

4-5 reps each min

medium weight

If single bell, alternate arms each set  
go heavier if single arm

"LONG CYCLE"  
is Clean and  
Jerk  
in KB terms

**LEG LAVA COMPLEX**

2 rounds

*Inside the Leg Lava complex  
is 4 reps of the Lightning Complex  
which is 1 somersault squat to  
1 romanian deadlift.*

PRONE DEEP BREATHING

COOLDOWN 5 min

**Workout C**

notes

SHOULDER CAR's

**HEAVY LEGS/ Press**

**DAY 3**

**DBL KB RACK SQUATS**

4x 6-8

**TYLER'S "W" COMPLEX**

AMRAP in 30 seconds

1 min rest, 3-4 rounds

**DBL KB SHOULDER PRESS DROPSET**

1a. Heavy Clean to Push Press x 2 reps

1b. Clean to Strict press x 8 reps

6 sets

**THE EXTINGUISHER**

Deadstop swings 5 to 1 / 5 somersault squats

Ex set 1 is 5 swings then 5 SS

set 2 is 4 swings then 5 SS

finish down to 1 swing and 5 SS

**ALTERNATING HANDS KB SWING X 50**

PRONE DEEP BREATHING

COOLDOWN 5 min

**Workout D**

notes

5 Min Hip Mobility light.

**BACK/ Snatch /Accessories**

**DAY 4**

**HEAVY ONE ARM ROW LADDER**

3 sets

( 3 R/L 2 R/L 1 R/L = 1 set)

**DBL BENT OVER ROWS**

5x 8 reps

EMOM X 16

Odd min= 7 lying KB pullovers

Even= Double KB Half Snatches 3-4 reps

Hold by posts  
Bring to rack on  
way down

**SHOULDER OH HOLD STABILITY**

8 MIN CLOCK

hold as long as possible  
rest as little needed  
get as much OH hold in 8 min as possible.

COOLDOWN  
STRETCH  
FOAM ROLL