

# 50 KETTLEBELL WORKOUTS



# 50 KETTLEBELL WORKOUTS

3X  
15 SQUATS  
15 AKBS  
15 SDHP

AMRAP 12MIN  
10 AKBS  
5/5 PUSH PRESS  
10 RKBS  
100M RUN

1X FT:  
5 AKBS  
10 SDHP  
15 AKBS  
20 SDHP  
25 AKBS  
30 SDHP  
35 AKBS  
40 SDHP  
45 AKBS  
50 SDHP

AMRAP 8MINS  
15 THRUSTERS  
20 MTN CLIMBERS  
20 LUNGES

400M RUN  
21-15-9  
SWINGS  
SIT UPS  
PUSH UPS  
400M RUN

4X  
10 DEADLIFT  
15 LUNGE PASS THROUGHES  
20 RUSSIAN TWIST

10 - 1  
SQUAT CLEANS  
SWINGS  
SIT UPS

3X  
10 BURPEES  
15 PUSH UPS  
10/10 SHOULDER PRESS

EVERY 2 MINS X 6  
20 AKBS  
10 PUSH UPS  
100M RUN

3X  
10/10 ROWS  
10/10 PUSH PRESS  
20 KB TAPS  
400M RUN

# 50 KETTLEBELL WORKOUTS

5X  
7 GOBLET SQUATS  
21 LUNGES PASS THROUGHES  
28 RUSSIAN KETTLEBELL TWIST  
7

AMRAP 12MINS  
10 AKBS  
5/5 PUSH PRESS  
10 RKBS  
100M RUN

3X  
7/7 CLEAN AND PRESS  
14 SDHP  
14 RUSSIAN TWIST  
14 REVERS LUNGES

AMRAP 7MINS  
10 SDHP  
10 LATERAL LUNGES  
10 SITUPS

5X  
20 TOE TAPS  
15 AMERICAN SWINGS  
10 PUSH UPS  
5 BURPEES

4X  
10/10 PUSH PRESS  
10/10 SINGLE ARM SWINGS  
10/10 SINGLE ARM DEADLIFT

10 - 1  
SQUAT CLEANS  
PUSH PRESS

3X  
101/10 ROWS  
10 PUSH UPS  
10 GOBLET SQUATS  
400M RUN

AMRAP 10MIN  
15 AKBS  
15 PUSH UPS  
15 RUSSIAN SWINGS  
15 SIT UPS

3X  
20 AKBS  
20 HIGH PULLS  
20 LUNGES

# 50 KETTLEBELL WORKOUTS

21-15-9-15-21  
RUSSIAN SWINGS  
DUAL MTN CLIMBERS  
SIT UPS

AMRAP 7MINS  
10 BURPEES  
10 SDHP  
10 PUSH PRESS

50 LINE HOPS  
40 REVERSE LUNGES  
30 HEEL TAPS  
20 SIT UPS  
10 BURPEES  
20 SIT UPS  
30 HEEL TAPS  
40 REVERSE LUNGES  
50 LINE HOPS

3X  
10 HIGH PULLS  
10 PUSH UPS  
10 RUSSIAN TWIST  
10 THRUSTERS

AMRAP 8MINS  
20 OH LUNGES  
20 LATERAL LUNGES  
20 SQUATS  
20 PUSH UPS

7X  
7/7 THRUSTERS  
7 TUCK UPS  
7/7 SINGLE ARM SWINGS  
7 SIT UPS

5X  
5 CURTIS PS  
5/5 SINGLE ARM THRUSTERS  
5/5 SINGLE ARM DEADLIFT  
100M RUN

AMRAP 7MINS  
15 SDHP  
10 SIT UPS  
5 BURPEES

5X  
20 GOBLET SQUATS  
20 SDHP  
20 RUSSIAN SWINGS

EVERY 3MINS X 4  
20 RUSSIAN SWINGS  
10 BURPEES  
200M RUN

# 50 KETTLEBELL WORKOUTS

3X  
8 BURPEE BROAD JUMP  
8/8 OH LUNGES  
8/8 ROWS

TABATA  
SWINGS  
PUSH UPS  
SIT UPS  
GOBLET SQUATS

30 TOE TAPS  
27 RUSSIAN TWIST  
24 TOE TAPS  
21 RUSSIAN TWIST  
18 TOE TAPS  
15 RUSSIAN TWSIT  
12 TOE TAPS  
9 RUSSIAN TWIST  
6 TOE TAPS  
3 RUSSIAN TWIST

AMRAP 7MINS  
3 BROAD JUMPS  
6 SQUAT CLEANS  
9 SHOULDER PRESS  
12 SIT UPS

5X  
20 SQUATS  
20 LATERAL LUNGES  
20 SHOULDER TAPS  
20 RUSSIAN SWINGS

EVERY 2MINS X 5  
20 SQUATS  
10 DEADLIFTS  
5 AMERICAN SWINGS

4X  
20 HAND TO HAND SWINGS  
10/10 SINGLE ARM DEADLIFTS  
10/10 SINGLE ARM HANG POWER  
CLEANS

4X  
15 GOBLET SQUATS  
20 STEP UPS  
25 HEEL TAPS

6X  
6 AMERICAN SWINGS  
6 BURPEE  
6/6 SHOULDER PRESS  
6/6 FRONT RACK LUNGES

12-1  
HIGH PULLS  
GOBLET SQUATS

# 50 KETTLEBELL WORKOUTS

3X  
10/10 SUITCASE DL  
20 KNEE TO ELBOW  
10/10 STATIC LUNGES

3X  
10/10 SINGLE ARM SWINGS  
15 SIT UPS  
400M RUN

50 SIT UPS  
40 RUSSIAN TWIST  
30 AMERICAN SWINGS  
20 SPRAWLS  
10 PUSH UPS  
20 SPRAWLS  
30 AMERICAN SWINGS  
40 RUSSIAN TWIST  
50 SIT UPS

5X  
200M RUN  
20 LINE HOPS  
15 DEADLIFTS  
10 THRUSTERS

20-15-10-5  
AMERICAN SWINGS  
PUSH PRESS  
GOBLET SQUATS

3X  
20 MTN CLIMBERS  
10 AMERICAN SWINGS  
5 BURPEE BROAD JUMP

5X  
10 SQUAT CLEANS  
10/10 SINGLE ARM DEADLIFT  
10 SIT UPS

TABATA X 2  
RUSSIAN SWINGS  
SPRAWL

AMRAP 9MINS  
20 OH LUNGES  
10 SPRAWLS  
100M RUN

EMOM X 8  
3 SPRAWLS  
10 AMERICAN SWINGS