

THE 30 DAY POLYFIT KETTLEBELL TRAINING PROGRAM

WEEK 1

DAY 1

WARM UP

- Kettlebell Deadlifts: 3 sets of 8-10 reps
- Kettlebell Swings: 3 sets of 10-12 reps
- Kettlebell Goblet Squats: 3 sets of 8-10 reps
- Biceps Curls: 3 sets of 10-12 reps
- Farmer Carries: 3 sets of 20-30 seconds

DAY 2

WARM UP

- Kettlebell Cleans: 3 sets of 8-10 reps
- Kettlebell Turkish Get Ups Practice: Only the start and the sit up portions. 3 sets of 2-3 reps each side
- Floor Presses: 3 sets of 8-10 reps
- Kettlebell Lunges: 3 sets of 8-10 reps each side
- Russian Twists: 3 sets of 10-12 reps

DAY 3

WARM UP

- Kettlebell Swings: 3 sets of 10-12 reps
- Kettlebell Deadlifts: 3 sets of 8-10 reps
- Kettlebell Overhead Press: 3 sets of 8-10 reps
- Biceps Curls: 3 sets of 10-12 reps
- Farmer Carries: 3 sets of 20-30 seconds

WEEK 2

DAY 1

WARM UP

- Kettlebell Swings: 3 sets of 12-15 reps
- Kettlebell Turkish Get Ups practice: up to the lunge position 3 sets of 2-3 reps each side
- Kettlebell Goblet Squats: 3 sets of 10-12 reps
- Floor Presses: 3 sets of 8-10 reps
- Farmer Carries: 3 sets of 30-45 seconds

DAY 2

WARM UP

- Kettlebell Cleans: 3 sets of 8-10 reps
- Kettlebell Deadlifts: 3 sets of 8-10 reps
- Kettlebell Lunges: 3 sets of 8-10 reps each side
- Russian Twists: 3 sets of 12-15 reps
- Biceps Curls: 3 sets of 12-15 reps

DAY 3

WARM UP

- Kettlebell Swings: 3 sets of 15-20 reps
- Kettlebell Turkish Get Ups: 3 sets of 2-3 reps each side
- Kettlebell Goblet Squats: 3 sets of 10-12 reps
- Floor Presses: 3 sets of 8-10 reps
- Farmer Carries: 3 sets of 30-45 seconds

WEEK 3

DAY 1

WARM UP

- Kettlebell Swings: 3 sets of 12-15 reps
- Kettlebell Turkish Get Ups Practice: up to the lunge position 3 sets of 2-3 reps each side
- Kettlebell Lunges: 3 sets of 8-10 reps each side
- Russian Twists: 3 sets of 12-15 reps
- Biceps Curls: 3 sets of 12-15 reps

DAY 2

WARM UP

- Kettlebell Cleans: 3 sets of 8-10 reps
- Kettlebell Deadlifts: 3 sets of 8-10 reps
- Kettlebell Goblet Squats: 3 sets of 10-12 reps
- Floor Presses: 3 sets of 8-10 reps
- Farmer Carries: 3 sets of 30-45 seconds

DAY 3

WARM UP

- Kettlebell Swings: 3 sets of 15-20 reps
- Kettlebell Clean and Press: 3 sets of 2-3 reps each side
- Kettlebell Goblet Squats: 3 sets of 10-12 reps
- Floor Presses: 3 sets of 8-10 reps

WEEK 4

DAY 1

WARM UP

- Kettlebell Clean and Press: 3 sets of 5 reps each arm
- Kettlebell Swings: 3 sets of 15-20 reps
- Kettlebell Bicep Curls: 2 sets of 10 reps each arm
- Kettlebell Floor Press: 2 sets of 10 reps each arm
- Farmer Carries: 3 sets of 20 seconds each arm

DAY 2

WARM UP

- Kettlebell Turkish Get Ups: Full sequence 3 sets of 2-3 reps each side
- Russian Twists with Kettlebell: 3 sets of 20 reps
- Kettlebell Lunges: 3 sets of 8 reps each leg
- Kettlebell Deadlifts: 3 sets of 8-10 reps
- Kettlebell Goblet Squat: 3 sets of 5 reps

DAY 3

WARM UP

- Kettlebell Clean and Press: 3 sets of 8-10 reps
- Kettlebell Deadlifts: 3 sets of 8-10 reps
- Kettlebell Lunges: 3 sets of 8-10 reps each side
- Russian Twists: 3 sets of 12-15 reps
- Biceps Curls: 3 sets of 12-15 reps