

30 DAYS Kettlebell Workout

1

- 7 clean & jerk
- 7 kb swing
- 7 kb thruster
- 7 kneeling kb press
- 7 turkish get up

2

- 8 clean & jerk
- 8 kb swing
- 8 kb thruster
- 8 kneeling kb press
- 8 turkish get up

3

REST DAY

4

- 9 clean & jerk
- 9 kb swing
- 9 kb thruster
- 9 kneeling kb press
- 9 turkish get up

5

- 10 clean & jerk
- 10 kb swing
- 10 kb thruster
- 10 kneeling kb press
- 10 turkish get up

6

- 11 clean & jerk
- 11 kb swing
- 11 kb thruster
- 11 kneeling kb press
- 11 turkish get up

7

- 12 clean & jerk
- 12 kb swing
- 12 kb thruster
- 12 kneeling kb press
- 12 turkish get up

8

REST DAY

9

- 13 clean & jerk
- 13 kb swing
- 13 kb thruster
- 13 kneeling kb press
- 13 turkish get up

10

- 14 clean & jerk
- 14 kb swing
- 14 kb thruster
- 14 kneeling kb press
- 14 turkish get up

11

- 15 clean & jerk
- 15 kb swing
- 15 kb thruster
- 15 kneeling kb press
- 15 turkish get up

12

- 16 clean & jerk
- 16 kb swing
- 16 kb thruster
- 16 kneeling kb press
- 16 turkish get up

13

REST DAY

14

- 17 clean & jerk
- 17 kb swing
- 17 kb thruster
- 17 kneeling kb press
- 17 turkish get up

15

- 17 clean & jerk
- 17 kb swing
- 17 kb thruster
- 17 kneeling kb press
- 17 turkish get up

16

- 19 clean & jerk
- 19 kb swing
- 19 kb thruster
- 19 kneeling kb press
- 19 turkish get up

17

- 20 clean & jerk
- 20 kb swing
- 20 kb thruster
- 20 kneeling kb press
- 20 turkish get up

18

REST DAY

19

- 21 clean & jerk
- 21 kb swing
- 21 kb thruster
- 21 kneeling kb press
- 21 turkish get up

20

- 22 clean & jerk
- 22 kb swing
- 22 kb thruster
- 22 kneeling kb press
- 22 turkish get up

21

- 23 clean & jerk
- 23 kb swing
- 23 kb thruster
- 23 kneeling kb press
- 23 turkish get up

22

- 24 clean & jerk
- 24 kb swing
- 24 kb thruster
- 24 kneeling kb press
- 24 turkish get up

23

REST DAY

24

- 25 clean & jerk
- 25 kb swing
- 25 kb thruster
- 25 kneeling kb press
- 25 turkish get up

25

- 26 clean & jerk
- 26 kb swing
- 26 kb thruster
- 26 kneeling kb press
- 26 turkish get up

26

- 27 clean & jerk
- 27 kb swing
- 27 kb thruster
- 27 kneeling kb press
- 27 turkish get up

27

- 28 clean & jerk
- 28 kb swing
- 28 kb thruster
- 28 kneeling kb press
- 28 turkish get up

28

REST DAY

29

- 29 clean & jerk
- 29 kb swing
- 29 kb thruster
- 29 kneeling kb press
- 29 turkish get up

30

- 30 clean & jerk
- 30 kb swing
- 30 kb thruster
- 30 kneeling kb press
- 30 turkish get up