
KETTLEBELL ONLY AMRAP

AMRAP: As many rounds/reps as possible in a specified amount of time.

Kettlebell Only AMRAP has two different workouts (A and B). These workouts can be done at home or in a gym. You will alternate each workout and include one day of rest in-between each workout.

A sample schedule may look like this.

- **Monday:** Workout A
- **Tuesday:** Aerobic restoration*, movement session, or rest
- **Wednesday:** Workout B
- **Thursdays:** Aerobic restoration*, movement session, or rest
- **Friday:** Workout A
- **Saturday:** Aerobic restoration*, movement session, or rest
- **Sunday:** Workout B
- **Monday:** Aerobic restoration*, movement session, or rest
- **Tuesday:** Workout A
- **Repeat this schedule**

This is only a sample schedule. Make adjustments based on your schedule and needs.

Aerobic restoration and movement sessions are active recovery. I highly recommend that you do these in-between workouts to help with recovery but to also help you establish the habit of being active daily.

- 15-45 minute Walk
- Jog/Run
- Hike
- Yoga
- Fun fitness like sports, dance, etc...

WHAT YOU'LL NEED:

- A kettle bell
- Your body



WORKOUT A

Complete as many rounds and reps as possible in 20 minutes of the following.

- 20 goblet squats
- 15 push-ups
- 20 kettle bell swings (or Russian kettle bell swings*)
- 15 Speed burpees
- 20 Sit-ups
- 15 second forearm plank

IF YOU NEED TO MODIFY THIS WORKOUT

If the workout feels too difficult try the following:

- Shorten the AMRAP time. Instead of 20 minutes try 15, 12, 10, etc...
- Cut the reps. Do less reps of any of the exercises (ex: 10 push-ups)
- Move at a pace your comfortable with. Rest as needed.
- Use exercise modifications (see below)

EXERCISE MODIFICATIONS

- Goblet squats » Squats
- Push-ups » Incline push-ups, Knee push-ups, wall push-ups
- Kettlebell swings » Dumbbell swings or single arm dumbbell swings
- Speed burpees » Toe touch jumps
- Sit-ups » Anchor your feet under something for support. Only come up as high as you can.

WORKOUT B

Complete as many rounds and reps as possible in 20 minutes of the following:

- 10 kettlebell clean and press (left arm)
- 10 kettlebell one arm rows (left arm)
- 10 kettlebell clean and press (right arm)
- 10 kettlebell one arm rows (right arm)
- 20 Lunge jumps (or squat jumps)
- 20 floor wipers (or leg raises)
- Optional: 100 meter run (if you have room outside)



BONUS WORK

If you have some extra time or are just feeling frisky, choose one of the options below for some extra training.

- **Box jumps or broad jumps:** As many as you can do in 30 seconds. Rest 30 seconds. Repeat for 5 to 10 sets
- **Jump rope:** As many as you can do in 30 seconds. Rest 30 seconds. Repeat for 5 to 10 sets
- **Stair runs:** Use the stairs in your home to run up and down for 1 minutes. Rest 1 minute. Repeat for 5 sets

