

## **THE KAIZEN KETTLEBELL 12-WEEK STRENGTH-ENDURANCE PROGRAM**

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Find further instructions and related videos (warm up, mobility, and exercises) at [BreakingMuscle.com](http://BreakingMuscle.com)

### **Men:**

Beginner – 16KG

Intermediate – 20KG

Upper Intermediate – 24KG

### **Ladies:**

Beginner – 8KG

Intermediate – 10KG/12KG

Upper Intermediate – 16KG

### **DAY 1:**

#### **5 MINUTE MOBILITY**

#### **WARMUPS:**

Single Leg Deadlift x5 each side

Halos x5 each direction

Overhead Carry – 20 yards, down and back

X3 sets

#### **MAIN SEQUENCE:**

Snatch & Press Right Side x5

Snatch & Press Left Side x5

Goblet Squat x10

Rest – 60 seconds

X4 sets

#### **FINISHER:**

One Arm Swings x10 per minute

x10 minutes

Alternate hands each minute

## **DAY 2:**

### **5 MINUTE MOBILITY**

#### **WARMUPS:**

Turkish Getup x1 each side

Double Rack Carry – 20 yards down and back

X3 sets

#### **MAIN SEQUENCE:**

Clean & Press Right x1

Snatch x1

Back Lunge (keep kettlebell overhead) x1

Half-Kneeling Press x1

Stand x1 (keep kettlebell overhead) x1

Front Squat x1

Repeat Left Side x1

x5 chains

Rest – 60 seconds

x4 sets

#### **FINISHER:**

One Arm Swings Right x10 (1 minute)

Turkish Getup Right x1 (1 minute)

One Arm Swings Left x10 (1 minute)

Turkish Getup Left x1 (1 minute)

x3 rounds = 12 minutes

**DAY 3:**

Everything performed with one kettlebell size lower

**5 MINUTE MOBILITY**

**WARMUPS:**

Goblet Squat x5 (hold bottom position for 3 to 5 seconds)

Halos x5 each direction

X3 sets

**MAIN SEQUENCE:**

**DOUBLE KETTLEBELL COMPLEX**

Double Clean x5

Double Press x5

Double Front Squat x5

Double Push Press x5

Rest – 90 seconds

x4 sets

**FINISHER:**

Snatches

x10 per minute

x10 minutes

Alternate hands each minute

	DAY 1 - MAIN	DAY 1 - FINISH	DAY 2 - MAIN	DAY 2 - FINISH	DAY 3 - MAIN	DAY 3 - FINISH
WEEK 1	x4 sets 60 sec rest	x10 per min x10 min	x4 sets 60 sec rest	x3 rounds = 12 minutes	x4 sets 90 sec rest	x10 per min x10 min
WEEK 2	x5 sets 60 sec rest	x11 per min x10 min	x5 sets 60 sec rest	x3 rounds = 12 minutes	x4 sets 90 sec rest	x11 per min x10 min
WEEK 3	x6 sets 60 sec rest	x12 per min x10 min	x6 sets 60 sec rest	x3 rounds = 12 minutes	x5 sets 90 sec rest	x12 per min x10 min
WEEK 4	x4 sets 50 sec rest	x13 per min x10 min	x4 sets 50 sec rest	x3 rounds = 12 minutes	x5 sets 90 sec rest	x13 per min x10 min
WEEK 5	x5 sets 50 sec rest	x14 per min x10 min	x5 sets 50 sec rest	x4 rounds = 16 minutes	x6 sets 90 sec rest	x14 per min x10 min
WEEK 6	x6 sets 50 sec rest	x10 per min x10 min	x6 sets 50 sec rest	x4 rounds = 16 minutes	x6 sets 90 sec rest	x10 per min x10 min
WEEK 7	x4 sets 40 sec rest	x15 per min x10 min	x4 sets 40 sec rest	x4 rounds = 16 minutes	x4 sets 90 sec rest	x15 per min x10 min
WEEK 8	x5 sets 40 sec rest	x16 per min x10 min	x5 sets 40 sec rest	x4 rounds = 16 minutes	x5 sets 75 sec rest	x16 per min x10 min
WEEK 9	x6 sets 40 sec rest	x17 per min x10 min	x6 sets 40 sec rest	x3 rounds = 12 minutes	x5 sets 75 sec rest	x17 per min x10 min
WEEK 10	x4 sets 30 sec rest	x18 per min x10 min	x4 sets 30 sec rest	x3 rounds = 12 minutes	x4 sets 75 sec rest	x18 per min x10 min
WEEK 11	x5 sets 30 sec rest	x10 per min x10 min	x5 sets 30 sec rest	x5 rounds = 20 minutes	x6 sets 75 sec rest	x10 per min x10 min
WEEK 12	x6 sets 30 sec rest	X20 per min x10 min	x6 sets 30 sec rest	x5 rounds = 20 minutes	x6 sets 75 sec rest	X20 per min x10 min