

## **Kettlebell Progression Workout**

- You'll need a single kettlebell (I used 7kg) and an exercise mat.

### **Round 1**

Single Kettlebell Swing (left & right arm) 1 x 1 rep

Single Alternating Bent-Over Row (l&r) 1 x 1

Single Bottoms-Up Kettlebell Squat 1 x 1

*30 second rest*

### **Round 2**

Single Kettlebell Swing (l&r) 1 x 2

Single Alternating Bent-Over Row (l&r) 1 x 2

Single Bottoms-Up Kettlebell Squat 1 x 2

*30 second rest*

### **Round 3**

Single Kettlebell Swing (l&r) 1 x 3

Single Alternating Bent-Over Row (l&r) 1 x 3

Single Bottoms-Up Kettlebell Squat 1 x 3

*30 second rest*

### **Round 4**

Single Kettlebell Swing (l&r) 1 x 4

Single Alternating Bent-Over Row (l&r) 1 x 4

Single Bottoms-Up Kettlebell Squat 1 x 4

*30 second rest*

### **Round 5**

Single Kettlebell Swing (l&r) 1 x 5

Single Alternating Bent-Over Row (l&r) 1 x 5

Single Bottoms-Up Kettlebell Squat 1 x 5

Single Military Press (l&r) 1 x 5

*30 second rest*

### **Round 6**

Single Kettlebell Swing (l&r) 1 x 6

Single Alternating Bent-Over Row (l&r) 1 x 6

Single Bottoms-Up Kettlebell Squat 1 x 6

Single Military Press (l&r) 1 x 6

Russian Twist (l&r) 1 x 6

*30 second rest*

**Round 7**

Single Kettlebell Swing (l&r) 1 x 7  
Single Alternating Bent-Over Row (l&r) 1 x 7  
Single Bottoms-Up Kettlebell Squat 1 x 7  
Single Military Press (l&r) 1 x 7  
Russian Twist (l&r) 1 x 7

*30 second rest*

**Round 8**

Single Kettlebell Swing (l&r) 1 x 8  
Single Alternating Bent-Over Row (l&r) 1 x 8  
Single Bottoms-Up Kettlebell Squat 1 x 8  
Single Military Press (l&r) 1 x 8  
Russian Twist (l&r) 1 x 8

*30 second rest*

**Round 9**

Single Kettlebell Swing (l&r) 1 x 9  
Single Alternating Bent-Over Row (l&r) 1 x 9  
Single Bottoms-Up Kettlebell Squat 1 x 9  
Single Military Press (l&r) 1 x 9  
Russian Twist (l&r) 1 x 9

*30 second rest*

**Round 10**

Single Kettlebell Swing (l&r) 1 x 10  
Single Alternating Bent-Over Row (l&r) 1 x 10  
Single Bottoms-Up Kettlebell Squat 1 x 10  
Single Military Press (l&r) 1 x 10  
Russian Twist (l&r) 1 x 10