

Advanced Kettlebell Program – 7 Day Workout Schedule

Inspired By
THE ART OF STRENGTH – PROVIDENCE
Anthony DiLuglio, RKC

Modified By
Greg Adams, MS, PT, DC
Certified B3 BFR Coach

⇒ *This is not a beginner's workout* ⇐

⇒ *Kettlebell advanced proficiency recommended for safety* ⇐

⇒ *Any portions of this workout can be used as a starter or a finisher* ⇐
(see B3 Sciences Advanced Muscle Building protocol for further instruction)

Disclaimer

Strenuous physical exercise can be a dangerous activity. There are inherent risks in any physical activity, intense fitness training is no exception. The use of professional instruction is recommended before entering into any type of sport or physical exercise. You should become knowledgeable about the risks involved and assume personal responsibility for your actions. The information contained below may or may not be accurate and is open to interpretation.

DAILY WARM UP – FLEXIBILITY / JOINT MOBILITY: OPITONS A or B

- Options A and B can be alternated every other day or workout

A. Dynamic Active Stretches – 4 MINUTES

1. 3 Plane Neck Motion
 - a. Flexion/Extension – 30 seconds
 - b. Rotation – 30 seconds
 - c. Side bend – 30 seconds
2. Shoulder Circles Backward – 30 seconds
3. Egyptian – 30 seconds
4. Arm Waves – 30 seconds
5. Hip Circles – 30 seconds
6. Knee Circles – 30 seconds
 - Vibrating platform can be incorporated

B. Kettlebell Mobility – 4 MINUTES

1. Prying Goblet Squat with Neck Nods or 3 Plane Neck Motion – 1 minute
2. Pumps – 1 minute
3. Halos with kettlebell – 1 minute
4. Pick 1 or 2 (30 seconds each) of the above where need extra – 1 minute
 - Vibrating platform can be incorporated

DAY 1 – 21 minutes

- Transition rest between rounds 30-60 seconds
- Nozzle of arm bands outward due to rack position of KB

ROUND 1 – 4 MINUTES

1. 2 Handed Swing – 30 seconds
2. One Arm Swing (left) – 30 seconds
3. One Arm Swing (right) – 30 seconds
4. Hand-to-Hand Swing – 30 seconds
 - a. Repeat and complete sequence 2x
 - i. Rest as needed
 - ii. Advanced – transition throughout and to 2nd set without rest

ROUND 2 – BY REPS OR TIME – 3 MINUTES

1. Squats with kettlebell(s) in Rack position
 - a. Option A – use one kettlebell, begin with nondominant arm – transition every 30 seconds; repeat and complete 3x
 - i. Rest as needed
 - ii. Advanced – transition side to side and throughout without rest
 - b. Option B – use two kettlebells, do left and right together; 30 reps set 1 / 20-25 reps set 2 / 15-20 reps set 3
 - i. Rest 15-30 seconds between sets

ROUND 3 – 3 MINUTES

1. Cleans – 30 seconds
 - a. Repeat with dominant arm; repeat and complete 3x
 - i. Rest as needed
 - ii. Advanced – transition side to side and throughout without rest

ROUND 4 – BY REPS OR TIME – 2 MINUTES

1. Sumo Deadlifts – 1 minute or to failure
2. Wall Sit – 1 minute or to failure

ROUND 5 – 3 MINUTES

1. Sling Shot into a figure 8 with static hold – 30 seconds
2. Around the world – 30 seconds
 - a. Repeat and complete 3x
 - i. Rest as needed
 - ii. Advanced – transition throughout without rest

ROUND 6 – 2-3 MINUTES

1. Pullovers, Russian Twists, Sicilian Crunch
 - a. Transition every 40-60 seconds
 - i. Rest as needed
 - ii. Advanced – transition throughout without rest

DAY 2 – 24 minutes

- Transition rest between rounds 30-60 seconds
- Nozzle of arm bands outward, but not too much because nozzle may depress with Chest Press due to arm position

ROUND 1 – 5 MINUTES

1. Clean and Press – 45 seconds
 - a. Repeat with dominant arm; repeat and complete 3x
 - i. Rest 15-30 seconds between sets

ROUND 2 – 6 MINUTES

1. Triple Crush
 - a. 25-30 reps set 1 / 20-25 reps set 2 / 15-20 reps set 3
 - i. Rest 15-30 seconds between sets

ROUND 3 – BY REPS OR TIME – @ 3 MINUTES

1. Chest Press – 30 reps set 1 / 20-25 reps set 2 / 15-20 reps set 3
 - a. Option A – use one kettlebell, begin with nondominant arm; repeat and complete 3x
 - i. Rest as needed
 - ii. Advanced – transition side to side and throughout without rest
 - b. Option B – use two kettlebells, do left and right together
 - i. Rest 15-30 seconds between sets

ROUND 4 – @ 4 MINUTES

1. One Arm Row – 25-30 reps set 1 / 20-25 reps set 2 / 15-20 reps set 3
 - a. Repeat with dominant arm; repeat and complete 3x
 - i. Rest 15-30 seconds between sets

ROUND 5 – 1-3 MINUTES

1. Seated Press – 30 seconds
 - a. Repeat with dominant arm; repeat and complete 1-3x
 - i. Rest as needed
 - ii. Advanced – transition side to side and throughout without rest

DAY 3 – ACTIVE RECOVERY – 17-18 minutes

- Transition rest between rounds 30-60 seconds
- Nozzle of arm bands outward due to rack position of KB

ROUND 1 – 4 MINUTES

1. Cardio (bike, elliptical, jumping jacks, run in place, march in place, jump rope, ropes, etc.)

ROUND 2 – 12-13 MINUTES

1. Everyday Carry – walk for 30-45 seconds or 20-40 yards or incorporate a vibrating platform and remain stationary or march in place
 - a. Waiter's Carry
 - b. Rack Carry
 - c. Suitcase/Farmer's Carry
 - I. Repeat sequence with dominant arm; repeat and complete sequence 3x
 - II. Rest as needed
 - III. Advanced – transition side to side and throughout without rest
 - a) Can mix and match the loaded carries – Ex: suitcase , rack or waiter's carry on right side while going through Everyday Carry sequence on the left
 - b) Alternate carries: Goblet, Bottoms Up

DAY 4 – 19 minutes

- Transition rest between rounds 30-60 seconds
- Nozzle of arm bands outward due to rack position of KB

ROUND 1 – 4 MINUTES

1. 2 Handed Swing – 30 seconds
2. One Arm Swing (left) – 30 seconds
3. One Arm Swing (right) – 30 seconds
4. Hand-to-Hand Swing – 30 seconds
 - a. Repeat and complete sequence 2x
 - i. Rest as needed
 - ii. Advanced – transition throughout and to 2nd set without rest

ROUND 2 – 4-5 MINUTES

1. Tactical Lunges
 - a. Option A – continuous alternating legs with side to side pass
 - i. Rest as needed
 - b. Option B – 45 seconds per side
 - i. Repeat with dominant leg; repeat and complete 3x
 - ii. Rest 15-30 seconds between sets

ROUND 3 – 5 MINUTES

1. Clean and Press – 45 seconds
 - a. Repeat with dominant arm; repeat and complete 3x
 - i. Rest 15-30 seconds between sets

ROUND 4 – 2-3 MINUTES

1. Pullovers, Russian Twists, Sicilian Crunch
 - a. Transition every 40-60 seconds
 - i. Rest as needed
 - ii. Advanced – transition without rest

DAY 5 – 22 minutes

- Transition rest between rounds 30-60 seconds
- Nozzle of arm bands outward due to rack position of KB

ROUND 1 – 4.5 MINUTES

1. 1 Leg Dead Lifts – 45 seconds
 - a. Repeat with dominant leg; repeat and complete 3x
 - i. Rest as needed
 - ii. Advanced – transition side to side and throughout without rest

ROUND 2 – 4.5 MINUTES

1. Windmill into Overhead Squat – 45 seconds
 - a. Repeat with dominant arm; repeat and complete 3x
 - i. Rest as needed
 - ii. Advanced – transition throughout without rest

ROUND 3 – 3 MINUTES

1. Sling Shot into a figure 8 with static hold – 30 seconds
2. Around the world – 30 seconds
 - a. Repeat and complete 3x
 - i. Rest as needed
 - ii. Advanced – transition throughout without rest

ROUND 4 – 2-5 MINUTES

1. Flip and Squat
 - a. Option A – 2 minutes continuous without rest
 - b. Option B – 1 minute, rest 30 seconds; repeat and complete 3x
 - c. Option C – 30 reps set 1 / 20-25 reps set 2 / 15-20 reps set 3
 - i. Rest 15-30 seconds between sets

ROUND 5 – BY REPS OR TIME – 2 MINUTES

1. Sumo Deadlifts – 1 minute or to failure
2. Wall Sit – 1 minute or to failure

DAY 6 – 20 minutes

- Transition rest between rounds 30-60 seconds
- Nozzle of arm bands inward, but not too much because nozzle may depress due to arm positions throughout TGU

ROUND 1 – 10 MINUTES

1. Turkish Get Ups – begin with nondominant arm
 - a. Option A – alternate side to side after each rep
 - i. Rest as needed
 - b. Option B – descending ladder
 - i. 3 reps each side – repeat
 - ii. 2 reps each side – repeat
 - iii. 1 rep each side – repeat
 - iv. 1 rep each side if any time remaining, until time finishes
 - v. Rest as needed
 - vi. Advanced – transition throughout without rest

ROUND 2 – 5 MINUTES

1. Snatches
 - a. Switch hands every 5 reps – can begin with high pulls to get into the flow
 - b. Deflate leg bands if and as needed in order to maintain proper form
 - i. Rest as needed
 - ii. Advanced – transition side to side and throughout without rest

ROUND 3 – 2-3 MINUTES

1. Pullovers, Russian Twists, Sicilian Crunch
 - a. Transition every 40-60 seconds
 - i. Rest as needed
 - ii. Advanced – transition without rest

DAY 7 – REST, WALK, PLAY or ACTIVE RECOVERY