



## Strength & Conditioning Workouts - Andrea DuCane

One of the two original RKC Masters, Andrea DuCane has been involved in the world of fitness for over twenty years. Before that she was everything from a ballerina to a martial artist to a Pilates instructor. Andrea's approach to fitness is a three pronged approach - building strength, mobility, and flexibility. She took it upon herself to bring the world of kettlebells to housewives and moms. Now her new project is bringing kettlebells to mature athletes and/or deconditioned athletes with a focus on perfect technique, gradual improvements, and lifelong health.

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Our first week of workouts from kettlebell master Andrea DuCane!

To learn more about Andrea, read our feature interview:

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When working out with kettlebells, please respect this tool and your own abilities. Safety and good form always comes first. Feel free to drop down in sets or reps or change to a lighter weight.

There are some instances I use a timer for interval training. I use a [GymBoss](#), but any kind of timer will work.

**Begin each workout with the Mobility Warm up and end each workout with the Cool Down Stretches.**

The goal of the Mobility Warm Up is to mobilize all the joints of the body and get the blood moving. The Cool Down Stretches help to ease muscle soreness, and help to lower the heart rate and calm the nervous system. It is *extremely important* not to ignore these two steps; this is the basis for my [Ageless Body](#) system of resilience and function in training. Perform ALL mobility slow and smooth with full range of motion.

### **Mobility Warm Up:**

1. 3 Way Head: Rotations, Flexion/Extension, Lateral Flexion.
2. Halo: circle a Kettlebell around the head.
3. Egyptian: arms out to side alternate shoulders rolling forward and back.
4. Elbow Circles.
5. Wrist Rotations.
6. Finger flexion and extension.
7. Trunk rotations.

8. Torso Rolling: flexion into extension.
9. Pelvis A/P, lateral and full circle.
10. Knee circles.
11. Ankle circles.
12. Foot plantar/dorsal flexion.

### **Workout:**

#### **Week One - Day One**

Kettlebell Deadlifts (bell between feet) 3-5 sets of 10 reps.

Kettlebell Carries: :30 carry repeat each side 2 times. Hold bell at side.

Kettlebell Swings: 2-Handed Power Swings, 10 sets of 10 (1 rep swings )

Get Up Sit Ups: 6-8 reps each arm, 2 sets

### **Cool Down Stretches:**

Cool Down Stretches should be done with deep, slow breaths through your nose and exhaling through your mouth with a "sigh". As with all movement, only do what feels comfortable and do not move into pain.

1. Hip Flexor Stretch: Do NOT lean forward!
2. Figure 4 Stretches or half pigeon.
3. Runners Stretch.
4. Hamstring stretch : from standing or floor.
5. Quad Stretch, from standing or floor.
6. Straddle Stretch, forward and to each side.
7. T-Spine Rotation and hip stretch.
8. Chest Stretch, arms behind body or hold onto doorway.
9. Down Dog and Up Dog

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**Workout:**

**Week One - Day Two**

Suitcase Deadlifts/Kettlebell Carry superset:

Set 1: 5 DL right arm, :30 farmer carry, repeat left side

Set 2: 5 DL right arm, :30 Rack carry, repeat left side

Set 3: 5 DL right arm, :30 Overhead carry, repeat left side

Press: One arm ladder presses, 1, 2, 3 left/right repeat 3 times

Kettlebell Swings: 2-handed power swings x 5, immediately followed by 10 continuous swings = 1 set. 5-10 sets, resting as needed between sets.

Plank: 2 sets of :30 holds

**Cool Down Stretches:**

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#### **Workout:**

##### **Week One - Day Three**

Getup/Swings: 1 get up right arm, :30 of right hand swings, switch arms,

repeat for 4 rounds.

Goblet Squats: 4 sets of 5

Cleans: 4 sets of 5 reps each arm.

Russian Twist: 2 sets of :30.

### **Cool Down Stretches:**

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## **Workout:**

### **Week One - Day Four**

Goblet Squats: 5 sets of 5

Press: One arm ladder presses, 3 sets of 1, 2, 3 left/right.

Cleans: 3 sets of 5 reps, alternating each arm.

Swings: 5 sets of 10, your choice: 2-handed, 1 –arm, alternating.

Snatch/Swing: 3 swings, followed by 1 snatch repeat twice = 1 set, switch arms. Total of 5 sets per arm.

Side Planks: from elbows or hands :30 each side, repeat twice. Modification: from knees.

## **Cool Down Stretches:**

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**Workout:**

**Week Two - Day One**

Kettlebell Deadlifts: 5 sets of 10 reps. Two heavy kettlebells, sumo style.

Press: One arm ladder presses, 2-3 sets of 1, 2, 3, 4 each arm.

Bent Over Row: Single arm, 3 sets of 6 reps. From a deep lunge.

Kettlebell Swings/Plank superset: :30 seconds 2 –handed heavy swings, followed by :30 seconds of plank. 5 minutes total.

**Cool Down Stretches:**

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12. Foot plantar/dorsal flexion.

### **Workout:**

#### **Week Two - Day Two**

Single Legged Deadlift: Double Kettlebell, 3 sets of 6-8 reps each leg. Modification: Use one kettlebell on working side.

See Saw Press: Double kettlebells, both arms are moving simultaneously. 3 sets of approximately 6 reps per arm.

Swing – Goblet Squat superset: 10 2-handed swings followed immediately by 5 goblet squats for a total of 5-8 sets.

Russian Twist: 2 sets of 8 twisting each side. Modification: Keep feet on floor or do without a kettlebell.

### **Cool Down Stretches:**

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**Workout:**

**Week Two - Day Three**

Kettlebell Deadlifts: 3-5 sets of 10 reps. Two heavy kettlebells, sumo style.

Clean, Squat, Press: Single kettlebell ladders, 3 sets of 1, 2, 3 each side. Modification: Switch to a push press out of the bottom of the squat if you lose form.

Clean, Press, Snatch: Clean and press a kettlebell, one snatch from the top, repeat for 4 reps switch arms, repeat 3 more sets each arm.

Tall Plank: 2 sets of :30 second hold. Modification: Perform from the elbows.

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**Workout:**

**Week Two - Day Four**

Getups/Overhead Carries: Get up to standing, walk around with kettlebell overhead for :30, get down. Repeat other side, 2 sets each arm.

Swing/Snatch:

Round ONE: 5 high swings, 1 snatch x 2, switch arms.

Round TWO: 3 swings, 1 snatch x 2, switch arms.

Round THREE: 1 swing, 1 snatch x 5 switch arms, repeat two more times.

Power Cleans: One rep cleans, 5 sets of 5 each arm.

Kettlebell Swings: 5-10 sets of 10 reps 2-handed swings.

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Clean, Squat, Press: Single kettlebell ladders, 3 sets of 1, 2, 3, can add a 4<sup>th</sup> rung. Modification: Switch to a push press out of the bottom of the squat if you lose form.

Snatches: Interval :15 right arm, :15 sec rest, :15 left arm = 1 set. Repeat for up to 10 minutes. Modification: Switch to swings, or you can alternate one snatch and one swing to lower the volume of snatches.

Get Up Sit Up: 2 sets of 6 each arm, focusing on keeping the lat contracted and the elbow locked.

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10. Knee circles.
11. Ankle circles.
12. Foot plantar/dorsal flexion.

### **Workout:**

#### **Week Three - Day Two**

##### Suitcase Deadlifts/Kettlebell Carry superset:

Set 1: 5 DL right arm, :30 Farmer carry, repeat left side

Set 2: 5 DL right arm, :30 Rack carry, repeat left side

Set 3: 5 DL right arm, :30 Overhead carry, repeat left side

See Saw Press: 2-3 sets of 4-6 reps per arm. Double kettlebells, both arms are moving simultaneously.

Renegade Rows: Double kettlebells: 2 sets of 6 pulls, each arm alternating. If you do not have 2 kettlebells stable enough to safely perform the exercise you can substitute dumbbells.

Double Kettlebell Swings: 5-8 sets of 10 reps. Modification: If at any time your forms starts to fail, switch to one

kettlebell & two handed swings.

Russian Twist: 2 sets of :30 seconds.

### **Cool Down Stretches:**

Cool Down Stretches should be done with deep, slow breaths through your nose and exhaling through your mouth with a “sigh”. As with all movement, only do what feels comfortable and do not move into pain.

1. Hip Flexor Stretch: Do NOT lean forward!
2. Figure 4 Stretches or half pigeon.
3. Runners Stretch.
4. Hamstring stretch : from standing or floor.
5. Quad Stretch, from standing or floor.
6. Straddle Stretch, forward and to each side.
7. T-Spine Rotation and hip stretch.
8. Chest Stretch, arms behind body or hold onto doorway.
9. Down Dog and Up Dog

**For more from Andrea, visit her website at [www.kettlebellfitness.com](http://www.kettlebellfitness.com).**

## **Our third and final week of workouts from kettlebell master Andrea DuCane!**

**To learn more about Andrea, read our feature interview:**

### **[Part 1 - The Ageless Body](#)**

### **[Part 2 - Always a Student](#)**

These workouts are designed for the intermediate athlete; I am assuming the user has Kettlebell experience. All the exercises can and SHOULD be modified for the level of the athlete. You will notice I have added modifications for some of the exercises. Please feel free to move to a modification at any time. The goal is for you to work out at your individual level at all times.

When working out with kettlebells, please respect this tool and your own abilities. Safety and good form always comes first. Feel free to drop down in sets or reps or change to a lighter weight.

There are some instances I use a timer for interval training. I use a [GymBoss](#), but any kind of timer will work.

**Begin each workout with the Mobility Warm up and end each workout with the Cool Down Stretches.**

The goal of the Mobility Warm Up is to mobilize all the joints of the body and get the blood moving. The Cool Down Stretches help to ease muscle soreness, and help to lower the heart rate and calm the nervous system. It is *extremely important* not to ignore these two steps; this is the basis for my [Ageless Body](#) system of resilience and function in training. Perform ALL mobility slow and smooth with full range of motion.

### **Mobility Warm Up:**

1. 3 Way Head: Rotations, Flexion/Extension, Lateral Flexion.

2. Halo: circle a Kettlebell around the head.
3. Egyptian: arms out to side alternate shoulders rolling forward and back.
4. Elbow Circles.
5. Wrist Rotations.
6. Finger flexion and extension.
7. Trunk rotations.
8. Torso Rolling: flexion into extension.
9. Pelvis A/P, lateral and full circle.
10. Knee circles.
11. Ankle circles.
12. Foot plantar/dorsal flexion.

### **Workout:**

#### **Week Three - Day Three**

Getups/Overhead Carries: Get up to standing, walk around with kettlebell overhead for :30, get down. Repeat other side, 2 sets each arm.

Clean, Squat, Press: Single kettlebell ladders, 3 sets of 1, 2, 3, 4 each side. Modification: Switch to a push press out of the bottom of the squat if you lose form.

Swing, Clean, Snatch: One sequence = one rep. 4 sets of 3 reps of the superset.

Swings: 2-handed swings, 8-10 sets of 10 reps with a heavy kettlebell .

Planks: 2 sets with :30.

### **Cool Down Stretches:**

Cool Down Stretches should be done with deep, slow breaths through your nose and exhaling through your mouth with a “sigh”. As with all movement, only do what feels comfortable and do not move into pain.

1. Hip Flexor Stretch: Do NOT lean forward!
2. Figure 4 Stretches or half pigeon.
3. Runners Stretch.
4. Hamstring stretch : from standing or floor.
5. Quad Stretch, from standing or floor.
6. Straddle Stretch, forward and to each side.
7. T-Spine Rotation and hip stretch.
8. Chest Stretch, arms behind body or hold onto doorway.
9. Down Dog and Up Dog

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## Part 2 - Always a Student

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5. Wrist Rotations.
6. Finger flexion and extension.
7. Trunk rotations.
8. Torso Rolling: flexion into extension.
9. Pelvis A/P, lateral and full circle.
10. Knee circles.
11. Ankle circles.
12. Foot plantar/dorsal flexion.

#### **Workout:**

##### **Week Three - Day Four**

Clean, Squat, Press: Single kettlebell ladders, 4 sets of 1, 2, 3, each side. Modification: Switch to a push press out of the bottom of the squat if you lose form.

Renegade Rows: Double kettlebells: 2 sets of 6 pulls each arm, alternating. If you do not have 2 kettlebells stable enough to safely perform the exercise you can substitute dumbbells

Double Kettlebell Swings: 5-8 sets of 10 reps. Modification: If at any time your forms starts to fail, switch to one kettlebell & two handed swings.

Snatches: 5 sets of 5 each arm.

Side Planks: From elbows or hands :30 each side, repeat twice. Modification: From knees.

#### **Cool Down Stretches:**

Cool Down Stretches should be done with deep, slow breaths through your nose and exhaling through your mouth with a “sigh”. As with all movement, only do what feels comfortable and do not move into pain.

1. Hip Flexor Stretch: Do NOT lean forward!
2. Figure 4 Stretches or half pigeon.
3. Runners Stretch.
4. Hamstring stretch : from standing or floor.
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