

This is a basic Kettlebell strength and conditioning program designed for martial arts or general conditioning. Kettlebell complex's can be mixed up on Day 3, but stick with the Armor Building complex on Day 5 (A.B. is great for martial arts, especially grappling, the strength you gain is amazing).

Each Day has a corresponding progression chart for a 12 week period at the bottom of the accompanying workout. Men, use a 16kg(35#) bell for most of the pressing/squatting/rowing and a 20-24kg(44-53#) bell for swings, Ladies – go for a 12kg and 16kg accordingly.

Day 1

Warm up:

- Turkish Get-Ups x5/side
- Single Leg Deadlift x5/side
- Halos x5 each direction

Part A

- Clean & Military Press 4x5/side
- Goblet Squat 4x10
- Rest as needed, 30-90 sec

Part B(Finisher):

- EMOM(Every Minute On The Minute) x10 minutes***
- Perform the Required reps then rest the remainder of the minute.*
- Heavy Swings x10

Part A - Cycle the work sets from 4 to 5 to 6 sets. Example: Week 1 - 4 work sets, Week 2 – 5 work sets, Week 3 – 6 work sets, then start back at 4 work sets for week 4. Repeat this whole thing 3 times. Part B is per 10 min work, cycling reps in a wave until 20 is reached.

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
A	4 sets	5 sets	6 sets	4 sets	5 sets	6 sets	4 sets	5 sets	6 sets	4 sets	5 sets	6 sets
B	10 reps	11 reps	12 reps	13 reps	14 reps	10 reps	15 reps	16 reps	17 reps	18 reps	10 reps	20 reps

Day 2

Warm up:

- Turkish Get-ups x5/side
- Racked Farmers Carry x20 yards down & back
- (do double if possible, otherwise switch sides when returning)

Part A

Bent Rows 4x5/side

Single Leg Deadlifts 4x5/side

Part B(Finisher)

Swings x75

(try and get in one set with 24kg bell, otherwise break into 3 sets)

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
A	4 sets	5 sets	6 sets	4 sets	5 sets	6 sets	4 sets	5 sets	6 sets	4 sets	5 sets	6 sets

Day 3 – Metabolic Training

Warm up:

Turkish Get-up x5/side

Single Leg Deadlifts x5/side

Halos x5 each direction

Part A (Metabolic Complex)

(Example Complex)

Clean & M.P. X1

Snatch x1

Rev. Lunge (keep bell overhead) x1

½ Kneeling Press x1

Lunge Up (keep bell overhead) x1

Front Squat x1

Repeat on Right Side

Rest x60 sec between sets, Perform 5 sets

Part B(Finisher):

Do the required reps, resting the remainder of the minute

Single Arm Swings Right x10(1 Min.)

Turkish Get-Up Right x1(1 Min.)

Single Arm Swings Left x10 (1 Min)

Turkish Get-Up Left x1 (1 Min.)

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
A	12	12	12	15	15	15	15	12	12	20	20	20

	Min	Min	Min	Min	Min	Min	Min	Min	Min	Min	Min	Min
B	10 reps	11 reps	12 reps	13 reps	14 reps	10 reps	15 reps	16 reps	17 reps	18 reps	10 reps	20 reps

Day 4

Warm up:

Turkish Get-ups x5/side

Racked Farmers Carry x20 yards down & back

(do double if possible, otherwise switch sides when returning)

Part A

Bent Rows 4x5/side

Military Press 4x5/side

Goblet Squats 4x5

Single Leg Deadlifts 4x5/side

Part B

Swings x75 (same as day 2)

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
A	4 sets	5 sets	6 sets	4 sets	5 sets	6 sets	4 sets	5 sets	6 sets	4 sets	5 sets	6 sets

Day 5 - Metabolic Training

Warm Up

Turkish Get-ups x5/side

Single Leg Deadlifts x5/side

Squat w/bottom position hold x5 @ 10 sec.

Halos x5 each direction

Part A

Armor Building x12 Min

Part B

Swings x100

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
A	12 Min	12 Min	12 Min	15 Min	15 Min	15 Min	15 Min	12 Min	12 Min	20 Min	20 Min	20 Min

Day 6

Warm Up

Turkish Get-Ups x5/side

Single Leg Deadlifts x5/side

Swings x100

(break in to as many sets as needed, 2 sets of 50 would be preferable)

Day 7

Repeat Day 6