

Joseph's Top 8 At-Home Kettlebell Workouts

WELCOME

This e-book was written to support you in your objective of becoming healthier and more fit at home with just a few kettlebells. In my opinion, the goal of somebody reading this book should be similar to my own, now that I have not had a gym membership in over ten years!

That goal is: To become healthier and fitter safely, efficiently, and effectively with minimal investments of time, equipment, and mental energy.

Workouts do not have to be beatdowns. Workouts do not have to be entertaining. Workouts are simply the path to greater health, like brushing your teeth!



WHAT TO EXPECT

The first three workouts of this book were created by three true professionals that I've looked up to for years. With guys like these around, there is no reason to reinvent the wheel or complicate tested and proven approaches.

We need to focus on what works, letting others do the work for us where possible to enable us to save your own energy for our own unique purposes in life.

If you have not read my article on [Must-Have Home Gym Equipment](#) I urge you to do that. The article includes instructions on how to choose the

proper kettlebells to buy based on your needs and current fitness level. For most of the workouts below, unless otherwise noted, you will want to use your "Standard Weight Kettlebell" which I describe in the article above as well as an article entitled [The Quick & Dirty on Kettlebell Swings](#).

The last article I believe everybody should read prior to beginning this program is a three-part series I wrote called [The #1 Exercise You Should Be Doing](#). This dives deeper into the hypothesis behind these workouts and provides detailed technique instructions for the Kettlebell Get-Up. I hope you enjoy the workouts and your time training at home. Do not be surprised if you never join a gym again!

WORKOUT 1: SIMPLE AND SINISTER

By Pavel:

Workout A

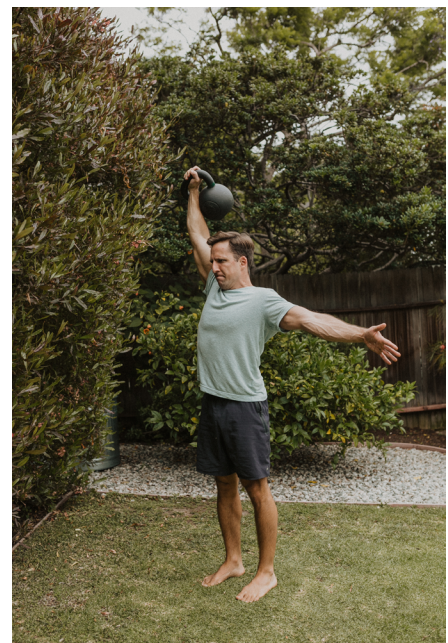
5 Sets of 2 Get Ups (1 per side). Then, 10 Sets of 10, Swings. Resting minimally throughout.

I do this workout when I am tired or my mobility feels a tad off, on those days when I feel like I need a gas station more than a race track!

Workout B

10 sets of 10 Swings + 1 Get Up (switch sides each round).

I do this workout when I feel like I need a very simple yet very stimulating workout. I generally do both workouts with a 24kg bell.



WORKOUT 2: DEATH BY CARRIES

By Gray Cook:

Carry one kettlebell in each of the three primary kettlebell carrying positions, switching as soon as ideal posture in each position is lost. Begin overhead, then switch to rack, then switch to suitcase. Always start on the weaker side.

Workout A

Do 2 sets of 5-minutes (unbroken), resting as needed between sets.

Workout B

Do 1 set of 10-15+ minutes (unbroken).

I mix and match these two workouts quite often and like to use them as the warm up to any other workout in this book.

As you may guess, I tend to go heavier in Workout A, usually a 24kg, and lighter in Workout B, usually a 16kg. Either way, this is the simplest possible solution for the most reliable and consistently favorable changes in core and injury-proofing that I've come across.



Important Note: Pictures are shown for position demonstration only. These two workouts only require using one bell throughout.

WORKOUT 3: HUMANE BURPEES

By Dan John:

Workout A

10-9-8-7-6-5-4-3-2-1 Reps of Goblet Squat + Push Ups. Between Sets, 10-15 Swings.

Dan John refers to this workout as “Humane Burpees” because the metabolic demand is similar to doing, say, 100 Burpees, but the structural demand and benefits are far superior. I consider Burpees a “high-risk activity” for the general public that should rarely if ever be done in high volumes.

Workout B

10-9-8-7-6-5-4-3-2-1 Reps of Goblet Squat + Hand-Release Push Ups. Between Sets, 1 Get Up (switch sides each round).

The second workout is for those days when you want to focus more on strength, muscle endurance, and even hypertrophy rather than metabolic conditioning. I generally do both of these workouts with a 24kg bell.



WORKOUT 4: ALTERNATIVE SIMPLE & SINISTER

Adapted from Workout 1.

I really love this workout. The Renegade Row is without question my favorite core exercise apart from the Get Up and is a great way to mix it up. When I do this workout, I tend to increase the load on the Swing to 32kg and decrease it on the Renegade Rows to 16-18kg. This helps me build more strength and power on the Swing and more muscle endurance on the Rows.

WORKOUT 5: ASCENDING SWING LADDERS

Workout A

1 Swing, 1 Breath.... 2 Swings, 2 Breaths...3 Swings, 3 Breaths...until you get to 10 Swings. Then, rest 2 minutes. Repeat 1-3 Rounds.

Workout B

1 Swing, 1 breath.... 2 Swings, 2 breaths... until failure.

I'm a breathing guy. Manipulating how and how much we breathe is one of the greatest "hacks" I know of when it comes to getting healthy and fit. Breathing Ladders build incredible mental and physical stamina. For that reason, Workout B has become one of my go-to fitness tests for my athletes.



Workout

10 sets of 10 Swings + 10 Renegade Rows (5/side).



WORKOUT 6: DESCENDING SWING LADDERS

Workout

20 Swings, 10 Breaths...18 Swings, 9 Breaths...16 Swings, 8 Breaths...to zero.

Descending ladders are one of my favorite "I have no time to train today" workouts. They're demanding, simple, and benefit both the muscular and cardiorespiratory system

WORKOUT 7: BACK TO BASICS

Workout

3 Rounds: 10 Swings + 3 Goblet Squats + 1 Get Up (weak side). 15 Swings + 6 Goblet Squats + 1 Get Up (strong side), 25 Swings + 9 Goblet Squats + 2 Get Ups (1/side).

I find this workout to be very entertaining. At times, I'll mix in a 5-minute Death By Carries between each round to add in a bit more durability to the equation, or I'll mix in a 1-mile run to make it more aerobic.

WORKOUT 8: AMPRAP INTERVALS

Workout

Alternate 3-minutes of running/rowing/biking with a 3-minute AMRAP. Repeat for 3-6 rounds.

AMRAP 1: 6 Swings + 2 Goblet Squats + 1 Hand-Release Push-Up

AMRAP 2: 6 Swings + 1 Get Up

I first began writing workouts using these types of intervals when I was coaching OCR athletes and getting increasingly obsessed with how much "strength" I could get my athletes and

myself to be able to produce and sustain aerobically (as estimated by the nose-only breathing I'm now known for).

In few words, doing small numbers of reps over and over to avoid excessive lactic acid build-up in any one muscle group allows you to accumulate higher numbers of reps and more work than you would be able to otherwise. Layering in a truly mono-structural aerobic activity like running reinforces the use of aerobic energy system and the body's ability to fuel both blocks and conserves the carbohydrate stores athletes depend on.

FINAL NOTES

I thoroughly hope you take a lot from these workouts and find them to be as useful and timeless as I have.

If you've been looking to purchase **kettlebells**, I highly recommend [Kettlebell Kings](#). These kettlebells are of the highest quality and yet are value-priced, ship for free, and include a warranty. Plus, you can get an additional 10% off when you use discount code "RUNGA10" at checkout.

For support beyond this book, please visit my website for my current coaching offerings including lifestyle, nutrition, and supplement consultations as well as personalized strength and conditioning programs.

In good health,

Joseph Anew

