

# 8 WEEK KETTLEBELL PROGRAM TO IMPROVE ATHLETICISM

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Check out [article](#) for more info

This program is based on the AMRAP method, where you perform as many rounds as possible in a given time on each training day.

- Week 1 & 2: 3 days a week
- Week 3 to 6: 4 times a week
- Week 7 to 8: 5x a week

## Duration/session:

- Week 1 to 2: 30 minutes
- Week 3 to 6: 45 minutes
- Week 7 to 8: 30 minutes

## Instructions:

- Perform as many rounds as possible in a given time.
- Depending on your fitness goal, you can increase and decrease the number of reps or interval time.
- You can increase the program duration from 8 weeks to 3 or 4 months to achieve noticeable results.

## Week 1 to 2

During the first and second weeks, you'll do some basic kettlebell exercises to build endurance and strength and scale your fitness for performing intense and challenging exercises in the coming weeks.

### Monday

Exercise	Reps/Time	Interval
<a href="#">Russian Swing</a>	10	15-sec
<a href="#">Pushups</a>	10	30-sec

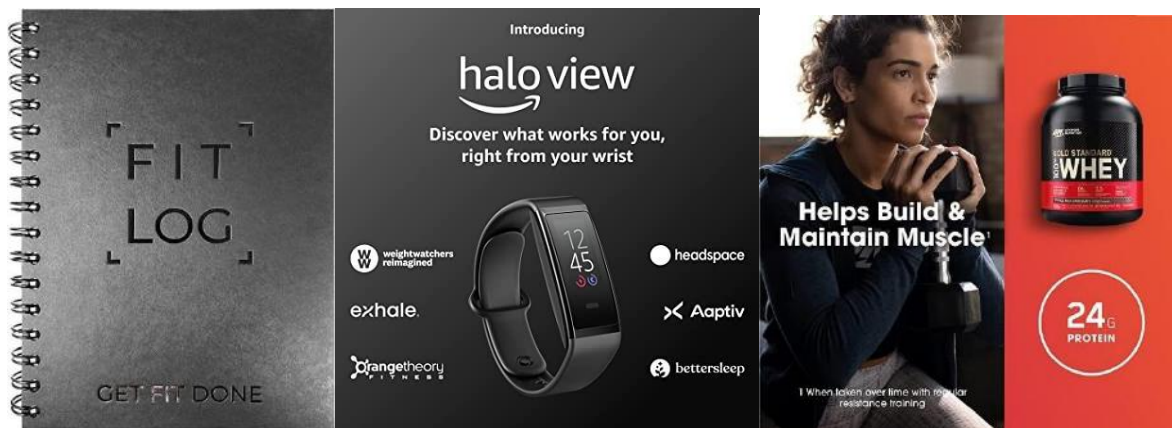
<a href="#">Squats</a>	10	45-sec
<a href="#">Push Press</a>	10	15-sec
<a href="#">Gorilla Rows</a>	10	30-sec
<a href="#">Slingshots</a>	30-sec	45-sec
<a href="#">Deadlifts</a>	10	15-sec

### Wednesday

Exercise	Reps/Time	Interval
<a href="#">Floor Press</a>	10	15-sec
Front Lunges	10/leg	30-sec
<a href="#">Snatches</a>	10/arm	15-sec
<a href="#">Squat to Overhead Press</a>	10	15-sec
Half Kneeling Chops	10/side	15-sec
<a href="#">Single-arm Bent-Over Row</a>	10/side	30-sec

### Friday

Exercise	Reps/Time	Interval
One-arm American Swing	10/side	15-sec
<a href="#">Goblet Squat</a>	10	15-sec
Halo	30-sec	30-sec
Push Jerk	10/arm	30-sec
Situps	10	15-sec
<a href="#">Kettlebell Bob and Weave</a>	10/leg	15-sec



## Week 3 to 6

During this period, you'll [train four times a week](#), 45 minutes a day. The exercises will be more challenging than the first two weeks but will be more effective when it comes to increasing strength, endurance, conditioning, and mobility.

## Monday

Exercise	Reps/Time	Interval
Swing Changing Hands	10/side	15-sec
Squat to Overhead Press	10	30-sec
Slingshot	30-sec	15-sec
Kettlebell Jerk	10/arm	30-sec
<a href="#">Kettlebell Drag</a>	10/arm	15-sec
<a href="#">Single Leg Deadlift</a>	10/leg	30-sec

## Tuesday

Exercise	Reps/Time	Interval
One-arm Snatches	10/side	15-sec
Pushup	10	30-sec
Racked Squat	10	15-sec
Around the World	30-sec	15-sec
Half Kneeling Chops	10/side	15-sec
<a href="#">Thruster</a>	10/side	30-sec

## Thursday

Exercise	Reps/Time	Interval
Push Press	10/side	15-sec
Overhead Squat	10	15-sec
Gorilla Row	10/arm	15-sec
<a href="#">Off Set Push Up</a>	10/side	30-sec
Straight-arm Crunches	10	15-sec
<a href="#">Hollow Body Hold</a>	15-sec	15-sec

## Friday

Exercise	Reps/Time	Interval
One-arm Swing	10/arm	15-sec
Floor Seesaw Press	10/side	15-sec
<a href="#">Kettlebell Slasher</a>	10/side	15-sec
Kettlebell Drag	10/arm	30-sec
<a href="#">Chainsaw Row</a>	10/arm	15-sec
Cursty Lunges	10/leg	30-sec

## Week 7 to 8

I've included some advanced-level kettlebell exercises during the seventh and eighth weeks of this program.

These exercises will test your strength, speed, and stamina and will take your fitness to the next level.

Once you complete the program for at least two months, you'll have better cardiovascular health and a toned physique.

### Monday

Exercise	Reps/Time	Interval
Walking Lunge with Rotation	10/side	15-sec
<a href="#">Deck Squats</a>	10/leg	15-sec
Swing Changing Hands	30-sec	30-sec
One-arm Snatches	10/arm	30-sec
Half Kneeling Chops	10/side	15-sec
Pushup	10	15-sec
Slingshot	10/side	45-sec

### Tuesday

Exercise	Reps/Time	Interval
Squat to Overhead Press	10/side	30-sec
Sumo Deadlift High Pull	10	30-sec
Straight-arm Crunches	30-sec	15-sec
Renegade Row	10/arm	30-sec
Kettlebell Jerk	10	15-sec
Single Leg Deadlift	10/leg	45-sec

### Wednesday

Exercise	Reps/Time	Interval
Push Press	10	15-sec
Racked Squat	10	30-sec
Turkish Get up	5/side	15-sec
Around the World	30-sec	30-sec
Thruster	10	30-sec
Chainsaw Row	10/arm	15-sec

### Friday

Exercise	Reps/Time	Interval
<a href="#">Man Maker</a>	10	30-sec
<a href="#">Clean &amp; Press</a>	10	30-sec
<a href="#">Pistol Squat</a>	5/side	15-sec
Gorilla Row	10/arm	30-sec
Hollow Body Hold	15-sec	15-sec
Cursty Lunges	10/leg	30-sec

### Saturday

Exercise	Reps/Time	Interval
Russian Swing	20	15-sec
<a href="#">Rack Front Back Lunge</a>	10/leg	15-sec
<a href="#">Seesaw Kettlebell Press</a>	10/arm	15-sec

Half Kneeling Chop	10/side	15-sec
Swing Changing Hands	10/arm	15-sec
Straight-arm Crunches	10	45-sec

The collage features three main elements:

- Left:** A spiral-bound notebook with 'FIT LOG' printed on the cover and 'GET FIT DONE' at the bottom.
- Middle:** An advertisement for the Amazon Halo View smartwatch. It includes the text 'Introducing halo view', 'Discover what works for you, right from your wrist', and logos for partner apps: WeightWatchers Reimagined, exhale, Orangetheory, headspace, Aaptiv, and betterSleep.
- Right:** A chart titled 'NATURALLY OCCURRING AMINO ACID PROFILE'. It lists three categories of amino acids with their respective percentages:
  - Essential Amino Acids:** 48%. Includes Leucine, Valine, Lysine, Methionine, Phenylalanine, Histidine, Isoleucine, Tryptophan, and Threonine.
  - Conditionally Essential Amino Acids:** 32%. Includes Arginine, Glycine, Cystine, Proline, Glutamine & Glutamic Acid, and Tyrosine.
  - Non-Essential Amino Acids:** 20%. Includes Aspartic Acid, Alanine, and Serine.

## Helpful Resources:

1. [The Ultimate List of 82 Kettlebell Exercises](#)
2. [14 Best Crossfit Kettlebell Workouts](#)
3. [Kettlebell Hamstring Exercises](#)
4. [10 Kettlebell Quad Exercises](#)
5. [6 Kettlebell Lat Exercises](#)
6. [Kettlebell Lower Back Exercises](#)

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