



PROGRAM OVERVIEW

KETTLEBELLS 4 AESTHETICS - KB4A

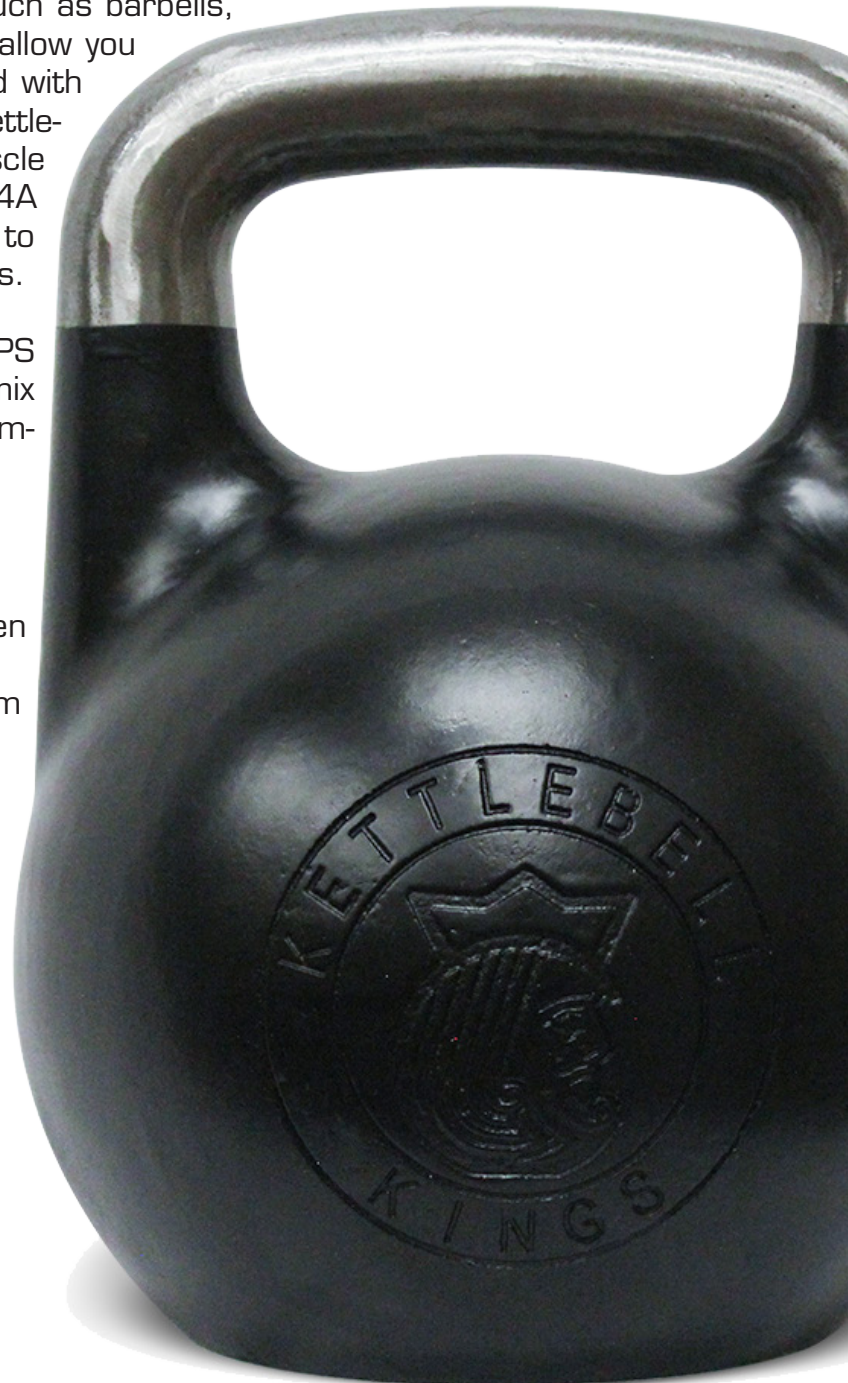
While most kettlebell programs focus primarily on strength and performance, the KB4A Program is expertly designed to utilize kettlebells for the purpose of building and shaping your body to improve how you look.

Unlike traditional “bodybuilder” movements such as barbells, dumbbells, cables and machines, kettlebells allow you to train within different ranges of motion and with different points of leverage. In other words, kettlebells target your muscles and stimulate muscle growth in a different way. This makes the KB4A program a perfect addition and supplement to more traditional, hypertrophy based programs.

Whether you follow the highly effective MAPS training protocols or not, add KB4A in the mix every now and then and watch your body improve.

KEY PROGRAM GUIDELINES

- Stop 2 reps short of failure (failure is when form breaks down)
- Prioritize form over intensity...perfect form is crucial
- Follow program for 4-6 weeks
- Add volume every 3 weeks if applicable
- Use this in between MAPS Programs
- If following a Non-MAPS program, follow KB4A when your current program goes stale





FOUNDATIONAL WORKOUTS

SAMPLE KB4A FOUNDATIONAL WORKOUTS

Alternate the following workouts on Foundational Workout days. These are sample workouts and exercise substitutions can be made. However, we highly recommended that you keep the squats and presses as the cornerstone of your Foundational Workouts.

FREQUENCY: 3 days/week, with at least 1 day inbetween Foundational Workouts

SET & REP RANGE: 3 sets, 8-12 reps/exercise
(Both sides for unilateral movements)

REST BETWEEN SETS: 30-60 seconds between sets

FOUNDATIONAL WORKOUT 1

Kettlebell Front Loaded Squats
Kettlebell Chest Press (Floor Bridge)
Kettlebell Bench Seal Rows
Kettlebell Overhead Press
Kettlebell Bicep Curls
Kettlebell Tricep Extensions
Kettlebell Leg Lever
Seated Kettlebell Calf Raise

FOUNDATIONAL WORKOUT 2

Kettlebell Back-Loaded Walking Lunge
Kettlebell Chest Flyes
Kettlebell Upright Rows
Reverse Grip Pull-Up
Kettlebell Close Grip Push-Up
Kettlebell Full Lever Pull Through
Standing Kettlebell Calf Raise

FOUNDATIONAL WORKOUT 3

Kettlebell Goblet Squat
Kettlebell Incline Alternating Chest Press
Kettlebell Single Arm Rows
Kettlebell Halos
Kettlebell Spider Curls
Kettlebell Overhead Tricep Extension
Kettlebell Trunk Rotations
Front Loaded Kettlebell March



SKILLS WORKOUTS

SAMPLE KB4A SKILLS WORKOUTS

Pick 1-3 exercises and do them in succession. These workouts are designed to focus on sharpening each one of these very technical moves to build better recruitment patterns and strength going into your Foundational Workouts. Pick the exercises that you are least familiar with. For example: I usually avoid Turkish Get-Ups because I don't feel confident enough that I am performing the movement correctly.

FREQUENCY: 2-3 days/week on Non-Foundational Workout days

SET & REP RANGE: 3-5 sets, 5-10 reps/exercises
(Both sides for unilateral movements)

LOAD: Light to moderate

REST BETWEEN SETS: 60 seconds - 5 minutes between sets

SKILLS WORKOUT 1

Double Arm KB Swing
Farmer Walks (Posture Focused)

SKILLS WORKOUT 2

Single Arm KB Swings
Kettlebell Suitcase Carries

SKILLS WORKOUT 3

Kettlebell Single Arm Clean
One Arm Kettlebell Rack Walk

SKILLS WORKOUT 4

Windmills
Overhead Loaded Carries

SKILLS WORKOUT 5

Kettlebell Roll
Kettlebell Roll Press
Turkish Get-Up



WORKOUT LOG

KB4A FOUNDATIONAL WORKOUT

DATE:

DAY:

TIME:

EXERCISE	SET 1 weight/reps	SET 2 weight/reps	SET 3 weight/reps	SET 4 weight/reps	SET 5 weight/reps	SET 6 weight/reps

NOTES:

FOUNDATIONAL WORKOUT 1 FOUNDATIONAL WORKOUT 2 FOUNDATIONAL WORKOUT 3

3 sets, 8-12 reps/exercise (both sides for unilateral movements), 30-60 seconds between sets

- Kettlebell Front Loaded Squats
- Kettlebell Chest Press (Floor Bridge)
- Kettlebell Bench Seal Rows
- Kettlebell Overhead Press
- Kettlebell Bicep Curls
- Kettlebell Tricep Extensions
- Kettlebell Leg Lever
- Seated Kettlebell Calf Raises
- Kettlebell Back Loaded Walking Lunge
- Kettlebell Chest Flyes
- Kettlebell Upright Rows
- Pull Up Reverse Grip
- Kettlebell Close Grip Push-Up
- Kettlebell Full Lever Pull Through
- Standing Kettlebell Calf Raises
- Kettlebell Goblet Squat
- Kettlebell Incline Alternating Chest Press
- Kettlebell Single Arm Rows
- Kettlebell Halos
- Kettlebell Spider Curls
- Kettlebell Overhead Tricep Extension
- Kettlebell Trunk Rotations
- Front Loaded Kettlebell March



Print this form and record your workout at the gym



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