

Kettlebell Level 2

Welcome to the Eleiko Kettlebell Level 2 program. Click on each exercise name to view a video of the exercise, if needed. This is a 4-week, 2 sessions/week strength-based program aimed at increasing functional strength. There are 2 blocks of exercises that each focus on different movements. Each block is performed during the workout in an interval manner, completing all sets and reps of one exercise before moving to the next exercise. 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	Standing Shoulder Press – 1-arm	3,4,4,3	6,5,3,4	90 s
	Front Rack Squats – 2 arm	3,4,4,3	6,5,3,4	90 s
	Bench Press	3,4,4,3	6,5,3,4	90 s
Rest 3-5 Minutes				
2	Lateral Alternating Squats – 2-arm	2,2,3,3	8,8,6,6	60 s
	Bent-Over Row – 2-arm	2,2,3,3	8,8,6,6	60 s
	Swings	2,2,3,3	8,8,6,6	60 s

Training Session 2				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	Reverse Lunge – 2-arm	3,4,4,3	6,5,3,4	90 s
	Bench Press – 1-arm	3,4,4,3	6,5,3,4	90 s
	Swings	3,4,4,3	6,5,3,4	90 s
Rest 3-5 Minutes				
2	Standing Shoulder Press – 2-arm	2,2,3,3	10,10,8,8	0
	Bent Over Row – alternate arms	2,2,3,3	10,10,8,8	0
	Squat – 1-arm offset (switch arms ½ way)	2,2,3,3	8,8,10,10	1-2 min