



# 12 Week Bodyweight Yoga Kettlebell Program





Week 1	
Workout 1	Workout 2
10 Swings	10 Swings
1 V Up	2 Sit up to straddle
15 Swings	15 Swings
2 V Up	4 Sit up to straddle
25 Swings	25 Swings
3 V Up	6 Sit up to straddle
50 Swings	50 Swings
Rest	Rest

Week 1	
Yoga Session 1	Yoga Session 2
5x Sun Salutation C Series	10x Cat/Cow
5x Downward Dog to Upward Dog	2x Salutation A Series
Downward Dog	2x Sun Salutation B Series
Crescent Lunge on Left Leg	Child's Pose
5x Goddess Squat	Downward Dog *hold 10 breaths
Wide Legged Standing Forward Bend Arms Clasp	Vinyasa
Downward Dog	Right Side
Crescent Lunge on Right Leg	High lunge
5x Goddess Squat	Warrior I - Warrior 2 - Warrior 3
Wide Legged Standing Forward Bend Fingers Gripping Toes	Revolved Balancing Half Moon
Downward Dog	Standing Splits
Yogi Squat	Vinyasa
Yogi Squat Twist to Right	Repeat on Left Side
Shoulder Release with Standing Forward Bend	High Lunge
Yogi Squat Twist to Left	Warrior I- Warrior 2- Warrior 3
Standing Forward Bend with Fingers Gripping Toes	Revolved Balancing Half Moon
Vinyasa	Standing Splits
Crescent Lunge on Right Leg With Twist	Vinyasa
Lizard Pose	Child's Pose
Reach Back to Quad Stretch	Seated Twist to Right and Left
Vinyasa	Legs up The Wall Pose
Crescent Lunge on Right Leg With Twist	Savasana
Lizard Pose	
Reach Back to Quad Stretch	
Child's Pose with Shoulder Release to Right and Left	
Hero's Pose	
Camel Pose x3	
Bridge Pose	
Happy Baby	
Wide Legged Stretch	
Supine Pigeon on Right	
Happy Baby	
Wide Legged Stretch	
Supine Pigeon on Right	
Gentle Twist to Right and Left	
Savasana	

Week 2	
Workout 1	Workout 2
10 Swings	10 Swings
1 Knees To Elbow	1 Kimura Sit Up
15 Swings	15 Swings
2 Knees To Elbow	2 Kimura Sit Up
25 Swings	25 Swings
3 Knees To Elbow	3 Kimura Sit Up
50 Swings	50 Swings
Rest	Rest

Week 2	
Yoga 1	Yoga 2
Happy Baby	Child's Pose
1/2 Happy Baby Right Side	10x Cat/Cow
Happy Baby	Gate Pose Right Side
1/2 Happy Baby Left Side	Vinyasa
Eagle Legs Twist Right Side	Gate Pose Left Side
Wide Legged Stretch	Vinyasa
Eagle Legs Twist Left Side	Right Knee to Chest - to Right Side - to Left Side
Downward Dog* 10 Breaths	Vinyasa
Vinyasa	Fallen Triangle Right Side
Tree Pose Right Side	Single Leg Pigeon Right Side
Standing Forward Fold	Double Pigeon Right Side
Vinyasa	King Pigeon Left Side
Tree Pose Left Side	Vinyasa
Standing Forward Fold	Left Knee to Chest - to Right Side - to Left Side
Vinyasa	Fallen Triangle Left Side
Downward Dog	Single Leg Pigeon Left Side
Warrior I - Warrior 2 Right Side	Double Pigeon Left Side
Vinyasa	King Pigeon Left Side
Warrior 1 - Warrior 2 Left Side	Forearm Plank Hold * 20 Breaths
High Lunge	Child's Pose
Vinyasa	Dolphin
Humble Warrior Right Side	Child's Pose with Neck Release
Vinyasa	
Humble Warrior Left Side	
Plank Hold *20 Breaths	
Vinyasa	
Frog Pose *2-3 minutes	
Easy Supine Twists	
Savasana	

Week 3	Column1
Workout 1	Workout 2
10 Swings	10 Swings
1 Toes to Bar	1 Prisoner Sit Up
15 Swings	15 Swings
2 Toes to Bar	2 Prisoner Sit Up
25 Swings	25 Swings
3 Toes to Bar	3 Prisoner Sit Up
50 Swings	50 Swings
Rest	Rest

Week 3	Yoga 1	Yoga 2
	Child's Pose	Child's Pose
	Sphinx Pose	5x Sun Salutation B Series
	Cobra	3x Boat to . Boat
	Upward Facing Dog	Vinyasa
	Downward Dog	Right Side
	Child's Pose	Warrior I
	Sphinx Pose	Warrior II
	Cobra	Reverse Warrior
	Upward Facing Dog	Triangle
	Downward Dog	Extended Side Angle
	5x Sun Salutation A Series	Bird of Paradise
	3 x Each Side	Vinyasa
	Right Side	3x Boat to . Boat
	Runner's Lunge	Vinyasa
	Warrior II	Left Side
	Reverse Warrior and Extended Side Angle	Warrior I
	Vinyasa	Warrior II
	Repeat on Left Side	Reverse Warrior
	Right Side	Triangle
	Runner's Lunge	Extended Side Angle
	Warrior II	Bird of Paradise
	Reverse Warrior and Extended Side Angle	Vinyasa
	Vinyasa	Flip Dog on Right Side
	Standing Forward Fold	Splits on Right Side *1-2 Minutes
	Yogi Squat	Downward Dog
	Standing Forward Fold with Shoulder Release	Flip Dog on Left Side
	Vinyasa	Splits on Left Side *1-2 Minutes
	Right Side	Downward Dog with a Twist to Right and Left
	Triangle	Supine Twist to Right
	Lizard Pose	Supine Twist to Left
	Vinyasa	Savasana
	Left Side	
	Triangle	
	Lizard Pose	
	Slow Vinyasa	
	Single Pigeon Right Side 3 Minutes	
	Slow Vinyasa	
	Single Pigeon Left Side 3 Minutes	
	Wide Legged Forward Bend	
	Seated Twist	
	Seated Meditation	

Week 4	
Workout 1	Workout 2
10 Swings	10 Swings
1 Bodyweight Get Up	2 Bodyweight Straight Leg Raise
15 Swings	15 Swings
2 Bodyweight Get Up	4 Bodyweight Straight Leg Raise
25 Swings	25 Swings
3 Bodyweight Get Up	6 Bodyweight Straight Leg Raise
50 Swings	50 Swings
Rest	Rest

Week 4	
Yoga 1	Yoga 2
5x Sun Salutation C Series	10x Cat/Cow
5x Downward Dog to Upward Dog	2x Salutation A Series
Downward Dog	2x Sun Salutation B Series
Crescent Lunge on Left Leg	Child's Pose
5x Goddess Squat	Downward Dog *hold 10 breaths
Wide Legged Standing Forward Bend Arms Clasped	Vinyasa
Downward Dog	Right Side
Crescent Lunge on Right Leg	High lunge
5x Goddess Squat	Warrior I - Warrior 2 - Warrior 3
Wide Legged Standing Forward Fingers Gripping Toes	Revolved Balancing Half Moon
Downward Dog	Standing Splits
Yogi Squat	Vinyasa
Yogi Squat Twist to Right	Repeat on Left Side
Shoulder Release with Standing Forward Bend	High lunge
Yogi Squat Twist to Left	Warrior I- Warrior 2- Warrior 3
Standing Forward Bend with Fingers Gripping Toes	Revolved Balancing Half Moon
Vinyasa	Standing splits
Crescent Lunge on Right Leg With Twist	Vinyasa
Lizard Pose	Child's Pose
Reach Back to Quad Stretch	Seated Twist to Right and Left
Vinyasa	Leg's up The Wall Pose
Crescent Lunge on Right Leg With Twist	Savasana
Lizard Pose	
Reach Back to Quad Stretch	
Child's Pose with Shoulder Release to Right and Left	
Hero's Pose	
Camel Pose x3	
Bridge Pose	
Happy Baby	
Wide Legged Stretch	
Supine Pigeon on Right	
Happy Baby	
Wide Legged Stretch	
Supine Pigeon on Right	
Gentle Twist to Right and Left	
Savasana	

Week 5	
Workout 1	Workout 2
10 Swings	10 Swings
1 V Up	1 Sit Up to Straddle
15 Swings	15 Swings
2 V Up	2 Sit Up to Straddle
25 Swings	25 Swings
3 V Up	3 Sit Up to Straddle
50 Swings	50 Swings
Rest	Rest

Week 5	
Yoga 1	Yoga 2
Happy Baby	Child's Pose
1/2 Happy Baby Right Side	10x Cat/Cow
Happy Baby	Gate Pose Right Side
1/2 Happy Baby Left Side	Vinyasa
Eagle Legs twist Right Side	Gate Pose Left Side
Wide Legged Stretch	Vinyasa
Eagle Legs Twist Left Side	Right Knee to Chest - to Right Side - to Left Side
Downward Dog	Vinyasa
10 Breaths Vinyasa	Fallen Triangle Right Side
Tree Pose Right Side Standing	Single Leg Pigeon Right Side
Forward Fold	Double Pigeon Right Side
Vinyasa	King Pigeon Left Side
Tree Pose Left Side Standing	Vinyasa
Forward Fold	Left Knee to Chest - to Right Side - to Left Side
Vinyasa	Fallen Triangle Left Side
Downward Dog	Single Leg Pigeon Left Side
Warrior I - Warrior 2	Double Pigeon Left Side
Right Side	King Pigeon Left Side
Vinyasa	Forearm Plank Hold * 20 Breaths
Warrior 1 - Warrior 2	Child's Pose
Left Side High Lunge	Dolphin
Vinyasa	Child's Pose with Neck Release
Humble Warrior Right Side	
Vinyasa	
Humble Warrior Left Side	
Plank Hold	
20 Breaths Vinyasa Frog Pose	
2-3 minutes Easy Supine twists	
Savasana	

Week 6	
Workout 1	Workout 2
10 Swings	10 Swings
1 Knees to Elbow	1 Kimura Sit Up
15 Swings	15 Swings
2 Knees to Elbow	2 Kimura Sit Up
25 Swings	25 Swings
3 Knees to Elbow	3 Kimura Sit Up
50 Swings	50 Swings
Rest	Rest

Week 6	
Yoga 1	Yoga 2
Child's Pose	Child's Pose
Sphinx Pose	5x Sun Salutation B Series
Cobra	3x Boat to Boat
Upward Facing Dog	Vinyasa
Downward Dog	Right Side
Child's Pose	Warrior I
Sphinx Pose	Warrior II
Cobra	Reverse Warrior
Upward Facing Dog	Triangle
Downward Dog	Extended Side Angle
5x Sun Salutation A Series	Bird of Paradise
3 x Each Side	Vinyasa
Right Side	3x Boat to Boat
Runner's Lunge	Vinyasa
Warrior II	Left Side
Reverse Warrior and Extended Side Angle	Warrior I
Vinyasa	Warrior II
Repeat on Left Side	Reverse Warrior
Right Side	Triangle
Runner's Lunge	Extended Side Angle
Warrior II	Bird of Paradise
Reverse Warrior and Extended Side Angle	Vinyasa
Vinyasa	Flip Dog on Right Side
Standing Forward Fold	Splits on Right Side *1-2 Minutes
Yogi Squat	Downward Dog
Standing Forward Fold with Shoulder Release	Flip Dog on Left Side
Vinyasa	Splits on Left Side *1-2 Minutes
Right Side	Downward Dog with a Twist to Right and Left
Triangle	Supine Twist to Right
Lizard Pose	Supine Twist to Left
Vinyasa	Savasana
Left Side	
Triangle	
Lizard Pose	
Slow Vinyas	
Single Pigeon Right Side 3 Minutes	
Slow Vinyasa	
Single Pigeon Left Side 3 Minutes	
Wide Legged Forward Bend	
Seated Twist	
Seated Meditation	

Week 7	
Workout 1	Workout 2
10 Swings	10 Swings
1 Toes to Bar	2 Prisoner Sit Up
15 Swings	15 Swings
2 Toes to Bar	4 Prisoner Sit Up
25 Swings	25 Swings
3 Toes to Bar	6 Prisoner Sit Up
50 Swings	50 Swings
Rest	Rest

Week 7	
Yoga 1	Yoga 2
5x Sun Salutation C Series	10x Cat/Cow
5x Downward Dog to Upward Dog	2x Salutation A Series
Downward Dog	2x Sun Salutation B Series
Crescent Lunge on Left Leg	Child's Pose
5x Goddess Squat	Downward Dog *hold 10 breaths
Wide Legged Standing Forward Bend Arms Clasped	Vinyasa
Downward Dog	Right Side
Crescent Lunge on Right Leg	High lunge
5x Goddess Squat	Warrior I- Warrior 2 - Warrior 3
Wide Legged Standing Forward Fingers Gripping Toes	Revolved Balancing Half Moon
Downward Dog	Standing Splits
Yogi Squat	Vinyasa
Yogi Squat Twist to Right	Repeat on Left Side
Shoulder Release with Standing Forward Bend	High lunge
Yogi Squat Twist to Left	Warrior I- Warrior 2- Warrior 3
Standing Forward Bend with Fingers Gripping Toes	Revolved Balancing Half Moon
Vinyasa	Standing splits
Crescent Lunge on Right Leg With Twist	Vinyasa
Lizard Pose	Child's pose
Reach Back to Quad Stretch	Seated Twist to Right and Left
Vinyasa	Leg's up The Wall Pose
Crescent Lunge on Right Leg With Twist	Savasana
Lizard Pose	
Reach Back to Quad Stretch	
Child's Pose with Shoulder Release to Right and Left	
Hero's Pose	
Camel Pose x3	
Bridge Pose	
Happy Baby	
Wide Legged Stretch	
Supine Pigeon on Right	
Happy Baby	
Wide Legged Stretch	
Supine Pigeon on Right	
Gentle Twist to Right and Left	
Savasana	



Week 8	
Workout 1	Workout 2
10 Swings	10 Swings
1 Bodyweight Get Up	1 Bodyweight Straight Leg Raise
15 Swings	15 Swings
2 Bodyweight Get Up	2 Bodyweight Straight Leg Raise
25 Swings	25 Swings
3 Bodyweight Get Up	3 Bodyweight Straight Leg Raise
50 Swings	50 Swings
Rest	Rest

Week 8	
Yoga 1	Yoga 2
Happy Baby	Child's Pose
1/2 Happy Baby Right Side	10x Cat/Cow
Happy Baby	Gate Pose Right Side
1/2 Happy Baby Left Side	Vinyasa
Eagle Legs twist Right Side	Gate Pose Left Side
Wide Legged Stretch	Vinyasa
Eagle Legs Twist Left Side	Right Knee to Chest - to Right Side - to Left Side
Downward Dog* 10 Breaths	Vinyasa
Vinyasa	Fallen Triangle Right Side
Tree Pose Right Side	Single Leg Pigeon Right Side
Standing Forward Fold	Double Pigeon Right Side
Vinyasa	King Pigeon Left Side
Tree Pose Left Side	Vinyasa
Standing Forward Fold	Left Knee to Chest - to Right Side - to Left Side
Vinyasa	Fallen Triangle Left Side
Downward Dog	Single Leg Pigeon Left Side
Warrior I - Warrior 2 Right Side	Double Pigeon Left Side
Vinyasa	King Pigeon Left Side
Warrior 1 - Warrior 2 Left Side	Forearm Plank Hold * 20 Breaths
High Lunge	Child's Pose
Vinyasa	Dolphin
Humble Warrior Right Side	Child's Pose with Neck Release
Vinyasa	
Humble Warrior Left Side	
Plank Hold *20 Breaths	
Vinyasa	
Frog Pose *2-3 minutes	
Easy Supine twists	
Savasana	



Week 9	
Workout 1	Workout 2
10 Swings	10 Swings
1 V Up	1 Sit Up to Straddle
15 Swings	15 Swings
2 V Up	2 Sit Up to Straddle
25 Swings	25 Swings
3 V Up	3 Sit Up to Straddle
50 Swings	50 Swings
Rest	Rest

Week 9	
Yoga 1	Yoga 2
Child's Pose	5x Sun Salutation C Series
5x Sun Salutation B Series	5x Downward Dog to Upward Dog
3x Boat to Boat	Downward Dog
Vinyasa	Crescent Lunge on Left Leg
Right Side	5x Goddess Squat
Warrior I	Wide Leg Standing Forward Bend Arms Clasp
Warrior II	Downward Dog
Reverse Warrior	Crescent Lunge on Right Leg
Triangle	5x Goddess Squat
Extended Side Angle	Wide Leg Standing Forward Fingers Gripping Toe
Bird of Paradise	Downward Dog
Vinyasa	Yogi Squat
3x Boat to Boat	Yogi Squat Twist to Right
Vinyasa	Shoulder Release with Standing Forward Bend
Left Side	Yogi Squat Twist to Left
Warrior I	Standing Forward Bend with Fingers Gripping To
Warrior II	Vinyasa
Reverse Warrior	Crescent Lunge on Right Leg With Twist
Triangle	Lizard Pose
Extended Side Angle	Reach Back to Quad Stretch
Bird of Paradise	Vinyasa
Vinyasa	Crescent Lunge on Right Leg With Twist
Flip Dog on Right Side	Lizard Pose
Splits on Right Side *1-2 Minutes	Reach Back to Quad Stretch
Downward Dog	Child's Pose: Shoulder Release to Right and Left
Flip Dog on Left Side	Hero's Pose
Splits on Left Side *1-2 Minutes	Camel Pose x3
Downward Dog with a Twist to Right and Left	Bridge Pose
Supine Twist to Right	Happy Baby
Supine Twist to Left	Wide Legged Stretch
Savasana	Supine Pigeon on Right
	Happy Baby
	Wide Legged Stretch
	Supine Pigeon on Right
	Gentle Twist to Right and Left
	Savasana



Week 10	
Workout 1	Workout 2
10 Swings	10 Swings
1 Knees To Elbow	2 Kimura Sit Up
15 Swings	15 Swings
2 Knees To Elbow	4 Kimura Sit Up
25 Swings	25 Swings
3 Knees To Elbow	6 Kimura Sit Up
50 Swings	50 Swings
Rest	Rest

Week 10	
Yoga 1	Yoga 2
5x Sun Salutation C Series	10x Cat/Cow
5x Downward Dog to Upward Dog	2x Salutation A Series
Downward Dog	2x Sun Salutation B Series
Crescent Lunge on Left Leg	Child's Pose
5x Goddess Squat	Downward Dog *hold 10 breaths
Wide Legged Standing Forward Bend Arms Clasped	Vinyasa
Downward Dog	Right Side
Crescent Lunge on Right Leg	High lunge
5x Goddess Squat	Warrior I- Warrior 2 - Warrior 3
Wide Legged Standing Forward Fingers Gripping Toes	Revolved Balancing Half Moon
Downward Dog	Standing Splits
Yogi Squat	Vinyasa
Yogi Squat Twist to Right	Repeat on Left Side
Shoulder Release with Standing Forward Bend	High lunge
Yogi Squat Twist to Left	Warrior I- Warrior 2- Warrior 3
Standing Forward Bend with Fingers Gripping Toes	Revolved Balancing Half Moon
Vinyasa	Standing splits
Crescent Lunge on Right Leg With Twist	Vinyasa
Lizard Pose	Child's pose
Reach Back to Quad Stretch	Seated Twist to Right and Left
Vinyasa	Leg's up The Wall Pose
Crescent Lunge on Right Leg With Twist	Savasana
Lizard Pose	
Reach Back to Quad Stretch	
Child's Pose with Shoulder Release to Right and Left	
Hero's Pose	
Camel Pose x3	
Bridge Pose	
Happy Baby	
Wide Legged Stretch	
Supine Pigeon on Right	
Happy Baby	
Wide Legged Stretch	
Supine Pigeon on Right	
Gentle Twist to Right and Left	
Savasana	



Week 11	
Workout 1	Workout 2
10 Swings	10 Swings
1 Toes to Bar	1 Prisoner Sit Up
15 Swings	15 Swings
2 Toes to Bar	2 Prisoner Sit Up
25 Swings	25 Swings
3 Toes to Bar	3 Prisoner Sit Up
50 Swings	50 Swings
Rest	Rest

Week 11	
Yoga 1	Yoga 2
10x Cat/Cow	Child's Pose
2x Salutation A Series	10x Cat/Cow
2x Sun Salutation B Series	Gate Pose Right Side
Child's Pose	Vinyasa
Downward Dog *hold 10 breaths	Gate Pose Left Side
Vinyasa	Vinyasa
Right Side	Right Knee to Chest - to Right Side - to Left Side
High lunge	Vinyasa
Warrior I- Warrior 2 - Warrior 3	Fallen Triangle Right Side
Revolved Balancing Half Moon	Single Leg Pigeon Right Side
Standing Splits	Double Pigeon Right Side
Vinyasa	King Pigeon Left Side
Repeat on Left Side	Vinyasa
High lunge	Left Knee to Chest - to Right Side - to Left Side
Warrior I- Warrior 2- Warrior 3	Fallen Triangle Left Side
Revolved Balancing Half Moon	Single Leg Pigeon Left Side
Standing splits	Double Pigeon Left Side
Vinyasa	King Pigeon Left Side
Child's pose	Forearm Plank Hold * 20 Breaths
Seated Twist to Right and Left	Child's Pose
Leg's up The Wall Pose	Dolphin
Savasana	Child's Pose with Neck Release



Week 12	
Workout 1	Workout 2
10 Swings	10 Swings
1 Bodyweight Get Up	1 Bodyweight Straight Leg Raise
15 Swings	15 Swings
2 Bodyweight Get Up	2 Bodyweight Straight Leg Raise
25 Swings	25 Swings
3 Bodyweight Get Up	3 Bodyweight Straight Leg Raise
50 Swings	50 Swings
Rest	Rest

Week 12	
Yoga 1	Yoga 2
Child's Pose	Child's Pose
Sphinx Pose	5x Sun Salutation B Series
Cobra	3x Boat to Boat
Upward Facing Dog	Vinyasa
Downward Dog	Right Side
Child's Pose	Warrior I
Sphinx Pose	Warrior II
Cobra	Reverse Warrior
Upward Facing Dog	Triangle
Downward Dog	Extended Side Angle
5x Sun Salutation A Series	Bird of Paradise
3 x Each Side	Vinyasa
Right Side	3x Boat to Boat
Runner's Lunge	Vinyasa
Warrior II	Left Side
Reverse Warrior and Extended Side Angle	Warrior I
Vinyasa	Warrior II
Repeat on Left Side	Reverse Warrior
Right Side	Triangle
Runner's Lunge	Extended Side Angle
Warrior II	Bird of Paradise
Reverse Warrior and Extended Side Angle	Vinyasa
Vinyasa	Flip Dog on Right Side
Standing Forward Fold	Splits on Right Side *1-2 Minutes
Yogi Squat	Downward Dog
Standing Forward Fold with Shoulder Release	Flip Dog on Left Side
Vinyasa	Splits on Left Side *1-2 Minutes
Right Side	Downward Dog with a Twist to Right and Left
Triangle	Supine Twist to Right
Lizard Pose	Supine Twist to Left
Vinyasa	Savasana
Left Side	
Lizard Pose	
Slow Vinyasa	
Single Pigeon Right Side 3 Minutes	
Slow Vinyasa	
Single Pigeon Left Side 3 Minutes	
Wide Legged Forward Bend	
Seated Twist	
Seated Meditation	