**KETTLEBELLS**

**FOR WOMEN**

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| DEADLIFTS | | | | | |
| DEADLIFT | | | | | |
| START | 1 | | 2 | | 3 |
| DOUBLE SUITCASEB DEADLIFT | | | | | |
| START | 1 | | 2 | | 3 |
| SUMO DEADLIFT | | | | | |
| START | | 1 | | 2 | |
| SINGLE- LEG DEADLIFT | | | | | |
| START | | 1 | | 2 | |

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| SINGLE-ARM SINGLE-LEG DEADLIFT | | | | | |
| START | | 1 | | 2 | |
| SINGLE BELL IN FRONT | | | DOUBLE-BELL SINGLE-LEG DEADLIFT | | |
| START | 1 | | START | | 1 |
| SWINGS | | | | | |
| ARM SWING | | | | | |
| START | 1 | | 2 | | 3 |
| ARM SWING | | | | | |
| START | | 1 | | 2 | |

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| ALTERNATING SWING | | | | | | | |
| START | | | | 1 | | | |
| DOUBL SWING | | | | | | | |
| START | | 1 | | 2 | | 3 | |
| CLEANS | | | | | | | |
| CLEANS | | | | | | | |
| START | 1 | | 2 | | 3 | | 4 |

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| CHEAT CURL | | | | | |
| START | 1 | | 2 | | 3 |
| RACK WALK | | | | | |
| START | | 1 | | 2 | |
| BOTTOMS-UP CLEAN | | | | | |
| START | | 1 | | 2 | |
| OverheadPresses | | | | | |
| MILITARY PRESS | | | | | |
| START | | 1 | | 2 | |

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| SEEAW PRESS | | | | | |
| START | | 1 | | 2 | |
| BOTTOMS-UP PRESS | | | | | |
| START | 1 | | 2 | | 3 |
| PUSH PRESS | | | | | |
| START | 1 | | 2 | | 3 |
| SEATED PRESS | | | | | |
| START | 1 | | 2 | | 3 |

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| TALL KNEELING PRESS | | | |
| START | 1 | | 2 |
| HALF KNEELING PRESS | | | |
| START | 1 | | 2 |
| WAITER WALK | | | |
| START | | 1 | |
| Windmills | | | |
| BODYWEIGHT WIDNMILL | | | |
| START | 1 | | 2 |

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| WINMILL(BOTTOM) | | | | | |
| START | | 1 | | 2 | |
| WINDMILL(TOP) | | | | | |
| START | | 1 | | 2 | |
| WINDMILL(DOUBLE) | | | | | |
| START | 1 | | 2 | | 3 |
| Push-Ups | | | | | |
| BODYWEIGHT PUSH-UP | | | | | |
| START | | 1 | | 2 | |

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| DOUBLE-BELL PUSH-UP ON KNEES | | | | | |
| START | | 1 | | 2 | |
| DOUBLE-BELL PUSH-UP | | | | | |
| START | | 1 | | 2 | |
| SINGLE-BELL DIAMOND PUSH-UP | | | | | |
| START | | 1 | | 2 | |
| DOUBLE-BELL DIP | | | | | |
| START | | 1 | | 2 | |
| Floor Presses | | | | | |
| FLOOR SIDE ROLL PICK-UP METHOD(1 BELL) | | | | | |
| START | 1 | | 2 | | 3 |

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| FLOOR SIDE ROLL PICK-UP METHOD(2 BELL) | | |
| START | 1 | 2 |
| 3 | 4 | 5 |
| CHEST PRESS( SINGLE BELL IN THE MIDDLE) | | |
| START | 1 | 2 |
| ARM FLOOR PRESS | | |
| START | 1 | 2 |

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| SEESAW FLOOR PRESS | | | | | |
| START | | 1 | | 2 | |
| Rows | | | | | |
| RENEGADE ROW PREP | | | | | |
| STEP 1:WIDE- LEG HIGH PLANK | | STEP2:RENEGADE HOLD(ALTERNATING ONE-ARM PLANK | | STEP3: 1-ARM PLANK HOLD | |
| RENEGADE ROW | | | | | |
| START | 1 | | 2 | | 3 |
| SINGLE-ARM ROW | | | | | |
| START | | 1 | | 2 | |

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| STABILIZED PLANK SINGLE-ARM ROW | | | | | |
| START | | 1 | | 2 | |
| DOUBLE BENT-OVER | | | | | |
| START | | 1 | | 2 | |
| ALTERNATING BENT-OVER ROW | | | | | |
| START | 1 | | 2 | | 3 |
| Arm-Sculpting & -Strengthening Drills | | | | | |
| TRICEP EXTENSION | | | | | |
| START | | 1 | | 2 | |
| BICEPS CURL | | | | | |
| START | | 1 | | 2 | |

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| PULLOVER | | | |
| START | 1 | | 2 |
| PULLOVER TO CRUNCH | | | |
| START | 1 | | 2 |
| Core Exercises | | | |
| JANDA SIT-UP | | | |
| START | 1 | | 2 |
| SIDE PLANK | | | |
| START | | 1 | |
| RUSSIAN TWIST | | | |
| START | 1 | | 2 |

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| HOT POTATO | | | | | | | | | | | | | |
| START | | | | 1 | | | | | | 2 | | | |
| FIGURE 8 | | | | | | | | | | | | | |
| START | 1 | | | | 2 | | | 3 | | | | 4 | |
| FIGURE 8 TO HOLD | | | | | | | | | | | | | |
| START | | 1 | | | | 2 | | | 3 | | | | 4 |
| SQUAT | | | | | | | | | | | | | |
| SQUAT | | | | | | | | | | | | | |
| START | | | 1 | | | | 2 | | | | 3 | | |

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| GOBLET SQUAT VARIATION | | FRONT SQUAT VARIATION | | | DOUBLE FRONT SQUARE VARIATION | |
| OVERHEAD SQUAT | | | | | | |
| START | | 1 | | | 2 | |
| SINGLE- LEG SQUAT ON BENCH | | | | | | |
| START | | 1 | | | 2 | |
| DECK SQUAT | | | | | | |
| START | 1 | | 2 | 3 | | 4 |

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| Lunges | | | |
| STATIONARY LUNGE | | | |
| START | 1 | | 2 |
| STATIONARY LUNCH WITH BELL | | | |
| START | | 1 | |
| REVERSE LUNGE | | | |
| START | 1 | | 2 |
| FORWARD LUNGE | | | |
| START | 1 | | 2 |

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| TACTICAL LUNGE | | | | | |
| START | 1 | | 2 | | 3 |
| KIKSTANDARD LUNGE | | | | | |
| START | | 1 | | 2 | |
| High Pull | | | | | |
| HIGH PULL | | | | | |
| START | | 1 | | 2 | |
| 3 | | 4 | | 5 | |

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| Turkish Get-Ups | | | |
| GET UP SIT UP | | | |
| START | 1 | 2 | 3 |
| TURKISH GET UP | | | |
| START | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 |

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| Snatch | | | | | |
| SNATCH | | | | | |
| START | | 1 | | 2 | |
| 3 | | 4 | | 6 | |
| Warm-Up Exercises | | | | | |
| MINI PLANK | | | | | |
| START | | 1 | | 2 | |
| FLOOR BRIDGE | | | | | |
| START | | 1 | | 2 | |
| SINGLE LEG FOOR BRIDGE | | | | | |
| START | 1 | | 2 | | 3 |

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| SQUATTING HIP OPENER | | | | | |
| TART | | | 1 | | |
| HIP OPENER & GLUTE ACTIVATOR | | | | | |
| START | 1 | | 2 | | 3 |
| ANKLE MOBILITY | | | | | |
| START | | 1 | | 2 | |
| SHOULDER & THORACIC MOBILITY DRILL | | | | | |
| START | | | 1 | | |

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| HALO | | | | | | | | | |
| START | 1 | | | 2 | | 3 | | | 4 |
| KNEELING HALO | | | | | | | | | |
| START | | 1 | | | 2 | | | 3 | |
| BODY WEIGHT SQUAT | | | | | | | | | |
| START | | | 1 | | | | 2 | | |
| LATERAL LUNGE | | | | | | | | | |
| START | | | | | 1 | | | | |

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| FARMER S WALK | | | | | |
| START | | | 1 | | |
| SQUAT THRUST | | | | | |
| START | 1 | 2 | | 3 | 4 |
| BURPEE | | | | | |
| START | 1 | 2 | | 3 | 4 |
| JUMPING JACKS | | | | | |
| START | | | 1 | | |

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| HIGH PLANK | | | | | |
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| Joint Mobility Exercises | | | | | |
| NECK MOBILITY: SIDE TO SIDE ROTATION | | | | | |
| START | | 1 | | 2 | |
| NECK MOBILITY: EAR TO SHOULDER | | | | | |
| START | | 1 | | 2 | |
| WRIST MOBILITY | | | | | |
| START | 1 | | 2 | | 3 |
| SHOULDER FIGURE 8 | | | | | |
| START | | 1 | | 2 | |
| 3 | | 4 | | 5 | |

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| KNEE LIRDEES | | | | | |
| START | | 1 | | 2 | |
| HIP CIRCLES | | | | | |
| START | 1 | | 2 | | 3 |
| PELVIC TILTS | | | | | |
| START | | 1 | | 2 | |
| ANCLE CIRCLES | | | | | |
| START | | 1 | | 2 | |

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| NECK MOBILITY | | | | |
| START | | 1 | | |
| Cool-Down Stretches | | | | |
| CHILD’S POSE AND STRETCH | | | HAPPY BABY HAMESTRING STRETCH | |
| THORACIC/HIP FLEXOR/ QUAD STRETCH | | | | |
| START | 1 | 2 | | 3 |
| OBLIQUE AND LAT STRETCH | | | | |
| START | | 1 | | |
| SQUATTING FIGURE 4 GLUTE STRETCH | | | | |
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