



4 WEEKS PLAN FOR KETTLEBELL FITNESS

Week number	Monday	Wednesday	Friday
1	Clean: 1:30/1:30/1:00 x 3 Swing: 1:00/1:00 x 2	Push Press: 1:30/1:30/1:00 x 3 Swing: 1:00/1:00 x 2	Half Snatch: 1:30/1:30/1:00 x 3 Swing: 1:00/1:00 x 2
2	Clean&Push Press: 1:30/1:30/1:00 x 3 Swing: 1:00/1:00 x 2	Clean: 2:00/2:00/1:00 x 3 Swing: 1:00/1:00	Push Press: 2:00/2:00/1:00 x 3 Swing: 1:00/1:00
3	Half Snatch: 2:00/2:00/1:00 x 3 Swing: 1:00/1:00	Clean&Push Press: 2:00/2:00/1:00 x 3 Swing: 1:00/1:00	Clean: 2:30/2:30/1:00 x 3
4	Push Press: 2:30/2:30/1:00 x 3	Half Snatch: 2:30/2:30/1:00 x 3	Clean&Push Press: 2:30/2:30/1:00 x 3