

Kettlebell Fitness Program

Complete Fitness Test and record time

Level	Exercise	Mins per hand	Rest	Exercise	Mins per hand	Rest	Exercise	Mins per hand	Rest
1	Clean	1 L/R	2	Half Snatch	1L/R	2	Clean & pushpress	1L/R	2
2	Clean	1L/R	90sec	Half Snatch	1L/R	90sec	Clean & pushpress	1L/R	90sec
3	Clean	1L/R	1	Half Snatch	1L/R	1	Clean & pushpress	1L/R	1
4	Clean	1L/R	30sec	Half Snatch	1L/R	30sec	Clean & pushpress	1L/R	30sec
5	Clean	90sec L/R	2	Half Snatch	90sec L/R	2	Clean & pushpress	90sec L/R	2
6	Clean	90sec L/R	90sec	Half Snatch	90sec L/R	90sec	Clean & pushpress	90sec L/R	90sec
7	Clean	90sec L/R	1	Half Snatch	90sec L/R	1	Clean & pushpress	90sec L/R	1
8	Clean	90sec L/R	30sec	Half Snatch	90sec L/R	30sec	Clean & pushpress	90sec L/R	30sec

Exercise	Pace
Clean	20 RPM
Half Snatch	18 RPM
Clean & Pushpress	12 RPM

Complete Fitness Test and record time

Level	Exercise	Mins per hand	Rest	Exercise	Mins per hand	Rest	Exercise	Mins per hand	Rest
9	Clean	2 L/R	2	Half Snatch	2 L/R	2	Clean & pushpress	2 L/R	2
10	Clean	2 L/R	90sec	Half Snatch	2 L/R	90sec	Clean & pushpress	2 L/R	90sec
11	Clean	2 L/R	1	Half Snatch	2 L/R	1	Clean & pushpress	2 L/R	1
12	Clean	2 L/R	30sec	Half Snatch	2 L/R	30sec	Clean & pushpress	2 L/R	30sec
13	Clean	2min 30sec L/R	2	Half Snatch	2min 30sec L/R	2	Clean & pushpress	2min 30sec L/R	2
14	Clean	2min 30sec L/R	90sec	Half Snatch	2min 30sec L/R	90sec	Clean & pushpress	2min 30sec L/R	90sec
15	Clean	2min 30sec L/R	1	Half Snatch	2min 30sec L/R	1	Clean & pushpress	2min 30sec L/R	1
16	Clean	2min 30sec L/R	30sec	Half Snatch	2min 30sec L/R	30sec	Clean & pushpress	2min 30sec L/R	30sec

Complete Fitness Test and record time

Level	Exercise	Mins per hand	Rest	Exercise	Mins per hand	Rest	Exercise	Mins per hand	Rest
17	Clean	3 L/R	2	Half Snatch	3 L/R	2	Clean & pushpress	3 L/R	2
18	Clean	3 L/R	90sec	Half Snatch	3 L/R	90sec	Clean & pushpress	3 L/R	90sec
19	Clean	3 L/R	1	Half Snatch	3 L/R	1	Clean & pushpress	3 L/R	1
20	Clean	3 L/R	30sec	Half Snatch	3 L/R	30sec	Clean & pushpress	3 L/R	30sec

Complete Fitness Test and record time

Fitness test - 400 rep challenge

Pick a Kettlebell you are quite comfortable with and perform

1	Snatch 20 L/R	40
2	Squat 40 (bell on back)	40
3	Clean 20 L/R	40
4	Jerk 20 L/R	40
5	Snatch 15 L/R	30
6	Squat 30 (bell on back)	30
7	Clean 15 L/R	30
8	Jerk 15 L/R	30
9	Snatch 10 L/R	20
10	Squat 20 (bell on back)	20
11	Clean 10 L/R	20
12	Jerk 10 L/R	20
13	Snatch 5 L/R	10
14	Squat 10 (bell on back)	10
15	Clean 5 L/R	10
16	Jerk 5 L/R	10

400

If you are able to complete 400 repetitions in under 16 minutes,
you are ready to move to heavier Kettlebell for that same 400 repetitions!