

# Killer Kettlebell WOD Bible

**200+ Cross Training  
KB Workouts**



**P SELTER**

*Father,*

*Thank you for the abilities you give us, for the strength and wisdom we gain from training.*

*Be with us as we work that we may do our best. Help us to be encouraging to others in our daily life. Thank you for the people that you have brought into our lives.*

*Bless the athletes, coaches, workout partners and all those who support our training.*

*May the results from our training be a reflection of Your Spirit in our lives.*

*Finally Father, remind us that there is no failure, but only growth in the body, mind and Spirit.*

*Amen*

# **Contents**

[Copyright](#)

[Disclaimer](#)

[Bonus Content](#)

[Introduction](#)

[Benefits of Cross Training](#)

[Terminology](#)

[What is a Kettlebell](#)

[Benefits of Kettlebell Training](#)

[Common Kettlebell Exercises](#)

[Common Kettlebell Training Mistakes](#)

[Kettlebell WODs](#)

[Bonus WODs](#)

[BONUS CHAPTER – Cross Training Equipment](#)

[Conclusion](#)

**Copyright**

*Killer Kettlebell WOD Bible: 200+ Cross Training*

*KB Workouts*

*Second Edition – August 2015.*

*Written by P Selter*

A stylized, cursive signature logo consisting of the letters 'PS' intertwined.

*A Shredded-Society Publication*

*Copyright © 2015*

*All rights reserved.*

*This book or any portion thereof may not be reproduced  
or used in any manner whatsoever without the*

*expressed written permission of the publisher except for*

*the use of brief quotation in a book review.*

## ***Disclaimer***

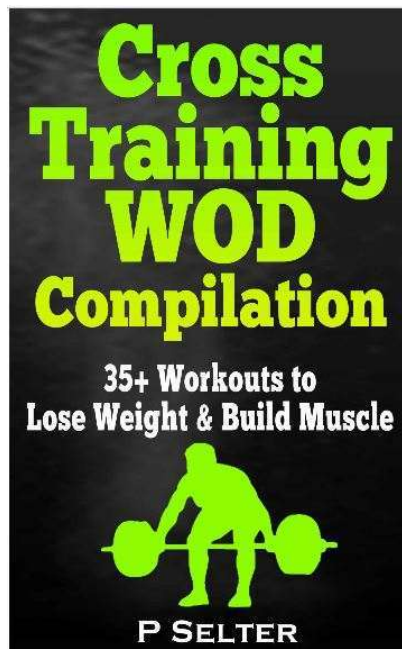
*The information provided in this book is designed to provide helpful information on the subjects discussed. This book is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book. References are provided for informational*

*purposes only and do not constitute endorsement of any websites or other sources. Readers should be aware that the websites listed in this book may change.*

*I recommend consulting a doctor to assess and/or identify any health related issues prior to making any dramatic changes to your diet or exercise regime.*

## *Your Free Gift*

*As a way of saying thanks for your purchase, I'm offering a free report that's exclusive to my readers.*



*[You can download this free report by going](#)*

*[here.](#)*

*[www.WODBible.com](http://www.WODBible.com)*



*Fitness gurus always want to make out that getting in shape and working out is harder than it really is, **that's why I wrote:***

***Cross Training WOD Compilation: 35+ Workouts to Lose Weight & Build Muscle***

*This book is a handy little reference containing the workouts and info to get started on your journey today; I encourage you to share this bonus report with your friends & family too!*

***As this is a limited time offer it would be a shame to miss out, I recommend grabbing this bonus before reading on.***

***PS: I'm always adding additional workouts and tips to my books, by clicking on the link above I'll also be***

*able to send you an updated version of the eBook you've  
purchased free of charge.*

## ***Introduction***

*I would like to thank you and congratulate you for purchasing the book, Killer Kettlebell WOD Bible: 200+ Cross Training KB Workouts.*

*This book will introduce you to the many health & fitness benefits of the phenomenon kettlebell training along with how to correctly perform common kettlebell exercises.*

*You will then be able to practise and implement these exercise with the 205 kettlebell WODs (workouts) contained within this book to improve your speed, strength and agility.*

*Thanks again for purchasing this book, I hope you*

*enjoy it!*

## ***Benefits of Cross Training***

*Cross Training is not just a new fad amongst all the other styles of training that come and go throughout the years; Cross Training has many benefits these include:*

### ***Intensity***

*Cross Training workouts are fast paced and intense (as the emphasis is on speed and total weight being lifted), they are generally much shorter than a regular weight lifting workout – however since the workout is condensed it is constant non-stop movement, there is no time to stop and talk to your gym partner*

*between sets like you normally would as you are constantly working against the clock to better yourself.*

### **Creates Athletes**

*Cross Training exercises are all high power functional movements, this is highly emphasised. Cross Training, unlike bodybuilding does not believe in low power isolation movements. The major benefit here is now that the focus has been taken off vanity and looks it has been put 100% on performance – the core strength, stamina, coordination, agility and balance you will develop through participation in Cross Training will transfer over to sports and all other facets of life.*

### **Time**

*The number one excuse for individuals not following a workout regime is the constraint of time;*

*yes its true – working out takes time.*

*However, Cross Training WODs are short - with many intense workouts ranging from 15 – 20 minutes they are faster and more effective than a regular workout in which you spend an hour on a cross trainer mindlessly staring at the wall.*

### **Measureable Results**

*Cross Training workouts provide you with measureable and repeatable data; this can be used to verify that your fitness level is increasing. With a series of 'bench mark' workouts known as 'The Girls' and 'The Heroes' you can easily assess your progress.*

### **Life Changing**

*Change your body, change your life, and change your world...*

*Cross Training workouts build mental strength, grit and confidence; a tough Cross Training workout will emotionally push you beyond your limits. When you ignore the voice inside your head that says 'it's too hard' or 'I can't do that last rep' and push past it unbreakable confidence is built – then anything is possible.*

## **Community**

*Cross Training encourages community, both in the gym and online.*

*People encourage and support each other through out their workouts – you will never have to work out alone again unless you want to, as the bond formed between training partners make training truly fun. It is very*



*rarely you will find an individual that is as passionate  
about a particular pastime as yourself however this  
could not be further from the truth with the Cross  
Training community; we are all teammates that push  
and pray for each other.*

## ***Terminology***

*The following Cross Training terminology guide will come in helpful when interpreting your Cross Training workouts.*

***1RM:*** *Your 1RM is your max lift for one rep*

***AHAP:*** *as heavy as possible*

***AMRAP:*** *As many rounds as possible*

***ATG:*** *Ass to Grass*

***BP:*** *Bench press*

***Box:*** *Another name for a gym*

***BS:*** Back squat

***BW:*** Body weight

***CTT:*** Cross Training Total - consisting of max  
squat, press, and deadlift

***CTWU:*** Cross Training Warm-up

***Chipper:*** A WOD containing many different  
exercises and reps

***CLN:*** Clean

***C&J:*** Clean and jerk

***C2:*** Concept II rowing machine

***DL:*** Deadlift

***DOMS:*** Delayed onset muscle soreness

***DU:*** Double under

**EMOM:** *Every minute on the minute*

**For Time:** *Timed workout, perform as quickly as possible and record score.*

**FS:** *Front squat*

**GHR(D):** *Glute ham raise (developer). Posterior chain exercise, similar to a back extension. Also, the device that allows for the proper performance of a Glute Ham Raise.*

**GHR(D) Situp:** *Situp performed on the GHR(D) bench.*

**GPP:** *General physical preparedness, another word for fitness*

**GTG:** *Grease the Groove, a protocol of doing many sub-maximal sets of an exercise throughout the*

*day*

**H2H:** *Hand to hand; refers to Jeff Martone's  
kettlebell "juggling" techniques*

**HSPU:** *Hand stand push up. Kick up into a  
handstand (use wall for balance, if needed) bend arms  
until nose touches floor and push back up.*

**HSQ:** *Hang squat (clean or snatch). Start with  
bar "at the hang," about knee height. Initiate pull. As the  
bar rises drop into a full squat and catch the bar in the  
racked position. From there, rise to a standing position*

**IF:** *Intermittent Fasting*

**KB:** *Kettlebell*

**KBS:** *Kettlebell swing*

**KTE:** *Knees to elbows.*

**MetCon:** *Metabolic Conditioning workout*

**MP:** *Military press*

**MU:** *Muscle ups. Hanging from rings you do a combination pull-up and dip so you end in an upright support.*

**OH:** *Overhead*

**OHS:** *Overhead squat. Full-depth squat performed while arms are locked out in a wide grip press position above (and usually behind) the head.*

**PC:** *Power clean*

**Pd:** *Pood, weight measure for kettlebells*

**PR:** *Personal record*

**PP:** *Push press*

**PSN:** *Power snatch*

***PU:*** Pull-ups or push ups depending on the context  
in WOD

***Rep:*** Repetition. One performance of an exercise.

***RM:*** Repetition maximum.

***ROM:*** Range of motion.

***Rx'd:*** As prescribed, without any adjustments.

***SDHP:*** Sumo deadlift high pull

***Set:*** A number of repetitions. e.g., 34sets of 8 reps,  
often seen as 4x8, means you do 8 reps, rest, repeat,  
rest, repeat, rest, repeat.

***SPP:*** Specific physical preparedness, aka skill  
training.

***SN:*** Snatch

***SQ:*** Squat

**SS:** *Starting Strength; Mark Rippetoe's great book  
on strength training basics*

**Subbed:** *Substituted*

**T2B:** *Toes to bar. Hang from bar. Bending only at  
waist raise your toes to touch the bar, slowly lower  
them and repeat.*

**Tabata:** *A form of interval training comprised of  
20 seconds on, 10 seconds off repeated for 8 rounds.*

**TGU:** *Turkish get-up*

**The Girls:** *A series of benchmark workouts  
named after girls*

**The Heroes:** *Brutal benchmark workouts in  
honour of fallen soldiers*



**TnG:** *Touch and go, no pausing between reps*

**WO:** *Workout*

**WOD:** *Workout of the day*

**YBF:** *You'll Be Fine*

## ***What is a Kettlebell***

*A kettlebell is a weight, primarily made out of cast iron, the physical appearance of a kettlebell resembles that of a cannonball with a looped handle. Kettlebells are used for performing cross training and ballistic style exercises which work on your cardiovascular endurance, strength and flexibility. Kettlebells range in weight from 5lbs to well over 100lbs.*

*Kettlebells were originally developed in Russia in the 1700s. in 1704 'Girya', Russian for 'kettlebell' was published in the Russian dictionary. During this time farmers used kettlebells to weigh their crops, grains and other goods. After farmers discovered they were also useful for displaying strength the Soviet Army adopted kettlebells for use in their physical conditioning programs and training in the 20<sup>th</sup> century. Kettlebells found their way to the*

*United States in the early 1960s, in 2001 Pavel Tsatsouline developed the first Kettlebell instructor certification program.*

*Kettlebells were declared the 'Hot Weight of the Year' in 2002 by Rolling Stone, kettlebells are finally getting the exposure they deserve as individuals begin to see fantastic results from their training.*

*The kettlebells centre of mass is extended beyond the hand, unlike that of a dumbbell, this encourages ballistic swinging movements and provides an unstable force when handled.*

*As you'll soon find out kettlebell training has a plethora of benefits, there's literally hundreds of different exercise variations you can perform with a kettlebell or two!*



## ***Benefits of Kettlebell Training***

### ***Cardio Becomes Fun***

*If you're looking to burn fat you no longer have to spend countless hours on the boring old treadmill. As stated earlier, kettlebell training incorporates modules of cardio along with functional strength and flexibility.*

*Kettlebell workouts are short and intense; they will have you gasping for air and burning fat in fun, efficient manner unlike conventional steady state cardio.*

### ***Gain Functional Strength***

*The majority of exercises you will be performing with kettlebells are compound exercises, meaning they involve recruiting multiple muscle groups at once. By performing compound exercises such as the goblet squat, deadlift, clean and press and floor press with kettlebells your functional strength will greatly increase.*

### ***Improve Flexibility***

*Kettlebell exercises emphasize the postural muscles in a functional manner, resulting in increased flexibility and better posture.*

### ***Portable***

*Kettlebells, unlike barbells and the majority of other exercise equipment are portable. Now there's no excuse to miss a workout. Quite often when I go on*

*holidays or are out of town for several days on business  
I take a couple of kettlebells with me, it's easy enough to  
do your kettlebell workout in large room or a public  
park.*

### ***Kettlebells Provide a Full Body Workout***

*Kettlebells provide you with a full body workout,  
swings, squats, snatches, deadlifts, lunges and presses  
are all compound exercises, working multiple muscle  
groups. The posterior chain is constantly being utilised  
during a kettlebell workout as the core must remain  
tight to assist in stabilising the swinging and rapid  
movement of weight.*

### ***Shock the System***

*Chances are if you're reading this you may not  
have trained with kettlebells before, and that's fantastic!*

*If you're used to exercises with machines or dumbbells and hit a plateau (you are unable to gain size or progress to heavier weights) then switching to a kettlebell based workout regime for a period of time will shock the body into new growth, not to mention it's fun and a change of scenery – great for breaking the monotony of the gym.*

### ***Save Money***

*Kettlebells are cheap, generally in the \$2-3 per kilogram price bracket. \$100 spent on kettlebells is money well spent! You will not find such value for money in a gym membership or overpriced exercise equipment that produces minimal results. To get in*



*great shape and build functional fitness a pair or 2 of the correct weight kettlebells is all you will need.*

### ***Develop Core Strength***

*Kettlebells will have you engaging your core on almost every exercise. Your lower back and core will gain tremendous strength and stability from performing exercise such as kettlebell swings, snatches, standing overhead presses etc. that said it is imperative to ensure you are using correct form, and tightening the core as necessary, otherwise you are leaving yourself susceptible to a lower back injury.*

### ***Improve Coordination***

*Kettlebell training will increase your hand eye coordination, as you are swinging and passing the kettlebell around your brain and muscles must*

*coordinate correctly in order to perform the movements necessary. This increase coordination will transfer across to all of your athletic endeavours.*

### **Correct Imbalances**

*Everybody has imbalances within their body, as if you're used to training with machines or barbells you will typically find you have a stronger side, which will compensate for the weaker side when necessary (many individuals find this apparent on pressing movements such as the overhead press and bench press). Kettlebell training will swiftly identify and correct imbalances through single limb exercises.*

### **Save Time**

*Kettlebell workouts are short and intense, the majority of kettlebell workouts within this book can*

*easily be completed within 10 – 20 minutes, if you find your workouts are taking substantially longer it is time to decrease your rest periods and increase your intensity.*

*Many individuals dismiss working out due to lack of time, however when you have a portable set of kettlebells, and only require 15 – 20 minutes for an intense workout there are no valid excuses.*

### ***Develop Explosive Power***

*Performing Olympic lifts such as the clean & jerk and snatch will increase your explosive power drastically, and places a new spin on these exercises as opposed to performing them with a barbell or dumbbells.*

## ***Common Kettlebell Exercises***

*The following pages detail the correct form (technique) including a photo displaying the starting and finishing for common kettlebell exercises found in the workouts section of this book.*

*If you are completely new to kettlebell training I highly recommend training with a partner or coach whom has experience with kettlebells as incorrect form can easily lead to back injuries due to the amount of stress placed on the posterior chain when performing kettlebell swings etc.*



## *Kettlebell American Swing*



**Note:** *Ensure you have mastered the Russian swing before progressing to the American swing.*

*Start with your foot positioning slightly wider than shoulder width, toes pointing straight forward.*

*The power for the American swing is all in your hips, ensure your back is straight, bend your knees and engage your lats to pick up the weight and commence the swing.*

*keep your arms slightly bent, stop the kettlebell swing overhead – you should not need to recruit your shoulders for the final part of the exercise, all power is to come through the hips, with engaged lats (many beginners drive through their front deltoids to get the kettlebell from chest height to overhead). The kettlebell should essentially float to the overhead position, with your lats being used to stop the weight at the top of the rep.*

## ***Kettlebell Russian Swing***



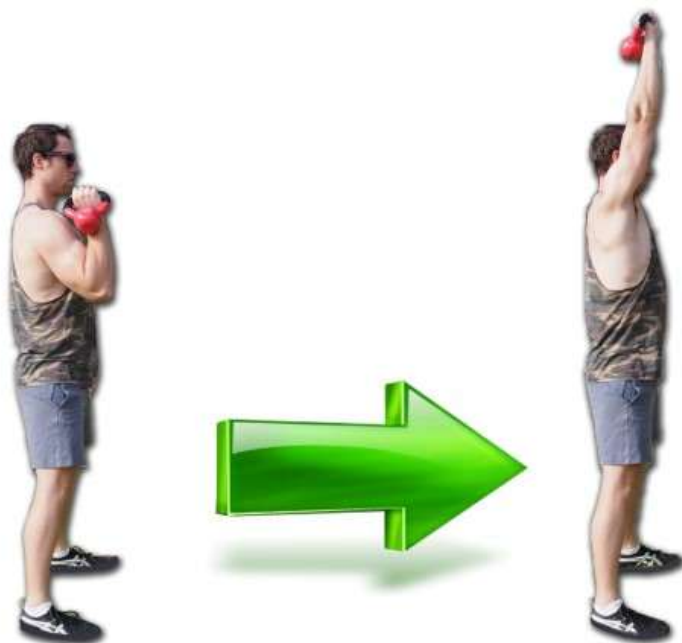
*Start with your foot positioning slightly wider than shoulder width, toes pointing straight forward.*

*The power for the Russian swing is all in your hips, ensure your back is straight, bend your knees and engage your lats to pick*



*up the weight and commence the swing keeping your arms  
slightly bent, stop the swing at chest height by engaging the lats.  
ensure your core is tight for the duration of your set.*

## ***Kettlebell Clean and Press***



*To begin push your glutes backwards and look straight ahead to ensure your back remains straight, extend through your hips and legs as you lift the kettlebells to shoulder height, rotating your wrists at the same time. Extend your elbow while rotating your palm forward to complete the press. Lower the*

*kettlebell back to the starting position.*

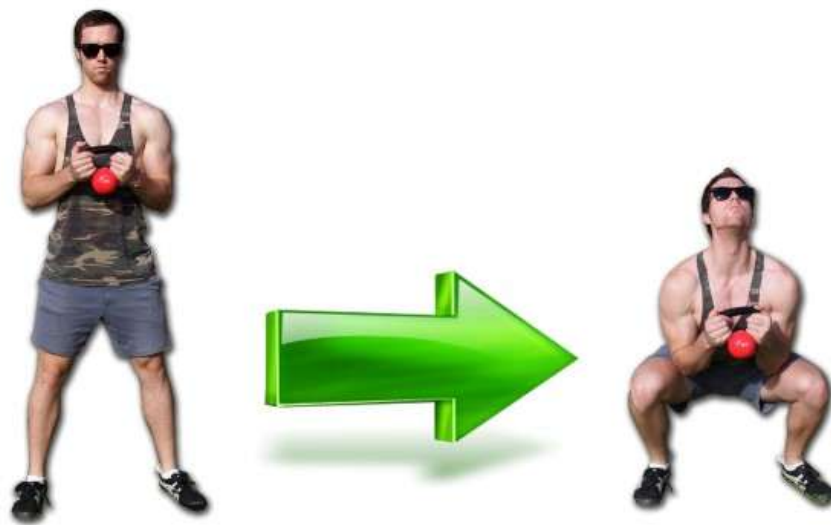
## ***Kettlebell Row***



*To begin push your glutes backwards and look straight ahead to ensure your back remains straight, hold onto both kettlebells by their handles. Retract your shoulder blade to draw one kettlebell towards your rib cage. Lower the kettlebell back to*

*the starting positioning, proceed to row the second kettlebell by  
following the same protocol.*

## ***Kettlebell Goblet Squat***



*Grasp a kettlebell in front of your chest with both hands, ensure your elbows are tucked in as close to your body as possible.*

*To begin the squat drive your hips backwards until your thighs are parallel to the floor. Return to an upright position by driving through your heels and keeping your core tight, look forward as*

*you do so to ensure your back does not round.*



## ***Kettlebell Lunges***



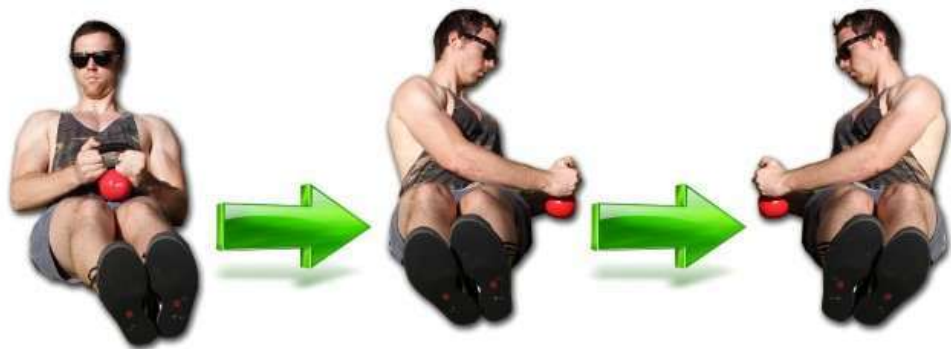
*Hold 1 kettlebell in each hand by the handle, palms facing towards your body with your feet in a shoulder width stance.*

*Step forward with one leg while flexing that knee to drop the hips, lower yourself until your rear knee brushes the ground. To complete the repetition flex both knees and drive through the*



*heel of your front foot. Repeat with opposite leg, lunges can be performed either stationary or walking.*

## ***Kettlebell Russian Twists***



*Sit on the ground, holding a kettlebell against your chest.*

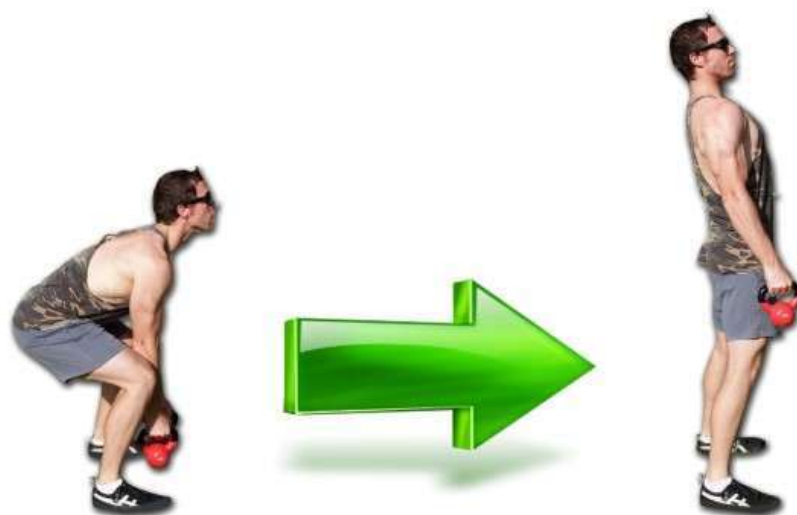
*Lean back to a 45 degree angle, keep your legs straight, slightly*

*raised so they are not touching the floor.*

*Rotate your torso from side to side while holding the kettlebell by*

*twisting at the waist and moving the kettlebell across your body,  
the further you lean back the harder this exercise becomes.*

## ***Kettlebell Deadlifts***

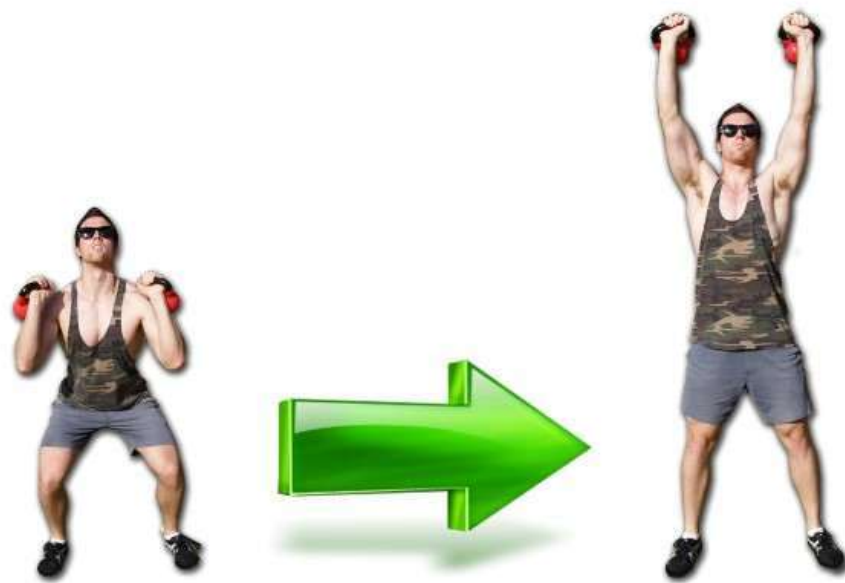


*Begin with a kettlebell on the floor between your legs.*

*Squat down to hold onto the kettlebell by dropping your hips and driving your glutes backwards while looking forward to ensure your back does not round. Hold the kettlebell with both hands, tighten your core and glutes before driving through your*

*heels to lift the kettlebell until your arms are fully extended and shoulders are pushed back. Bend your knees as you slowly lower the kettlebell to the starting position to complete the rep.*

## ***Kettlebell Push Press***



*Proceed to clean a pair of kettlebells to shoulder height.*

*squat down several inches by dropping your hips and driving your*

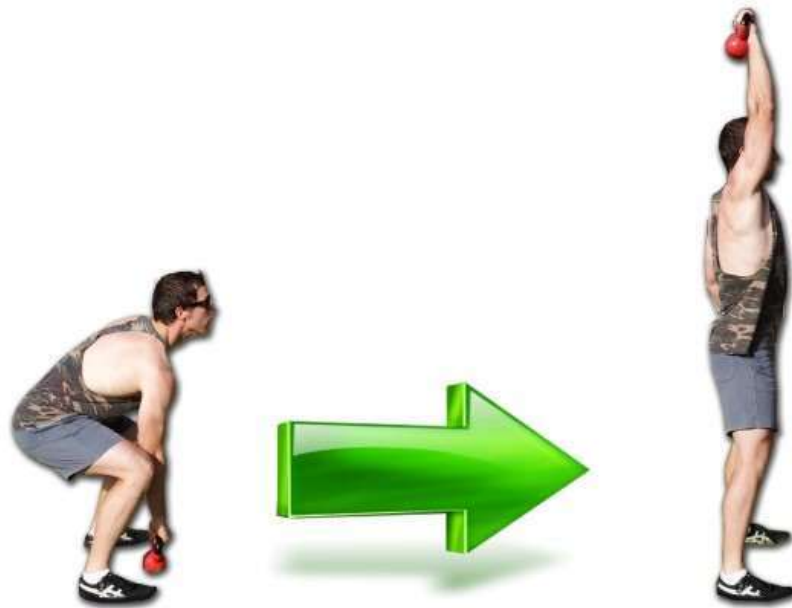
*glutes backwards, use your explosive power to now drive the*

*kettlebells upwards, use the momentum gathered to push the*

*kettlebells overhead until locked out.*

*Proceed to lower the kettlebells to the clean position (shoulder height) to complete the rep.*

## ***Kettlebell Snatches***



*Begin with a kettlebell between your legs, drop your hips back and bend your knees to lower yourself to the starting position.*

*Grasp the kettlebell with one hand.*

*While looking forward swing the kettlebell backwards (between*



*your legs) to gain momentum.*

*Swing the kettlebell forward while driving through your hips and knees; this will propel the kettlebell upwards. Lock the weight out directly overhead by rotating your hand and punching straight*

*up.*

*Proceed to lower the kettlebell down to the starting position.*

## ***Kettlebell Push-Ups***



*Begin with a pair of kettlebells on the ground at a slightly wider than shoulder width distance apart.*

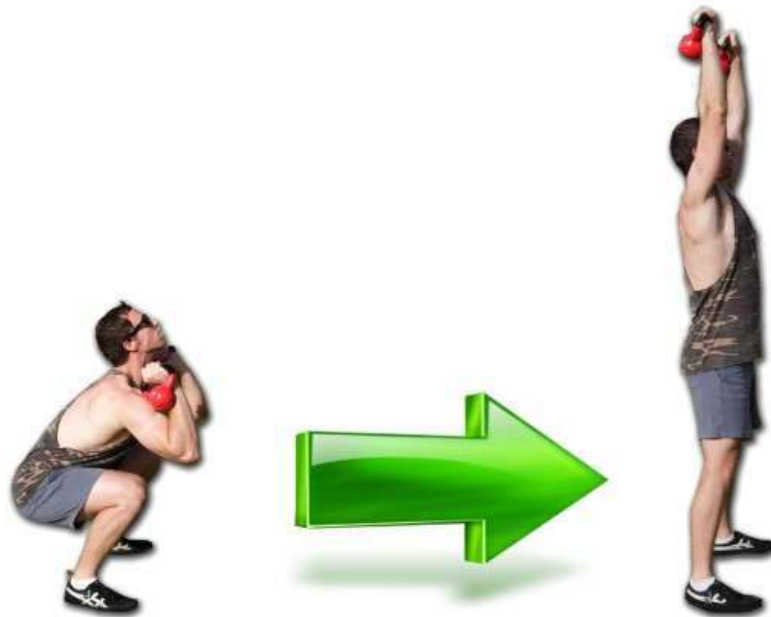
*Assume a pushup position by grasping the handle of each kettlebell.*

*Begin to lower your body until your arms are parallel to the floor,*

*push back up – locking out your elbows to complete the repetition.*

*The kettlebell pushup will allow a far greater range of motion  
than that of a regular pushup.*

## ***Kettlebell Thruster***



*Begin by cleaning 2 kettlebells to shoulder height (clean by dropping your hips back as you push the kettlebells towards your shoulders).*

*Squat down by driving your hips backwards until your thighs are parallel to the floor. Return to an upright position by driving through your heels, while doing so extend your arms using the*

*momentum of the squat to drive the kettlebells overhead.*

*Lower kettlebells to the starting position.*

## ***Kettlebell Floor Press***



*Lay on the floor with a kettlebell in each hand, your upper arm should be supported by the floor.*

*Proceed to press the kettlebell towards the roof by extending your elbows, as you press rotate your wrists until your palms are*

*facing away from your face.*

*Lower the kettlebells until your upper arm touches the floor to*

*complete the rep.*

## ***Kettlebell Turkish Get Up (TGU)***



***Note:*** I recommend practising the TGU without a kettlebell to ensure you have the movements correct before adding weight into the equatio



*Lay on the floor with 1 kettlebell locked out overhead (in a one arm floor press position). Bend the knee of the side that is holding the kettlebell.*

*While ensuring the kettlebell remains in a locked out position for the duration of the exercise pivot your body to the opposite side of the kettlebell and use your free hand to drive forward into a lunge position before assuming a seated/squat like position.*

*While looking upwards at the kettlebell proceed to stand up.*

*Reverse the motion back to the floor while maintaining the locked out kettlebell to complete the repetition.*

## ***KB Farmers Walk***



*Stand in the middle of 2 kettlebells.*

*Firmly grip the handles of the kettlebells, proceed to lift them by driving through your heels, ensuring your back remains straight*

*by keeping your head up.*

*Walk forward taking short, quick steps. Focus on your breathing  
as you move for the described distance.*

## ***Common Kettlebell Training Mistakes***

### ***Disregarding exercise progression:***

*As a beginner to kettlebells it is imperative that the foundation kettlebell exercises such as the deadlift and Russian swing are mastered first before attempting more advanced exercises such as the American swing.*

*Your fitness journey is a marathon, not a sprint so ensure you are progressing at a slow but consistent rate, if necessary hire a trainer to develop you a progressive exercise plan.*

***Using the upper body to muscle the kettlebell up:***

*The ballistic movements incorporated within kettlebell training should not require any drastic intervention from the upper body. A good example of this is attempting to 'muscle up' the kettlebell to the overhead position when performing a snatch or American swing. The upper body should remain relaxed during these movements as the hips are snapped and knees are locked for correct flow of the kettlebell.*

### ***Training to failure:***

*When training with dumbbells or barbells it is quite common to train to failure during your sets, many people carry this technique over when training with kettlebells. Training to failure when using kettlebells is a recipe for disaster as your form begins to deteriorate on your final reps the quality of your swing and overhead*

*pressing/catching of the kettlebell can lead to serious shoulder and lower back injuries. When training with kettlebells it is highly recommended to stop several reps short of failure.*

### ***Using a 'death grip':***

*When holding onto your kettlebells grasp the handles with the hooks of your fingers as opposed to your palm as you run the risk of hand and elbow injuries when gripping the kettlebell too tight during ballistic movements.*

### ***Injuring forearms:***

*When performing exercises in which the kettlebell changes position during the movement such as kettlebell cleans and snatches ensure you are staying in control of the kettlebell as it rotates to avoid any forearm damage due to being out of control as the kettlebell smashes down onto your forearm.*

*The best way to avoid this is to punch the kettlebell upwards as opposed to swinging it while slightly relaxing your grip to catch it before it falls and hits your forearm.*

### ***Incorrect footwear:***

*Running shoes are for running, not kettlebell workouts.*

*Running shoes tend to have a slightly raised heel which is known to push your knees forward during exercises*

*such as squats and swings. This will expose you to the  
risk of a knee injury.*

*Training barefoot is ideal for your stability, however if  
this is not an option I recommend training in flat soled  
shoes such as Chuck Taylors.*



## ***Kettlebell WODs***

*On the following pages you will find 205 kettlebell based WODs.*

*The exercises these workouts contain are single and dual kettlebell based, if you do not have access to 2 kettlebells simply scale these to single arm and either double or divide the repetitions based on your ability.*

*Have fun with it! Challenge your friends to beat your time and rounds on these WODs, after all fitness is all about having fun!*

## ***KB WOD 1***

*2 rounds:*

*50x Kettlebell Hand-to-hand swings*

*25x Kettlebell Double bottoms-up press*

*12x Kettlebell Snatch*

*50x Push-ups*

## ***KB WOD 2***

*For time:*

*Run 1 mile*

*100x KB snatch*

*200x Alternating KB press*

*300x KB swing*

*Run 1 mile*

### ***KB WOD 3***

*18 rounds:*

*1-2-3-2-3-4-3-4-5-4-5-6-5-6-7-6-7-8x reps*

*Double clean*

*Jerk*

### ***KB WOD 4***

*For time:*

*40x Plyo push-ups using KB handles*

*40x Hanging guard sit-ups*

*40x Pull-ups*

*40x Bench press*

*40x KB swing*

*40x Alternating KB press*

*Row 50 calories*

## ***KB WOD 5***

*AMRAP in 10 minutes:*

*1x Double KB snatch*

*2x KB Sotts press*

*3x KB thrusters*

*4x Push-ups*

## ***KB WOD 6***

*For max rounds:*

*On-the-minute Double KB Sumo deadlift*

*Start at 1 rep, add another rep at top of each minute*

*Continue until you cannot perform the requisite number*

*of reps per round*

## ***KB WOD 7***

*Max reps in 10 minutes*

*Switch arms as necessary, KB may not touch floor*

*Long cycle KB clean & jerk*

***KB WOD 8***

*1 round:*

*Row 2km*

*200x KB swings*

*Row 2000m*

***KB WOD 9***

*8 rounds:*

*8x Single arm KB thruster*

*8x Pistol squats*

*8x KB reverse lunge*

***KB WOD 10***

*13 rounds:*

*21-18-15-12-9-6-3-6-9-12-15-18-21x reps*

*KB swings*

*Push-ups*

***KB WOD 11***

*3 rounds - 21-15-9x reps:*

*KB sumo high-pull*

*Double KB push jerk*

***KB WOD 12***

*AMRAP in 12 minutes:*

*3x KB pistol squats*

*6x Double KB snatch*

*9x KB jerk*

***KB WOD 13***

*Max rounds:*

*On the minute every minute perform*

*1x KB snatch first minute, then rest*

*2x KB snatch second minute, then rest*

*3x KB snatch third minute...*

*Continue until failure*

### ***KB WOD 14***

*18 rounds:*

*1-2-3-2-3-4-3-4-5-4-5-6-5-6-7-6-7-8x reps*

*Double snatch*

*Thruster*

### ***KB WOD 15***

*Max rounds:*

*On-the-minute Double KB Snatch*

*Start at 1 rep, add another rep at top of each minute*

*Continue until you cannot perform the requisite number*

*of reps per round*

### ***KB WOD 16***

*For time:*

*Use single KB*

*25x Ring dips*

*25x Walking lunges w/ KB overhead*

*50x Hand-to-hand swing*

*25x Walking lunges w/ KB overhead*

*50x Pull-ups*

*25x Ring dips*

### ***KB WOD 17***

*Max rounds in 12 minutes:*



*7x KB snatch*

*7x Ball slams*

*7x GHD sit-ups*

### ***KB WOD 18***

*5 rounds:*

*KB swings 80-40-20-40-80x*

*Push-ups 40-20-10-20-40x*

*Pull-ups 20-10-5-10-20x*

### ***KB WOD 19***

*3 rounds:*

*21-15-9x reps*

*KB sumo high-pull*

*Double KB push jerk*

### ***KB WOD 20***

*Max rounds in 7 minutes:*

*3x Back squat (bw)*

*6x Double KB swing (1/2 bw)*

*9x Push-ups*

***KB WOD 21***

*5 rounds:*

*20x Hand to hand KB swing*

*10x Double KB clean*

*20x Alternating bent KB row*

*10x Thruster*

***KB WOD 22***

*3 rounds:*

*5x Double KB snatch*

*10x Thrusters*

*20x Renegade rows*

## ***KB WOD 23***

*5 rounds:*

*All exercises are double KB*

*6x Front squat*

*6x Clean*

*6x Press*

*15x Swing*

*6x Bent over row*

*10x Burpees*

## ***KB WOD 24***

*Max rounds in 20 minutes;*

*3x KB snatch, each arm*

*5x Burpees*

## ***KB WOD 25***

*10 rounds:*

*6x KB snatch, each arm*

*12x Box jumps*

***KB WOD 26***

*4 rounds:*

*10-20-30-40x reps*

*KB swing*

*Man-makers*

*Alternating floor press*

***KB WOD 27***

*For max distance:*

*KB Farmer's walk for 12 minutes*

*Stop at top of each minute and do 5x burpees*

***KB WOD 28***

*3 rounds:*

*21-15-9x reps*

*KB thrusters*

*Ring pull-ups*

***KB WOD 29***

*For time:*

*75x KB snatch*

***KB WOD 30***

*For time:*

*53x KB swing*

*53x KB sumo deadlift high-pull*

*53x KB snatch*

*53x KB back extension*

***KB WOD 31***

*Max rounds in 15 minutes;*

*10x KB suitcase deadlift*

*Farmer's walk - 20 steps*

### ***KB WOD 32***

*For time:*

*20x KB swing*

*30x Single KB thruster, left arm*

*20x Push-ups*

*30x Sit-ups*

*20x KB sumo deadlift high pull*

*30x Burpees*

*20x Double KB snatch*

*200m Farmer's walk*

*20x KB swing*

### ***KB WOD 33***

*29 rounds:*

*Breathing ladder*

*KB swing*

***KB WOD 34***

*3 rounds:*

*5x Burpees*

*10x KB thrusters*

*15x KB sumo deadlift high-pull*

*20x Sit-ups*

***KB WOD 35***

*For time:*

*Use single KB*

*25x Ring dips*

*25x Walking lunges w/ KB overhead (left arm)*

*50x Hand-to-hand swing*

*25x Walking lunges w/ KB overhead (right arm)*

*50x Pull-ups*

*25x Ring dips*

***KB WOD 36***

*Max rounds in 12 minutes:*

*3x Clean*

*3x Front squat*

*3x Double Snatch*

*3x Bent row*

***KB WOD 37***

*5 rounds:*

*21x Sumo deadlift high pull*

*21x Burpees*

*Row 250m*



## ***KB WOD 38***

*3 rounds:*

*5x Double KB sumo deadlift*

*10x KB Goblet squat*

*40m Overhead carry*

*25x KB swings*

## ***KB WOD 39***

*3 rounds:*

*6x KB turkish get-up*

*6x KB clean/press/windmill combo*

*50m Heavy sandbag carry*

## ***KB WOD 40***

*For time:*

*Use two KBs for all weighted movements.*

*12x KB swing*

*12x Snatch*

*12x Clean & jerk*

*12x Bent rows*

*12x Burpees*

*12x High pulls*

*12x Mountain climbers*

*12x Sotts press*

*12x Suitcase swings*

*12x Push-ups on KB handles*

***KB WOD 41***

*3 rounds:*

*15x KB swings*

*15x each arm KB clean & jerk*

*15x KB goblet squats*

*30 KB Hand-to-hand swings*

*15x each arm KB snatch*

***KB WOD 42***

*Max rounds in 15 minutes:*

*Use single KB for all movements, KB may not touch*

*floor*

*1x Snatch*

*1x Overhead squat*

*1x Windmill*

*1x Jerk*

*1x Hand-to-hand swing*

***KB WOD 43***

*For time:*

*400m KB Farmer's walk*

*50x Bottoms-up single KB thruster*

*25x/arm KB snatch*

*50x Alternating floor press*

*400m KB Farmer's walk*

### ***KB WOD 44***

*3 rounds:*

*KB snatch intervals, count total reps for score*

*10:10*

*20:10*

*10:10*

*30:10*

*15:10*

*25:60*

## ***KB WOD 45***

*For time:*

*Use single KB*

*25x Ring dips*

*25x Walking lunges w/ KB overhead (left arm)*

*50x Hand-to-hand swing*

*25x Walking lunges w/ KB overhead (right arm)*

*50x Pull-ups*

*25x Ring dips*

## ***KB WOD 46***

*For time:*

*50x reps of the following KB complex:*

*1x Snatch + 1x Push-press + 1x Reverse TGU + 1x Hand-  
to-hand swing*

***KB WOD 47***

*3 rounds:*

*Double unders 42-30-18x reps*

*KB swings 21-15-9x reps*

***KB WOD 48***

*10 rounds:*

*KB Snatch 10-9-8-7-6-5-4-3-2-1x*

*Burpee 1-2-3-4-5-6-7-8-9-10x*

*KB thruster 10-9-8-7-6-5-4-3-2-1x*

## ***KB WOD 49***

*5 rounds:*

*20x Hand to hand KB swing*

*10x Double KB clean*

*20x Alternating bent KB row*

*10x Thruster*

## ***KB WOD 50***

*3 rounds:*

*21-15-9x*

*Knees to elbows*

*KB Turkish get-ups*

*Sit-ups*

*KB swings*

*Ring push-ups*

***KB WOD 51***

*AMRAP in 12 minutes:*

*3x Clean*

*3x Front squat*

*3x Double Snatch*

*3x Bent row*

***KB WOD 52***

*1 round:*

*Keep KB off the ground for the entire workout*

*200x KB swings*

*150x KB snatch*

*100x 1-arm KB press*



### ***KB WOD 53***

*Utilise 2 KBs for the following workout:*

*10x Front squat*

*20x Alternating bent row*

*10x Push press*

*10x Snatch*

### ***KB WOD 54***

*9x KB suitcase deadlift*

*12x/arm KB snatch*

*15x KB push press*

### ***KB WOD 55***

*30x KB front squat*

*30x Push-ups*

*10x KB snatch*

*10x Pull-ups, strict*

***KB WOD 56***

*20-14-8.*

*Kettlebell swings.*

*KB Clean and Press (Place on floor and alternate arms*

*each rep)*

*Turkish Get Up(alternate arms each rep)*

***KB WOD 57***

*4 rounds:*

*Circuit: 5 rounds of :30 work, minute rest between*

*rounds*

*Clean, :30 per side*

*Slingshot, :30 each direction*

*Thruster, :30 right*

*2-hand swing, :30*

*Thruster, :30 left*

*Push ups, :30*

*Sit ups, :30*

### ***KB WOD 58***

*20 seconds work/10 seconds rest of the following:*

*Kettlebell swings*

*push ups*

*kettlebell high pulls*

*goblet squats*

*thrusters*

*one arm rows*

*jumping jacks*

*bicycles*

## ***KB WOD 59***

*20 seconds work/10 seconds rest of the following:*

*kettlebell snatch right*

*kettlebell snatch left*

*mountain climbers*

## ***KB WOD 60***

*20 seconds work/10 seconds rest of the following:*

*kettlebell high pull*

*kettlebell thruster*

*Jumping jacks or jump rope*

## ***KB WOD 61***

*20 seconds work/10 seconds rest of the following:*

*Slam Bells*

*Squat Thrust*

*Flutter Kicks*

***KB WOD 62***

*20 seconds work/10 seconds rest of the following:*

*kettlebell snatch right*

*kettlebell snatch left*

*mountain climbers*

*kettlebell high pull*

*kettlebell thruster*

*Jumping jacks or jump rope*

*Slam Bells*

*Squat Thrust*

*Flutter Kicks*

### ***KB WOD 63***

*1 clean + 1 press + 1 squat + 1 renegade row per arm*

*2 clean + 2 press + 2 squat + 2 renegade row per arm*

*3 clean + 3 press + 3 squat + 3 renegade row per arm*

*Repeat, increasing reps as many times as possible*

### ***KB WOD 64***

*4 Rounds of 3 mins of work, 1 min of rest:*

*3x kbell cleans*

*6x kbell sh to oh*

*9x air squat*

### ***KB WOD 65***

*3 rounds:*

*box jump 10,8,6*

*3x sandbag TGU's*

*3x sandbag kettlebell walk 35ft*

*20x KB hand-to-hand*

***KB WOD 66***

*5 rounds:*

*2 cleans*

*1 squat clean*

*1 thruster*

*6 walking lunges with bells in the rack*

*jerk to overhead walk back*

***KB WOD 67***

*8-7-6-5-4-3-2-1*

*fronts squats*

*clean & push press/jerk*

*lunge*

***KB WOD 68***

*4 rounds:*

*15 air squats*

*10 dual swing to high pull*

*5 hindu pushups*

***KB WOD 69***

*4 rounds:*



*2 cleans*

*1 squat clean*

*1 thruster*

*6 walking lunges with bells in the rack*

*jerk to overhead walk back*

*5 rounds*

***KB WOD 70***

*7 rounds:*

*3 push press*

*walk oh*

*3 windmills*

*walk oh*

*3 pushups*

***KB WOD 71***

*EMOM for 3 minutes:*

*3 power cleans*

*5 pushups*

***KB WOD 72***

*4 rounds:*

*8 dual swings with catch release*

*5 burpees*

*2 sandbag getups with a walk down and back*

***KB WOD 73***

*1 minute snatch, left, medium weight*

*1 minute rest*

*1 minute snatch, right, medium weight*

*1 minute rest*

*30 secs snatch, left, ahap*

*1 minute rest*

*30 secs snatch, right, ahap*

### ***KB WOD 74***

*4 sprawls with deadlifts (dual KB)*

*3 dual deadlifts*

*2 dual cleans*

*1 dual thruster*

*25 yard farmer's carry, one up one down, switch, walk*

*back*

*every third round run 200m without KB*

***KB WOD 75***

*3 rounds:*

*5 dual kb front squats*

*50 meter band sprint*

***KB WOD 76***

*3 min Russian KB swings*

*1 min rest*

*2 min Russian KB swings*

*1 minute rest*

*1 min Russian KB swings*

***KB WOD 77***

*8-6-4-3-2-1*

*dual cleans*

*dual front squats*

*dual push jerks*

***KB WOD 78***

*2 rounds:*

*200m run*

*30 uppercuts*

*200m run*

*30 walking lunges*

*200m run*

*30 kb situps*

*200m run*

***Kb WOD 79***

*3 rounds:*

*15 KB snatch*

*12 in & outs*

*9 pushups*

*6 burpees*

***KB WOD 80***

*5 rounds:*

*12 push press, total, 6/6*

*2 shuttle runs*

*8 swing to lunge, total*

***KB WOD 81***

*3 rounds:*

*all left, all right*

*5 KB power cleans*

*4 KB thrusters*

*3 KB push press*

*2 overhead squat*

## ***KB WOD 82***

*4 rounds:*

*10 kb lunges with pass*

*5 wall walks*

*10 dual KB sumo deadlift*

## ***KB WOD 83***

*5 rounds:*

*10 dual KB swings*

*10 dual KB swings with release/catch*

*10 dual KB swings with a flip*

## ***KB WOD 84***

*3 rounds:*

*800m run*



*21 box jumps*

*dual alt press, 8l/8r*

*21 single bell situps*

### ***KB WOD 85***

*5 rounds:*

*8 dual bell alternating bent over row (4r/4l)*

*5 dual bell kb cleans*

*1 dual bell kb thruster*

### ***KB WOD 86***

*7 rounds:*

*3 dual bent over row*

*3 dual cleans*

*3 dual front squats*

*3 dual alt push press (6 total reps)*

*3 dual thrusters*

***KB WOD 87***

*3 rounds:*

*100m run*

*15 jumping air squats*

*12 dual snatches*

*9 dual push jerks*

***KB WOD 88***

*5 rounds:*

*3 dual swing to high pull*

*3 dual cleans*

*3 dual front squats*

***KB WOD 89***

*3 rounds:*

*3 minutes of snatches*

*snatch every 10 seconds, rest overhead*

*switch hands as often as you like*

***KB WOD 90***

*9-6-3*

*dual sumo deadlift*

*dual clean and jerk*

*dual floor press*

## ***KB WOD 91***

*7 minute amrap*

*1 pullup*

*1 burpee*

*1 KB swing*

*2, 2, 2*

*3, 3,3*

*1, 1, 1*

*2, 2, 2*

## ***KB WOD 92***

*5-4-3-2-1*

*front squats*

*find your 1 rep max – hold as many KBs as necessary*

*12 min cap*

### ***KB WOD 93***

*3 minutes of single arm jerks*

*2 minutes of pullups*

*1 minute of burpees*

*3 minutes of rest*

*3 minutes of single arm jerks*

*2 minutes of pullups*

*1 minute of burpees*

### ***KB WOD 94***

*4 rounds:*

*12 dual cleans*

*50 yard walk with bells in the rack*

*200m sprint*

## ***KB WOD 95***

*5 rounds:*

*6 alternating floor presses (dual bells, one up one down)*

*1 minute rest*

## ***KB WOD 96***

*2 rounds:*

*1 minute dual kb snatch*

*1 minute tabata burpees*

*1 minute dual kb jerk*

*1 minute tabata burpees*

## ***KB WOD 97***

*3 rounds:*

*20 kb squats*

*10 Russian KB swings*

*5 sa swings. l*

*5 sa swings, r*

## ***KB WOD 98***

*7-5-3*

*dual bent over row*

*dual power clean*

*dual push press*

## ***KB WOD 99***

*2 rounds:*

*21 push press*

*400m run*

*21 cleans*

*400m run*

*21 front squats*

## ***KB WOD 100***

*20 yard sprint*

*20 secs rest while walking back*

*20 yard sprint*

*20 secs rest while walking back*

*20 power swings immediately followed by*

*30 yard sprint*



*20 secs rest while walking back*

*30 yard sprint*

*20 secs rest while walking back*

*20 power swings immediately followed by*

*40 yard sprint*

*20 secs rest while walking back*

*20 power swings*

### ***KB WOD 101***

*2 rounds:*

*6 minutes tabata*

*dual Russian KB swings*

*dual KB swing to high pull*

*dual KB snatch*

***KB WOD 102***

*EMOTM*

*5 snatch left*

*5 snatch right*

*5 burpees*

***KB WOD 103***

*6 rounds:*

*7 dual clean and jerk*

*20 foot sled pull*

*5 pullups*

***KB WOD 104***

*3 rounds:*

*3 reps each of*

*squat clean*

*thruster*

*push press/jerk*

*oh squat*

*all left, all right*

***KB WOD 105***

*2 rounds:*

*KB power clean*

*KB front squat*

*KB thruster*

*KB snatch to backwards lunge*

*1 all left, 1 ll right*

*2 all left, 2 all right*

*3 all left, 3 all right*

***KB WOD 106***

*3 rounds:*

*12 power swings*

*4 burpees*

*200m run*

*12 powers*

*8 burpees*

*200m run*

*12 powers*

*12 burpees*

*200m run*

***KB WOD 107***

*3 rounds:*

*5 burpees*

*7 KB front squats*

*9 american KB swings*

*3 over-unders*

***KB WOD 108***

*10 minutes of:*

*1 strict press*

*2 push press*

*3 push jerk*

***KB WOD 109***

*6 rounds:*

*2 KB cleans*

*2 KB clean to front squat*

*2 KB clean to thruster*

*2 KB overhead lunges*

***KB WOD 110***

*4 rounds:*

*25 strict KB press*

*25 KB push press*

*25 KB push jerk*

***KB WOD 111***

*3 rounds:*

*25 goblet squat*

*25 overhead squat, left*

*25 overhead squat, right*

***KB WOD 112***

*5 rounds:*

*5 burpees on the minute every minute*

*50 Russian KB swings*

*25 KB snatches, total*

*25 KB thrusters, total*

***KB WOD 113***

*8 minutes amrap:*

*5 front squats*

*7 russians*

*9 pushups*

***KB WOD 114***

*9-7-5-3-1*

*kb lunge with pass*

*kb pushups*

*kb situps*

***KB WOD 115***

*5 rounds:*

*10 burpee pullups*

*10 dual kb alt strict press*

*10 dual russians*

*200m run*



***KB WOD 116***

*dual KB floor press*

*2 presses every 30 seconds for 5 minutes*

*total of 20 reps*

***KB WOD 117***

*3 rounds:*

*all exercises are dual KB*

*8 sumo dl*

*6 swing to high pull*

*4 snatch*

***KB WOD 118***

*3 rounds:*

*1 minute single bell clean and jerk, each arm*

*1 minute rest*

*3 rounds*

*move up in weight each round*

***KB WOD 119***

*1 round:*

*650m run*

*15 burpees*

*35 Russian KB swings*

*250m run*

*15 burpees*

*35 Russian KB swings*

*650m run*

***KB WOD 120***

*7 rounds:*

*3 box jumps*

*3 push ups*

*6 American KB swings*

*9 air squats*

***KB WOD 121***

*5 rounds:*

*5 dual kb sumo deadlift*

*1-2-3-4-5 pushups/wall walks*

*5 knee to elbow*

***KB WOD 122***

*13 rounds:*

*3 strict KB press*

*3 KB push press*

*3 KB push jerk*

***KB WOD 123***

*8 minute amrap*

*12 dual KB sumo deadlifts*

*6 plyometric pushups*

## ***KB WOD 124***

*1 minute max effort at each station*

*90 seconds of rest between stations*

*American KB swings*

*pushups*

*sandbag ground to overhead*

*toes to bar*

## ***KB WOD 125***

*5 rounds:*

*dual KB swing x1*

*dual KB clean x2*

*dual KB squat x3*

***KB WOD 126***

*2-4-6-8-10-12-14-12-10-8-6-4-2*

*Russian KB swings*

*KB situps*

***KB WOD 127***

*3 rounds:*

*20 dual KB squat cleans*

*15 pushups*

*10 pullups*

***KB WOD 128***

*7 rounds:*

*3 sumo dead lift*

***KB WOD 129***

*12-9-6*

*dual kb swings*

*pullups*

***KB WOD 130***

*6 rounds:*

*3 single arm swings*

*3 KB cleans*

*3 KB split jerk*

### ***KB WOD 131***

*2 rounds:*

*100ft walking lunge, no KB*

*100ft walk with KB overhead*

*25 single arm KB swings*

### ***KB WOD 132***

*2 rounds:*

*200m farmers walk (dual)*

*35 KB wall ball (single)*

*200m farmers walk (dual)*

### ***KB WOD 133***

*amrap in 15 minutes:*

*10 KB dual alternating floor press*



*10 power swings*

*10 lunge with pass*

*10 sit-up*

### ***KB WOD 134***

*2 rounds:*

*10 KB deadlift*

*10 single arm KB swings*

*10 KB push press*

*all left, followed by right*

### ***KB WOD 135***

*10-8-6-5-4-3-2-1*

*dual KB floor press*

*pullups*

*horn squat*

***KB WOD 136***

*3 rounds:*

*2 KB presses*

*4 KB jerks*

*6 KB thrusters*

***KB WOD 137***

*3 dual kb deadlifts*

*5 dual kb cleans*

*7 dual kb jerks*

*5 rounds*

***KB WOD 138***

*21-15-9*

*KB squat clean*

*pushups*

*single arm KB situp*

***KB WOD 139***

*3 rounds:*

*25 single arm swings, each arm*

*50 Russian KB swings*

*25 push press, each arm*

***KB WOD 140***

*2 rounds:*

*600m run*

*10 dual KB clean, press and squat*

*10 pushups*

*3 TGU's*

***KB WOD 141***

*10 minutes amrap*

*5 snatch to overhead squat to thruster*

*each side, complete all three movements without putting*

*the KB down*

***KB WOD 142***

*20 minutes amrap*

*14 dual KB alternating press*

*14 dual KB alternating clean*

***KB WOD 143***

*12 minutes amrap*

*10 Russian KB swings*

*200m run*

*10 pushups*

***KB WOD 144***

*3 rounds:*

*9 dual KB situps*

*7 dual KB push press*

*5 dual KB bent over row*

***KB WOD 145***

*2 rounds:*

*30 situps*

*20 Russian KB twists*

*10 seated KB presses*

*400m run*

***KB WOD 146***

*5-5-5-5-5*

*dual kb deadlift (bodyweight)*

*Hold as many KBs as necessary*

***KB WOD 147***

*10 rounds:*

*3 clean & press*

*6 pushups*

*9 air squats*

***KB WOD 148***

*6 rounds:*

*4 KB deadlift*

*3 KB cleans from the ground*

*2 KB squat cleans*

*1 KB thruster*

***KB WOD 149***

*20 minute amrap*

*5 KB deadlift*

*10 KB American wing*

*15 KB Russian swing*

*200m run*

***KB WOD 150***

*10 rounds:*

*7 American swings*

*5 burpees*

***KB WOD 151***

*5 rounds:*



*21 KB American swings*

*250m run*

*12 Ring Dips*

***KB WOD 152***

*4 rounds:*

*50 KB American swings*

*40 KB Russian twists*

*30 KB wall ball*

***KB WOD 153***

*5 rounds:*

*15 KB American swings*

*5 burpees*

***KB WOD 154***

*2 rounds:*

*1 TGU*

*150m run*

*2 TGU*

*150m run*

*3 TGU*

*150m run*

*2 TGU*

*150m run*

*1 TGU*

***KB WOD 155***

*21-15-9*

*KB thrusters*

*pullups*

***KB WOD 156***

*2 rounds:*

*7-5-3*

*KB deadlift*

*KB press*

*KB thruster*

*400m run*

***KB WOD 157***

*400m run*

*10 dual KB squat cleans*

*30 burpees*

*600m run*

*20 dual KB squat cleans*

*20 burpees*

*800m run*

*30 dual KB squat cleans*

*10 burpees*

***KB WOD 158***

*4 rounds:*

*30 KB clean and Press*

***KB WOD 159***

*5 Deadlift*

*10 Swing*

*200m run*

***KB WOD 160***

*21-15-9*

*push-ups*

*thrusters*

*sit-ups*

*200m run*

***KB WOD 161***

*2 rounds:*

*800m run*

*21 KB snatch*

*15 KB American swings*

*9 TGUs*

*800m run*

***KB WOD 162***

*9 minute amrap*

*7 dual KB cleans from the swing*

*5 push ups*

*3 knee to elbows*

***KB WOD 163***

*3 rounds:*

*30 box jump*

*30 American swing*

*400m run*

***KB WOD 164***

*4 rounds:*

*5 KB cleans to lunge*

*10 American swings*

*400m run*

***KB WOD 165***

*4 rounds:*

*400m run*

*21 American swings*

*12 pullups*

***KB WOD 166***

*50-30-20*

*clean and press (each arm)*

*ab mat situps*

*Russian swings*

***KB WOD 167***

*3 rounds:*

*21 pull ups*

*15 dual KB swing to clean and press*

*400m run*



***KB WOD 168***

*2 rounds:*

*50-30-20*

*1 arm Russian swing*

*double unders*

***KB WOD 169***

*1000m row*

*50 snatches*

*800m run*

*50 American wwings*

***KB WOD 170***

*7 rounds:*

*7 dual KB deadlifts*

*7 burpees*

*7 pullups*

***KB WOD 171***

*45 KB snatch*

*400m run*

*35 KB snatch*

*400m run*

*25 KB snatch*

*400m run*

*reps are total, divide for each arm*

***KB WOD 172***

*15 minute amrap*

*5 dual KB clean*

*5 dual KB push press*

*5 dual KB front squat*

***KB WOD 173***

*21-15-9*

*American swings*

*pushups*

*Russian twist*

***KB WOD 174***

*100 American Swings*

*50 Sit-ups*

*50 American Swings*

*100 Sit-ups*

***KB WOD 175***

*2 rounds:*

*50 Russian swings*

*40 jump squats*

*30 Russian twists*

*20 KB situps*

*10 pushups*

***KB WOD 176***

*3 rounds:*

*800m run*

*12 KB push press*

*24 American swings*

*800m run*

***KB WOD 177***

*3 rounds:*

*400m row*

*30 Russian swings*

*10 pushups*

***KB WOD 178***

*3 rounds:*

*300m row*

*30 Russian swings*

*10 burpees*

***KB WOD 179***

*3 rounds:*

*200m row*

*30 Russian swings*

*10 pushups*

***KB WOD 180***

*15 minute amrap*

*3 snatch*

*5 overhead squat*

*7 push press*

***KB WOD 181***

*2 rounds:*

*50 Russian swings*

*800m run*

*50 Russian swings*

*500m row*

*50 Russian swings*

***KB WOD 182***

*2 rounds:*

*50 push press*

*50 American swings*

*100ft KB lunge*

*35 push press*

*35 American swings*

*100ft KB lunge*

*20 push press*

*20 American swings*

*100ft KB lunge*

*400m KB farmers walk*

***KB WOD 183***

*400m run*

*50 Russian swings*

*800m run*

*35 Russian swings*



*800m run*

*20 Russian swings*

*400m run*

***KB WOD 184***

*REPS 20-16-12-8-4*

*KB front squat*

*KB snatch*

*burpees*

***KB WOD 185***

*50-40-30*

*Russian swing*

*pushups*

*squats*

***KB WOD 186***

*4 rounds:*

*25 dual KB clean and press*

*300m row*

***KB WOD 187***

*For time:*

*800m run*

*20 KB deadlifts*

*20 pushups*

*20 KB power swings*

*800m run*

***KB WOD 188***

*4 rounds:*

*11 burpees*

*21 Dual KB cleans*

*jump rope – 100 skips*

*11 American swings*

*11 situps*

*800m run*

***KB WOD 189***

*1000m row*

*21-15-9*

*Dual KB Snatch*

*burpees*

***KB WOD 190***

*30-20-10*

*dual KB press*

*dual KB clean*

*dual KB lunge*

*25 KB walking lunges*

*25 KB snatch*

*800m run*

*25 KB walking lunges*

*25 KB snatch*

***KB WOD 191***

*3 rounds:*

*35 American swings*

*100m power skip*

*15 pushups*

***KB WOD 192***

*3 rounds:*

*15 KB clean and press*

*200m run*

*21 knee to elbow*

***KB WOD 193***

*7 rounds:*

*7 KB deadlifts*

*7 Russian swings*

*7 pullups*

***KB WOD 194***

*15 burpees*

*35 American swings*

*800m farmers walk*

*15 burpees*

*35 American swings*

***KB WOD 195***

*5 rounds:*

*21 American swings*

*15 squats*

*9 pushups*

***KB WOD 196***

*15 minute amrap*

*12 KB cleans*

*200m run*

*12 KB snatch to overhead squat*

***KB WOD 197***

*2 rounds:*

*400m run*

*25 American swings*

*25 ring dips*

*25 walking lunge*

*25 ring dips*

*25 American swings*

*400m run*

***KB WOD 198***

*2 rounds:*

*800m run*

*44 American Swing*

*22 Russian Swing*

*11 Burpees*

*800m run*

***KB WOD 199***

*2 rounds:*

*3 rounds*

*400m run*



*21 American Swings*

*12 Pullups*

***KB WOD 200***

*15 minute amrap*

*12 dual KB deadlift*

*9 dual KB cleans*

*6 dual KB front Squat*

*3 dual KB push press*

***KB WOD 201***

*box jump*

*21,18,15,12,9,6*

*American swings*

*6,9,12,15,18,21*

***KB WOD 202***

*3 rounds:*

*20 Russian swings*

*5 burpees*

*10 clean and press*

*20 situps*

*400m sprint*

***KB WOD 203***

*4 rounds:*

*400m run*

*15 American swings*

*10 snatch to overhead squat*

***KB WOD 204***

*15 minute amrap*

*15 Russian swings*

*10 dual KB front squat*

***KB WOD 205***

*5 rounds*

*15 box jumps*

*10 single arm swings (each arm)*

*15 pushups*

*10 KB push press (each arm)*

## ***Bonus WODs***

*On the following pages you will find 20 assorted  
bonus WODs, these include Olympic, hybrid and  
bodyweight exercises.*

***BONUS WOD 1***

*Time trial:*

*Run 10km*

***BONUS WOD 2***

*Intervals:*

*Rest 2 minutes between intervals*

*Row 6x500m*

***BONUS WOD 3***

*5 rounds:*

*Rest as needed between rounds*

*Back squat 5-5-3-3-1x*

## ***BONUS WOD 4***

*Intervals:*

*Row 4x1200m*

*Rest 2 minutes between intervals*

## ***BONUS WOD 5***

*5 rounds for total reps:*

*45 seconds Box jumps (18 inch)*

*15 seconds rest*

*45 seconds Box jumps (24 inch)*

*15 seconds rest*

*45 seconds Box jumps (30 inch)*

*90 seconds rest*

## **BONUS WOD 6**

*Every minute on the minute for 12 minutes:*

*1x Deadlift*

*3x Burpees*

*5x KB swings*

## **BONUS WOD 7**

*Every minute on the minute for max rounds:*

*From the rack start with 1x jerk (50% 1RM)*

*Add 5 lbs each successive minute, continue until failure*

## **BONUS WOD 8**

*Every minute on the minute for max rounds:*

*3x Back squat*

*5x Strict pull-ups*

*sprint 40 yards*

*Each minute thereafter add 1 rep to your squat,*

*continue until failure*

### **BONUS WOD 9**

*Every minute on the minute for 15 minutes:*

*3x Power clean*

*5x Box jumps (30 inch)*

*10x Push-ups*

### **BONUS WOD 10**

*Every minute on the minute for max rounds:*

*5x Box jump (20 inch)*



*7x Sumo Deadlift high pull*

*9x Push press*

***BONUS WOD 11***

*AMRAP in 12 minutes:*

*5x Ground to overhead*

*10x Floor wipers*

*15x Lateral hops over BB*

***BONUS WOD 12***

*6 rounds:*

*5x Hang power clean*

*30 yard sprint*

*Bear crawl back to start*

### ***BONUS WOD 13***

*AMRAP in 15 minutes:*

*3x Thruster*

*6x Box jump*

*9x KB swings*

### ***BONUS WOD 14***

*For time:*

*Run 1000m*

*100x Push-ups*

*10x Snatch*

### ***BONUS WOD 15***

*5 rounds:*

*8x KB clean & jerk*

*8x Burpees*

*8x Strict pull-ups*

## ***BONUS WOD 16***

*3 rounds:*

*20x Double-unders*

*20x Floor wipers*

*20x Back extensions*

*20x MB twists*

*20x Knees-to-elbows*

*20x Decline sit-ups*

## ***BONUS WOD 17***

*3 rounds:*

*Run 400m*

*40x Walking lunge steps*

*30x Sit ups*

*20x Push ups*

*10x Burpees*

***BONUS WOD 18***

*3 rounds each:*

*3x Bench press*

*10x Plyo push-ups*

*5x Back squat*

*6x Box jumps (24 inch)*

***BONUS WOD 19***

*For time:*

*25x Back squat*

*50x Box jump (24 inch)*

*75x Wall ball*

*100x Squats*

## ***BONUS WOD 20***

*3 rounds:*

*15x Burpees*

*20x Sit-ups*

*45x Push-ups*

*60x Squats*

*Run 400m*

## ***BONUS CHAPTER – Cross Training***

### ***Equipment***

*I've been getting hundreds of emails every week asking what barbells, ropes and general equipment I recommend individuals use during their workouts, well by popular demand here is the Ultimate Cross Training*

#### ***WOD Equipment Guide!***

*It's imperative that you select high quality equipment that won't bend, break, fray or fall apart during intense workouts.*

*Eliminate the guess work and check out my*

*[Ultimate Cross Training WOD Equipment Guide.](#)*



*These are the only pieces of equipment I use during my WODs, and these are the exact brands and items I use.*

*The equipment I own and use includes:*

### ***Olympic barbell***

*Your Olympic barbell is by far the most important piece of equipment you will own and use, it's the foundation of all major lifts.*

*When buying a barbell it's essential to check the weight rating – we don't want a cheap bar that is going to bend, it needs to stand the test of time.*

*The bar is to have Olympic knurling, not powerlifting knurling.*

*Ensure the collars provided are sufficient.*

>> Check it out [here](#) <<

## ***Bumper Plates***

*High quality bumper plates are a must, if you train in your garage or anywhere at home for that matter damaging the flooring with regular plates is a common issue.*

>> Check it out [here](#) <<

## ***Pull Up Bar***

*Let's face it, many of us don't have room for a power station, and the majority of portable pull up bars out there are cheap and nasty or require a lot of drilling and doorway modifications. Luckily, I stumbled upon the Iron Gym Total Upper Body Workout Bar – no screws required!*

>> Check it out [here](#) <<

## ***Jump Rope***

*Skipping is fantastic cardio conditioning, a large amount of people skip daily, and most of those individuals tend to skimp on the quality of their jump rope – the Valeo Deluxe Speed Rope is adjustable, ideal for speed training and has the most comfortable handles on a jump rope I've encountered! If you want to smash out countless double-unders this is the rope for you!*

*>> Check it out [here](#) <<*

## ***Battling Rope***

*Battling ropes are optional, however they certainly do offer one of the most intense forms of*

*cardio you'll experience. Battling ropes can be used to*

*build immense shoulder and forearm strength.*

*I personally use a GoFit Combat Rope, comfortable*

*handles, no fraying and can easily be anchored.*

>> Check it out [here](#) <<

### **Gymnastic Rings**

*If you want to perform ring dips, push ups,*

*muscle-ups and many other gymnastic style exercises a*

*high quality set of rings are a must. The ProSource*

*rings I use and recommend are made of premium*

*quality Lexan and have a 1,000lb break strength.*

>> Check it out [here](#) <<

### **Kettlebells**

*Kettlebells are a huge part of cross training. Want to swing, snatch or clean? you're going to need to pick up a couple of kettlebells!*

*I've gone through many kettlebells and the main issue I have encountered is the seam on the underside of the handle, the majority of cheap kettlebells have a casting seam on the underside which will damage your hands.*

>> Check it out [here](#) <<

### ***Medicine/Slam Ball***

*Medicine balls are very versatile, want to perform wallballs, want to add weight to your push ups, planks or other core exercises? Want to play catch with a friend?*

>> Check it out [here](#) <<

## ***Ab Roller***

*Forget the ab swing pro and crunch king,  
whatever those crappy abdominal infomercial products  
are.*

*Invest in a high quality ab roller, the one abdominal  
training apparatus that only delivers results, no false  
promises.*

*I personally use the Ab Carver Pro, it features a kinetic  
engine, ultra wide wheel and a comfy foam knee pad!*

>> Check it out [here](#) <<

## ***Plyometric Box***

*If you're not a handyman and don't want to DIY  
your own plyometric box the Fuel Pureformance*

*adjustable plyo box is a godsend! With 3 adjustable heights, a non slip surface and quick spring adjustment it's the Rolls Royce of plyometric boxes!*

>> Check it out [here](#) <<

### ***Minimalist Shoes***

*Running shoes are for running, not Olympic lifts or cross training in general.*

*You'll be surprised at how different performing lifts like the squat and deadlift in the correct cross training shoes.*

*New Balance have got these shoes down to a science with their 'Minimus' series.*

>> Check it out [here](#) <<

### ***Gloves***

*If you choose to wear gloves to stop your hands from getting ripped out during a workout it is quite hard to find the right pair that won't actually hinder your workout, the following gloves will keep your hands light, cool and protected throughout your workout – I cannot recommend these enough.*

>> Check it out [here](#) <<

### **Wrist Wraps**

*Protect your wrists during heavy wraps, wear wrist straps.*

*These wrist wraps are high quality, reasonably priced and come with a no-hassle warranty.*

>> Check it out [here](#) <<



## **Timer**

*As I'm sure you've noticed the majority of cross training workouts work on timed intervals, therefore an accurate timer is a must! After using and getting frustrated using a watch I decided to invest in a dedicated Everlast timer and have not looked back since.*

>> Check it out [here](#) <<

## **Water Bottle**

*Staying hydrated during your workout is crucial for your health and well being not to mention your performance during your workout.*

*Don't be one of those people that reuses an old plastic*

*water bottle, they're known to cause a plethora of health issues when constantly reused.*

*I personally use and recommend a high quality Nalgene*

*BPA free 1-quart bottle.*

*>> Check it out [here](#) <<*

*If you have any queries regarding this equipment or any other cross training equipment feel free to leave a comment on the page and I will get back to you as soon as possible.*

## **Conclusion**

*I hope you have found this book useful, as you can now see incorporating kettlebells in your daily workouts have a plethora of benefits, I highly recommend you put down the dumbbells for a while and implement some kettlebell based training in your regime.*

*By following these workouts on a regular basis you'll develop not only a strong, flexible, functionally fit body that'll be ready to tackle any situation life throws at it but also an unbreakable mindset and confidence to match.*

*I hope you enjoyed reading this book as much as I  
enjoyed writing it.*

***P.S***