

Kettlebell Level 1

Welcome to the Eleiko Kettlebell Level 1 program. Click on each exercise name to view a video of the exercise, if needed. This is a 4-week, 2 sessions/week program aimed at increasing functional capacity and movement. There are 2 blocks of exercises that each focus on different movements. Each block is performed during the workout in a circuit, moving from one exercise to the next as quickly as possible, resting, and then repeating for designated sets and reps. The entire program can be done using Eleiko Kettlebells. Choose the appropriate weight to perform the desired sets and reps. Prior to and following each training session, warm-up and cool down for 5-10 minutes. *Feel free to check out our Mobility Programs if you need help with your warm-ups and cooldowns.*

Training Session 1				
Training Block	Exercise	Sets wk1 ,2,3,4	Reps wk 1,2,3,4	Rest
1	Goblet Squat	2,3,4,3	10,10,8,8	0
	Seated Shoulder Press	2,3,4,3	10,10,8,8	0
	1-arm Bent-Over Rows – hand/knee supported	2,3,4,3	10,10,8,8	1-2 min
Rest 2-3 Minutes				
2	Deadlifts	2,2,3,3	10,10,8,8	0
	Bench Press	2,2,3,3	10,10,8,8	0
	Standing Biceps Curl	2,2,3,3	10,10,8,8	1-2 Min

Training Session 2				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	Lateral Goblet Squat	2,2,3,3	8,8,6,6	0
	Standing Shoulder Press	2,2,3,3	8,8,6,6	0
	1-arm Bent Over Row – only hand supported	2,3,3,3	8,8,6,6	1-2 min
Rest 2-3 Minutes				
2	Bench Press – alternate arms	1,2,3,2	10,10,8,8	0
	Swings	1,2,3,2	10,10,8,8	0
	Standing Biceps Curl – alternate arms	1,2,3,2	8,8,10,10	1-2 min