

Sample 3 Day Swing This Kettlebell Fundamentals PDF

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This is solely focused on LEARNING and simply getting into using kettlebells.

DAY1. Hip Hinge/ Torso Stability/ Glute Engagement Day

[SETTING KB DOWN SAFELY VIDEO \(Watch First\)](#)

A. WARMUP /activation exercises

[Halo](#) x 10 reps each direction

[Cat/ Cow](#) 10-12 breathes with movement. Exhale on Cat , Inhale on Cow

[Birddog](#) 5 e/s (each side)

[Glute Bridge](#) 12-15 reps

Body Weight Squat 8-10 reps

Repeat circuit total of 2x

B.EXERCISE LEARNING (Strength) ALL REST PERIODS ARE AS NEEDED

[Goblet Squat](#) 2x 8 reps

[KB Deadlift \(can use band for extra tension\)](#) 3x 5-6 reps

[Pushups](#) or [TRX Pushups](#) 3x 6-10 from knees are fine too!

[KB Swings](#) 4x 8-10

[KB Single arm Swings](#) 3 x 4-5 e/s

C.CONDITIONING CIRCUIT (If needed and able)

15 sec Jumping Jacks or Fast High Knee March

8-12 KB Swing

5 Pushup

3-5 Situps

rest 1-2 min

before starting next round 3-5 rounds

Cooldown, mindfulness etc.

DAY 2. Pull / Press Mechanics, Torso Stability Day

A.Simple WARMUP / activation exercises

[Slingshot. \(KB pass around the waist\)](#) x 10 reps each direction

Cat/ Cow 10-12 breathes with movement. Exhale on Cat , Inhale on Cow

Birddog 5 e/s (each side)

[Single leg deadlift or standing knee lift and hold.](#) 4-5 e/s

Repeat circuit for total of 2x

B.EXERCISE LEARNING (Strength) ALL REST PERIODS ARE AS NEEDED

[Single arm KB Row](#) 4-5 x5 e/s

[KB 2 Handed Clean](#) 4x 3-4 e/s

[Single arm Strict press or Push press](#) 4x 5-6 reps e/s

[KB Clean \(repetitive\)](#) 4x 5-6 e/s

[Low side Windmill.](#) 3x 2-3 e/s

C.CONDITIONING CIRCUIT (If needed and able)

3 Dead Cleans from between heels e/s
6 KB OH press e/s
6 One Arm KB Row e/s
2 Clean and press e/s
rest 1-2 min
between each circuit

Repeat for total of 2-4 times as needed

Cooldown, mindfulness, etc.

DAY 3. Torso Strength / Hips and Shoulder Mobility Day

A. Simple WARMUP /activation exercises

[Lateral Lunges](#) 6 reps each direction (start in wide stance)

[Cat/ Cow WITH PLANTED SHOULDER ROTATION](#) 10-12 breathes with movement. Exhale on Cat , Inhale on Cow

Birddog 5 e/s (each side)

[Side Plank](#) 15 seconds e/s Can also be done with bent knees for a shorter body length

Single leg deadlift or standing knee lift and hold. 4-5 e/s

Repeat circuit for total of 2x

B. EXERCISE LEARNING (Strength) ALL REST PERIODS ARE AS NEEDED

Goblet Squat 3x 6-10 reps

[TGU Start position Situp](#) (From floor position will end seated with KB overhead) 2x 6 reps e/s

[TGU Hip Bridge](#) 2x 8 reps e/s

[TGU Bridge Kick Through to Kneeling Windmill start position](#) 2x 5 reps e/s

[Kneeling Windmill start to Kneeling Lunge position](#) 2x 5 e/s

[Overhead Reverse Lunges.](#) 2x 3-4 reps e/s

[FULL TGU from Floor and back](#) 3 reps e/s

C. CONDITIONING CIRCUIT (If needed and able)

3 KB single arm swings tp
2 clean and press to
1 Reverse TGU (start from top)
Repeat on other side
rest 1-2 min between circuits
Do between 4 and 8 circuits.

Cooldown, mindfulness, etc.

You could train 2 to 4 days of this per week.
If using 2 days, the next week will start with the 3rd session.
If using 4 days per week, you will start the cycle again on the 4th day.
A few months of this will be very good for you to understand the fundamental movements of using Kettlebells in your exercise program.

Snatches and Jerks are not included as they are more intermediate level.
I recommend not trying snatches until your cleans are proficient and you have good stability overhead.

Its very hard to make weight assumptions for the general population.
A single kettlebell possibly will be too light for lower body work and possibly too heavy for certain overhead work.
Therefore I recommend 2 to 3 kettlebells to start

Option 1. Either a lighter bell such as an 8-12 kg, a medium bell such as a 14-20 and a heavier bell 20 to 28kg to start.

Option 2 is to start with a PAIR of lighter to medium bells and one heavy.
Once you are proficient in single bell form working doubles on presses, cleans etc can be just the challenge you need.

Another option is an adjustable kettlebell that ranges from 8kg to 32 or so.

Take your time.
Train safely, listen to your body and recuperate.
More is not better.
Consistency is key and what sets people apart as far as training for longevity.

I would be happy to help you with more when you are ready, from intermediate to advanced programs such as Kettlebell Hypertrophy or Kettlebell Sport.

Joe Daniels
Swing This Kettlebell Club
Established 2009

Disclaimer:

“It is highly recommended that you have spoken with your doctor or physician about starting this or any exercise program. Use caution when training at all times and we recommend having someone around when you do exercise. Swing This Kettlebell / Joe Daniels/ Daniels Fitness Training LLC cannot be held responsible for injuries you may incur from the use of this program. Heart Rate monitors are recommended. (Polar H10 Chest Strap)

Even though this is a carefully planned training program, any exercise can be dangerous in many ways. Do not disregard pain or try to push through something when your body is telling you not to. Recommendations in this program are not to be seen as medical advice. “