

KETTLE BELL VIRGIN CHALLENGE WORKOUTS

*CHALLENGING
WORKOUTS
WITH BEGINNER
KB EXERCISES*



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Kettle Bell Virgin Challenge Workouts

Kettle bells you say...

I'm not really a KB 'virgin', but I'm certainly not a kettle bell 'veteran' like some of you are. I can do the 'basic' kettle bell moves with some confidence, but I have a long way to go.

It doesn't stop me from doing the 'basics' and I want to emphasize to you that ANYONE can do KB basics and get a killer workout.

You're about to find three workouts that use very basic KB moves paired with bodyweight movements. These are awesome full body workouts that are short, intense and can be done pretty much anywhere.

If I can do them, so can you.

A word of advice to all the KB virgins out there: use a lighter KB while learning the movements and once you're confident, then increase the weight. It's always best to unload each exercise, learn the form and then go from there to avoid injury.

Kettle bells are safe even for beginners as I show you in these workouts, but you have to be wise about it too.

Let's have some kettle bell fun!

Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction.

Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

Check with your doctor before starting any new exercise or diet program.

It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.

If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.

This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.

We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.

Use proper exercise form and train conservatively in all workouts. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".

Do NOT skip a warm-up, as well, take a few minutes to cool the body down.

If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Kettle Bell Virgin Challenge Workouts

Warm up - Take 2-3 minutes to do the following:

10 arm circles forward
10 arm circles backward
10 bodyweight squats
10 kneeling push ups
Downward dog hold
10 jacks
Repeat

*Or do something similar with dynamic movements of all body parts.

Cool down - Take a minimum of 5 minutes to cool down and stretch after each workout.

Workout #1 – Swing Baby

Set your timer for 30 seconds of work with a 5 second transition. You'll do 32 x 30 second sets. Do the following exercises:

KB swing
Tactical lunge
KB swing
Pull up (assisted pull up, KB row)
Goblet squat
KB swing
Triple stop Push up
Rest

Repeat 4 times

Workout #2 - KB 10 to 1

Do 10 reps of each exercise, followed by 9 reps, all the way to 1 rep of each exercise. Time your workout, try to beat your time next time out.

KB swing
Goblet squat
Renegade row
Renegade row
Burpee
Spiderman push up

*For the spiderman push ups, count TOTAL reps, do the following rep count for this exercise so you don't have an uneven number: 10, 10, 8, 8, 6, 6, 4, 4, 2, 2

Workout #3 - Swingin Bulgarians

Set your timer for 20 seconds of work with a 10 second rest/transition. You'll do 24 total sets.

Goblet squat
1 arm KB swing
1 arm KB swing
Bulgarian split squat (KB in goblet position)
Bulgarian split squat (KB in goblet position)
Decline push up

Repeat 4 times