

# KETTLEBELL

GET OUT OF YOUR COMFORT ZONE

*strength. muscle gains. conditoning.*



**SHES KETTLEBELL**

# Welcome to the Kettlebell 1.0 Program

## Introduction

Welcome to the Kettlebell 1.0 Program, an empowering fitness journey meticulously crafted for women by Coach Aphrodite Steel.

Designed to unleash your inner strength and sculpt the body you've always dreamed of, this transformative program blends the expertise with passion for guiding women towards their wellness goals.

The Kettlebell 1.0 Program will bring a wealth of experience in kettlebell training, ensuring each workout is not only effective but also tailored to suit the unique needs of women seeking for strength and sustainable fat loss.

My focus is on empowering women through strength training. My commitment to fostering a positive and supportive community ensures that this program goes beyond physical transformations, igniting a mindset that embraces the beauty of strength and resilience.

Throughout this program, you'll be guided through a series of dynamic kettlebell workouts carefully curated to maximize fat-burning potential while building lean muscle.

This program isn't just about shedding pounds; it's about embracing a lifestyle that celebrates your strength, vitality, and overall well-being.

Get ready to experience the transformation of your mind and body.

**Your journey to a stronger, more vibrant you starts now!**

# Why train with Kettlebells?

## The Benefits p.1

Training with kettlebells offers a variety of benefits and possesses unique characteristics that set it apart from other forms of strength training. Here are some key advantages and unique features of kettlebell training:

### **Functional Strength**

Kettlebell exercises often involve dynamic movements that engage multiple muscle groups simultaneously. This type of functional training mimics real-life activities, improving overall functional strength and enhancing daily performance.

### **Cardiovascular Conditioning**

Kettlebell workouts can provide a cardiovascular challenge, especially when performing high-intensity exercises or incorporating kettlebell swings. This dual benefit of strength and cardiovascular conditioning makes kettlebell training time-efficient.

### **Versatility**

Kettlebells are versatile pieces of equipment that can be used for a wide range of exercises. From swings and snatches to Turkish get-ups and goblet squats, the variety of movements allows for a comprehensive full-body workout.

### **Joint Mobility and Stability**

Many kettlebell exercises involve movements through a full range of motion, promoting joint mobility and stability. The dynamic nature of kettlebell training can contribute to improved flexibility and balance.

### **Caloric Burn and Fat Loss**

Kettlebell workouts, especially those that involve high-intensity intervals or full-body movements, can lead to an increased caloric burn. This can be beneficial for those aiming for fat loss and weight management.

# Why train with Kettlebells?

## The Benefits p.2

### Engagement of Stabilizer Muscles

The asymmetrical shape of a kettlebell requires the activation of stabilizer muscles to control and balance the weight during exercises. This helps develop a well-rounded and stable physique.

### Time Efficiency

Kettlebell workouts are known for their efficiency. Since they combine strength and cardiovascular elements, shorter, focused sessions can deliver significant benefits, making them suitable for individuals with busy schedules.

### Joint-Friendly

The ballistic nature of many kettlebell exercises puts less stress on the joints compared to traditional weightlifting. This can be advantageous for individuals who may experience joint discomfort with other forms of resistance training.

### Enhanced Grip Strength

The design of a kettlebell's handle challenges grip strength, and many exercises require a strong and secure grip. Improved grip strength can have positive carryover to various daily activities and sports.

### Mind-Body Connection

Kettlebell training often emphasizes proper form, body awareness, and mindful movement. This focus on the mind-body connection can enhance coordination, concentration, and overall mindfulness during workouts.

In summary, the benefits and uniqueness of training with kettlebells lie in their ability to provide a well-rounded workout that combines strength, cardiovascular conditioning, and functional movement patterns.

Whether you're a beginner or an experienced fitness enthusiast, incorporating kettlebell training into your routine can offer a refreshing and effective approach to achieving your fitness goals.

# The Programming of Kettlebell 1.0. Let's get started!

## The Programming

In the Kettlebell 1.0 Program, we've tailored the program to provide you with flexibility and customization, ensuring that your fitness journey aligns perfectly with your individual needs and preferences.

One of the unique features of this challenge is the option to choose between three distinct day splits, each offering a diverse set of exercises and challenges.

Whether you're a beginner looking to establish a solid foundation, an intermediate participant seeking a moderate intensity, or an advanced enthusiast craving a more vigorous workout, our program caters to your fitness level.

Within each day split, you'll find two difficulty levels, allowing you to tailor the intensity to match your current fitness capabilities and gradually progress as you become more adept.

This personalized approach empowers you to take control of your fitness journey, making the Kettlebell 1.0 program adaptable to a wide range of fitness levels and preferences.

So, whether you choose to embark on the journey with a beginner, intermediate, or advanced day split, and regardless of the difficulty level you opt for, rest assured that you'll be guided through a transformative experience that suits your unique fitness goals.

Get ready to discover the power of choice and customization in achieving the results you desire!

## 3 SESSIONS PER WEEK - BEGINNER & INTERMEDIATE

### WEEKS 1-2: BUILDING FOUNDATIONS

#### DAY 1

#### level 1

- ✓ Goblet Squats 3 sets 10 reps
- ✓ Gorilla Rows 3 sets 10 reps
- ✓ Plank 3 sets 20" hold
- ✓ Incline Push ups 3 sets 8 reps
- ✓ 2 Hand Swings 3x 20" On / 20" Off

#### DAY 1

#### level 2

- ✓ Goblet Squat + Curl 3 sets 10 reps
- ✓ Gorilla Row + Clean 3 sets 10 reps
- ✓ Plank 3 sets 20" hold
- ✓ Incline Push ups 3 sets 8 reps
- ✓ 2 Hand Swings 3x 20" On / 20" Off

#### DAY 2

#### level 1

- ✓ Reverse Lunges 3 sets 12 reps
- ✓ 2H Bridged-Floor Press 3 sets 10 reps
- ✓ KB Drag Throughs 3 sets 12 reps
- ✓ BW Squat Jumps 3 sets 15 reps
- ✓ Mountain Climbers 3x 20" On / 20" Off

#### DAY 2

#### level 2

- ✓ Reverse Lunge + Halo 3 sets 12 reps
- ✓ 1H Bridged-Floor Press 3 sets 6 reps
- ✓ KB Drag Throughs 3 sets 12 reps
- ✓ KB Squat Jumps 3 sets 12 reps
- ✓ Mountain Climbers 3x 20" On / 20" Off

#### DAY 3

#### level 1

- ✓ 2H Deadlifts 3 sets 12 reps
- ✓ 2H Thrusters 3 sets 10 reps
- ✓ Plank + Down Dog 3 sets 12 reps
- ✓ Suitcase Step ups 3 sets 16 reps
- ✓ 2H Swings 3x 20" On / 20" Off

#### DAY 3

#### level 2

- ✓ 1H Deadlifts 3 sets 12 reps
- ✓ 1H Thrusters 3 sets 10 reps
- ✓ Plank + Toe Touch 3 sets 12 reps
- ✓ Racked Step ups 3 sets 16 reps
- ✓ 2H Swings 3x 30" On / 10" Off



**3 SESSIONS PER WEEK - BEGINNER & INTERMEDIATE**

**WEEKS 3-4: GRADUAL PROGRESSIONS**

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Maintain the same structure and consider small progressions if feeling comfortable.

For example, increase the duration of the intervals, add a few more reps or grab a heavier kettlebell.

This program, focusing on full-body exercises and intervals, is designed for fat loss while accomodating a 3-day per week schedule.

Remember: Always prioritize proper form. Safety comes first!

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**REST PERIODS: 40"- 2 MINUTES BETWEEN SETS.**

# 4 SESSIONS PER WEEK - BEGINNER & INTERMEDIATE

## WEEKS 1-2: BUILDING FOUNDATIONS

### DAY 1

#### level 1

- ✓ Goblet Squats 3 sets 10 reps
- ✓ Gorilla Rows 3 sets 10 reps
- ✓ Plank 3 sets 20" hold
- ✓ Suitcase Step ups 3 sets 16 reps

### DAY 1

#### level 2

- ✓ Goblet Squat + Curl 3 sets 10 reps
- ✓ Gorilla Row + Clean 3 sets 10 reps
- ✓ Plank 3 sets 20" hold
- ✓ Incline Push ups 3 sets 8 reps

### DAY 2

#### level 1

- ✓ Reverse Lunges 3 sets 12 reps
- ✓ 2H Deadlifts 3 sets 10 reps
- ✓ Glute Bridge 3 sets 12 reps
- ✓ BW Jump Squats 3x 20" On / 20" Off

### DAY 2

#### level 2

- ✓ Reverse Lunge + Halo 3 sets 12 reps
- ✓ 1H Deadlifts 3 sets 10 reps
- ✓ Glute Bridge 3 sets 12 reps
- ✓ KB Jump Squats 3x 20" On / 20" Off

### DAY 3

#### level 1

- ✓ 2H Gorilla Rows 3 sets 12 reps
- ✓ 2H Bridged-Floor Press 3 sets 10 reps
- ✓ Plank to Down Dog 3 sets 12 reps
- ✓ Russian Twists 3 sets 20 reps

### DAY 3

#### level 2

- ✓ 1H Gorilla Row + Clean 3 sets 12 reps
- ✓ 1H Bridged-Floor Press 3 sets 6 reps
- ✓ Plank to Toe Touch 3 sets 12 reps
- ✓ Russian Twists 3 sets 20 reps

### DAY 4

#### level 1

- ✓ 2H Swings 4x 20" On / 20" Off
- ✓ Mountain Climbers 4x 20" On / 20" Off
- ✓ Jumping Jacks 4x 20" On / 20" Off

### DAY 4

#### level 2

- ✓ 2H Swings 4x 30" On / 10" Off
- ✓ Mountain Climbers 4x 30" On / 10" Off
- ✓ Jumping Jacks 4x 30" On / 10" Off





# 4 SESSIONS PER WEEK - BEGINNER & INTERMEDIATE

## WEEKS 3-4: INTRODUCTION TO INTERVALS

### DAY 1

#### level 1

- ✓ Goblet Squats 4x 30" On / 15" Off
- ✓ Gorilla Rows 4x 30" On / 15" Off
- ✓ 2H Thrusters 4x 30" On / 15" Off
- ✓ Suitcase Step ups 4x 30" On / 15" Off

### DAY 1

#### level 2

- ✓ Goblet Squat + Curl 4x 30" On / 15" Off
- ✓ Gorilla Row + Clean 4x 30" On / 15" Off
- ✓ 1H Thrusters 4x 30" On / 15" Off
- ✓ Racked Step ups 4x 30" On / 15" Off

### DAY 2

#### level 1

- ✓ Reverse Lunges 4x 30" On / 15" Off
- ✓ 2H Deadlifts 4x 30" On / 15" Off
- ✓ Glute Bridge 4x 30" On / 15" Off
- ✓ BW Jump Squats 4x 30" On / 15" Off

### DAY 2

#### level 2

- ✓ Rev. Lunge + Halo 4x 30" On / 15" Off
- ✓ 1H Deadlifts 4x 30" On / 15" Off
- ✓ Glute Bridge 4x 30" On / 15" Off
- ✓ KB Jump Squats 4x 30" On / 15" Off

### DAY 3

#### level 1

- ✓ 2H Gorilla Rows 4x 30" On / 15" Off
- ✓ 2H Bridged-Floor Press 4x 30" On / 15" Off
- ✓ Plank to Down Dog 4x 30" On / 15" Off
- ✓ Russian Twists 4x 30" On / 15" Off

### DAY 3

#### level 2

- ✓ 1H Gorilla Row + Clean 4x 30" On / 15" Off
- ✓ 1H Bridged-Floor Press 4x 30" On / 15" Off
- ✓ Plank to Toe Touch 4x 30" On / 15" Off
- ✓ Russian Twists 4x 30" On / 15" Off

### DAY 4

#### level 1

- ✓ 2H Swings 5x 20" On / 20" Off
- ✓ Mountain Climbers 5x 20" On / 20" Off
- ✓ Jumping Jacks 5x 20" On / 20" Off

### DAY 4

#### level 2

- ✓ 2H Swings 5x 20" On / 20" Off
- ✓ Mountain Climbers 5x 20" On / 20" Off
- ✓ Jumping Jacks 5x 20" On / 20" Off



## ***4 SESSIONS PER WEEK - BEGINNER & INTERMEDIATE***

### **WEEKS 3-4: INTRODUCTION TO INTERVALS**

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This beginner-friendly program introduces kettlebell and bodyweight exercises with an emphasis on proper form and gradual progression through intervals.

Adjust weights, repetitions and interval durations based on your comfort and progression.

Always prioritize safety and proper form throughout the program.

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**REST PERIODS: 40" - 2 MINUTES BETWEEN SETS.**



# 5 SESSIONS PER WEEK - BEGINNER & INTERMEDIATE

## WEEKS 1-2: BUILDING FOUNDATIONS

**DAY 1** level 1

- ✓ Goblet Squats 3 sets 10 reps
- ✓ Gorilla Rows 3 sets of 10 reps
- ✓ Plank 3 sets 20" hold
- ✓ Incline Push ups 3 sets of 8 reps

**DAY 1** level 2

- ✓ Halo + Sqt + Curl 3 sets 10 reps
- ✓ DL + Row + Clean 3 sets of 10 reps
- ✓ Side Plank 3 sets 15" hold
- ✓ Push ups 3 sets of 8 reps

**DAY 2** level 1

- ✓ 2H Swings 3 sets 20"
- ✓ Mountain Climbers 3 sets 20"
- ✓ Russian Twists 3 sets 20 reps
- ✓ KB Jump Squats 3 sets 10 reps

**DAY 2** level 2

- ✓ 2H Swings 3 sets 30"
- ✓ Mountain Climbers 3 sets 30"
- ✓ Russian Twists 3 sets 30 reps
- ✓ KB Jump Squats 3 sets 15 reps

**DAY 3** level 1

- ✓ Rev. Lunges 3 sets 12 reps
- ✓ 2H Deadlifts 3 sets of 10 reps
- ✓ 2H Swings 3 sets of 12 reps
- ✓ Step ups 3 sets of 16 reps

**DAY 3** level 2

- ✓ Lunges + Pull Over 3 sets 12 reps
- ✓ 1H DL + Row + Clean 3 sets of 10 reps
- ✓ 2H Swings 3 sets of 15 reps
- ✓ Step ups to Balance 3 sets of 16 reps

**DAY 4** level 1

- ✓ Halo + Curls 3 sets 10 reps
- ✓ Inclined Push ups 3 sets of 8 reps
- ✓ Plank to Down Dog 3 sets of 12 reps
- ✓ Gorilla Rows 3 sets of 16 reps

**DAY 4** level 2

- ✓ Halo + Curls 4 sets 10 reps
- ✓ Push ups 3 sets of 10 reps
- ✓ Plank to Toe Touch 3 sets of 16 reps
- ✓ Ballistic Rows 3 sets of 16 reps

**DAY 5** level 1

- ✓ Clean + Squat 4x 15" On / 15" Off
- ✓ Farmer's Carry March 4 sets 30"
- ✓ BW Russian Twists 4 sets 24 reps
- ✓ BW Alt Lunges 4 sets 12 reps

**DAY 5** level 2

- ✓ Row, Clean + Squat 4 sets 10 reps
- ✓ Farmer's Carry March 4 sets of 10 reps
- ✓ BW Russian Twists 3 sets of 30 reps
- ✓ BW Alt Lunges 3 sets of 20 reps



## ***5 SESSIONS PER WEEK - BEGINNER & INTERMEDIATE***

### **WEEKS 3-4: GRADUAL PROGRESSIONS**

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Maintain the same structure but consider small progressions. Increase the duration of intervals, add more reps or try with a heavier bell if you feel comfortable.

Always prioritize proper form and if needed modify exercises to your comfort level.

This program is designed to be accessible for beginners and more advanced athletes while focusing on fat loss through the combination of strength and cardio exercises.

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**REST PERIODS: 40"- 2 MINUTES BETWEEN SETS.**



# Does the program have Scalability?

## Program Scalability

Your well-being is our top priority in the 30-Day Kettlebell Training Fat Loss Challenge. We understand that each participant comes with unique strengths, limitations, and considerations. Therefore, in the event of injuries, pain, or any physical limitations, we want to assure you that we have your back.

Coach Robert King and Coach Aphrodite Steel, will help you along the way with alternative exercises and modifications that cater to various needs.

If at any point during the challenge you experience discomfort, pain, or if you have specific physical limitations, don't hesitate to reach out. We are committed to providing you with alternative movements that ensure your safety and comfort without compromising the effectiveness of your workout.

Your journey is about progress, not perfection, and we're here to support you every step of the way. Our goal is to create a positive and inclusive fitness experience for all participants, and we believe that adaptability is key to achieving lasting success.

So, rest assured that in the face of any challenges, we've got a solution ready for you.

# How can I make it more challenging?

## Ways to Progress

If you find yourself with a light kettlebell and want to increase the challenge of your workouts, there are several strategies you can employ to intensify the exercises. Here are some suggestions:

### **Increase Repetitions**

Perform more repetitions of each exercise to fatigue your muscles. This can help compensate for the lighter weight by focusing on endurance and muscular fatigue.

### **Slow Down the Movements**

Emphasize controlled and slow movements during each exercise. This increases time under tension and places more demand on your muscles, making the workout more challenging.

### **Use Tempo Variation**

Alter the tempo of your movements by incorporating slower eccentric (lowering) phases or faster concentric (lifting) phases. This variation adds a new dimension to the exercise and increases difficulty.

### **Increase Range of Motion**

Focus on maximizing your range of motion during each exercise. For instance, perform deeper squats or lunges to engage muscles more fully and enhance the difficulty.

### **Add Weight to the Kettlebell**

If your kettlebell has a handle that allows it, you can attach additional weight to it. This can be done by securing sandbags or other weights to the kettlebell, increasing the overall load.

Remember to prioritize proper form and technique to reduce the risk of injury. Gradually incorporate these modifications into your workouts to ensure a safe and progressive increase in intensity. Adjusting these variables will help you make the most of your light kettlebell and continue progressing in your fitness journey.



# And now? This is the beginning, not the end!

## **Congratulations!**

Your dedication, hard work, and resilience have shone through, and we applaud each and every one of you for the remarkable effort you've invested in this transformative journey.

As we wrap up the Kettlebell 1.0 Program, it's crucial to recognize that this is not the end; instead, it marks the beginning of a new chapter in your fitness journey. You've not only become familiar with the powerful impact of kettlebell training but have also embraced a flexible approach to nutrition that complements your active lifestyle.

Consider your introduction to kettlebells as an ice breaker—a dynamic initiation into tools that will be your steadfast companions on your fitness adventure. Kettlebells, with their versatility and effectiveness are now integral parts of your fitness toolkit.

Stay tuned for what lies ahead! I am excited to continue supporting you on your journey, offering new programs, fresh insights, and ongoing guidance. Your progress is my motivation, and I can't wait to see how you'll further evolve with the tools and knowledge you've gained.

## **Remember, this isn't the end; it's a powerful beginning.**

Your fitness journey is a lifelong adventure, and we're thrilled to be a part of it. Keep pushing boundaries, stay committed, and embrace the ongoing pursuit of your health and fitness goals. Until next time, thank you, and here's to the vibrant, healthier you that continues to unfold!

*Coach Aphrodite*

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# Useful links to never loose track!

## **SheisKettlebell Instagram Handle**

<https://www.instagram.com/SheisKettlebell/>

## **Aphrodite Steel Facebook Profile**

<https://www.facebook.com/thekettlebellcoach>

## **SheisKettlebell Facebook Page**

<https://www.facebook.com/sheiskettlebell>

## **SheisKettlebell YouTube Page**

<https://www.youtube.com/sheiskettlebell>





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