

Kettlebell Level 3

Welcome to the Eleiko Kettlebells Level 3 program. Click on each exercise name to view a video of the exercise, if needed. This is a 4-week, 2 sessions/week power-based program aimed at increasing functional strength-speed. There are 2 blocks of exercises that will be performed each workout. Each block focuses on different movements. In Training Block 1, perform exercises with 2 RIR (reps in reserve or, if the reps are listed as "5", use a weight that you could do about "7" times). In Training Block 2, perform exercises in a circuit manner with 15 sec rest between each exercise and 60 sec rest after the 3rd 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	Hang-Power Clean – 1-arm	3,4,4,3	5,5,4,4	90 s
	Deadlifts – use 2 KBs (hands outside of knees)	3,4,4,3	5,5,4,4	90 s
	Standing Shoulder Press – 2-arm	2,3,3,2	5,5,4,4	90 s
Rest 3-5 Minutes				
2	Swings	2,2,3,3	8,8,6,6	15 s
	Bench Press	2,2,3,3	8,8,6,6	15 s
	Bent-Over Row – 2-arm	2,2,3,3	10,10,10,10	60 s

Training Session 2				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk 1,2,3,4	Rest
1	Swings	3,4,4,3	6,5,3,4	90 s
	1-leg Squats – 2-arms	3,4,4,3	6,5,3,4	90 s
	Bent-Over Row – 2-arm	3,4,4,3	6,5,3,4	90 s
Rest 3-5 Minutes				
2	Power Clean – 2-arm	2,2,3,3	8,8,6,6	15 s
	Bench Press – 1-arm	2,2,3,3	8,8,6,6	15 s
	Lateral Lunge – 2-arm	2,2,3,3	10,10,10,10	60 s