



# Military Athlete

**Strong. Swift. Durable**  
[www.militaryathlete.com](http://www.militaryathlete.com)

## 8-Week Kettlebell Training Program

**The following 8-week program is build around kettlebells as the primary training equipment. First is a 4-week Strength Cycle, followed by a 4-week Work Capacity Cycle.**

This program is designed for athletes who train exclusively with kettlebells, or those who want to try a kettlebell-focused program. What we have done is apply our programming theory to kettlebells.

This is a 5-day a week program. It is our intent the athlete train Monday through Friday, and take total rest on Saturday and Sunday. If your schedule does not allow a Monday through Friday training schedule, it's important you don't skip training sessions, but complete them in order as your schedule allows. Please take two full days of total rest per week. As written, training sessions 1, 6, 11, 16, 21, 26, 31, and 36 are performed on Monday.

### **EQUIPMENT AND TECHNIQUE REQUIREMENTS**

This program is designed to be completed by anyone with a full array of Kettlebells. Most male athletes will need pairs of kettlebells ranging from 12kg to 32kg. Most female athletes will need pairs of kettlebells ranging from 8kg to 28 kg.

The most technically advanced exercise in this program is the single and double armed kettlebell snatch. Proficiency in these exercises will be an advantage to completing this program.

### **Unfamiliar Exercises**

Go to [www.militaryathlete.com](http://www.militaryathlete.com) and click the "Exercises" link to see unfamiliar exercises.

### **Questions?**

Email [rob@militaryathlete.com](mailto:rob@militaryathlete.com)

Good Luck!

Rob Shaul

John Murie

## Military Athlete 8-Week Kettlebell Training Program

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### TRAINING PROGRAM

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#### Session 1

##### Objective: Strength

Warm up: 4 Rounds

5x Goblet Squat @ 16kg/12kg

5x Swing @ 16kg/12kg

5x Push ups

10x Sit ups

Instep

1) 6 Rounds

3x Turkish Get up each arm (increase weight each round until 3x is hard but doable), then immediately...

Sprint 25m

2x Ride it down

2) 6 Rounds

5x Single Leg, Single Arm Deadlift each side (increase weight each round until 4x is hard but doable), then immediately...

2x Jumping Lunge each leg

20 sec Y+L unloaded

3) 6 Rounds

8x Kettlebell Floor Press each arm (increase weight each round until 8x is hard but doable), then immediately...

4x Clapping Push ups

2x Floor Angel

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#### Session 2

##### Objective: Work Capacity

Warm up: 3 Rounds

Run 100m

5x Lunges

5x Jumping Lunges

#### HUG

1) 20-15-10-5 for time:

Swings x2 @ 20kg/12kg (40, 30, 20, 10)

Burpees

Sit ups

--Rest 3 to 5 min--

2) 10 Rounds every 60 seconds

4x Snatch each arm @ 20kg/12kg

8x Jingle Jangles

3) 4 Rounds

5x 1-arm weighted sit up each arm @ 16kg/12kg

10x Russian Twist @ 16kg/12kg

60 sec Front Bridge

10x Good Morning @ 16kg/12kg

4) 2 Rounds

3/3/3 Toe Touch Complex

3x Floor Slide

3x Shoulder Sweep

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#### Session 3

##### Objective: Strength

Warm up: 3 Rounds

5x Burpees

5x Single Arm Clean & Press each arm @ 16kg/12kg

2x Ride it Down

1) 6 Rounds

3x Single Arm Military Press each arm (increase weight each round until 3x is hard but doable)

3x Single Arm Horizontal Row each arm  
@ same weight  
Instep

2) 6 Rounds  
4x Snatch each arm (increase weight  
each round until 4x is hard but doable),  
then immediately...  
2x Broad Jump  
2x Floor Angel

3) 6 Rounds  
8x 2-Handed Kettlebell Front Squat  
(increase weight each round until 8x is  
hard but doable), then immediately...  
2x Jumping Lunges each leg  
20 sec Y+L unloaded

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#### **Session 4** **Objective: Stamina**

4 mile run @ moderate pace  
(Comfortable but not easy)

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#### **Session 5** **Objective: Strength**

Warm up: 4 Rounds

10x Swings @ 24kg/12kg  
5x Burpees  
HUG Hip Mobility Drill

1) 6 Rounds  
3x Single Leg Deadlift (Hold Kettlebell in  
each hand, increase weight each round  
until 3x is hard but doable), then  
immediately...  
2x Jumping Lunges  
3x Shoulder Sweep

2) 6 Rounds

5x Alternating Military Press Press each  
side (increase weight each round until 5x  
is hard but doable)  
5x Renegade Row @ same weight  
3/3/3 Toe Touch

3) 6 Rounds  
5x 2-Handed Squat Clean to Thruster  
(increase weight each round until 5x is  
hard but doable), then immediately...  
3x Jump Squat  
3x Floor Slide

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#### **Session 6** **Objective: Work Capacity**

Warm up: 4 Rounds @ 16kg/12kg

10x Goblet Squat  
10x Swing  
10x Push ups  
10x Toes to sky  
Instep

1) 8 Rounds For Time:  
5x Mr. Spectacular @ 16kg/12kg  
Run 200m  
10x Sit ups

2) 4 Rounds  
10x Slasher each way @ 16kg/12kg  
60 sec Front Bridge  
25x Sit ups

3) 3 Rounds  
2x Ride it down  
30 sec Y+L unloaded  
3x Floor Angel

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#### **Session 7** **Objective: Strength**

Warm up: 5 Rounds

5x Burpees  
10x Swings @ 16kg/12kg  
HUG

1) 6 Rounds  
3x Single Arm Clean & Push Press each arm (increase weight each round until 3x is hard but doable), then immediately...  
4x Jingle Jangles  
3x Floor Slide

2) 6 Rounds  
5x Weighted Walking Lunges each leg (increase weight each round until 5x is hard but doable), then immediately...  
2x Broad Jump  
3x Shoulder Sweep

3) 6 Rounds  
8x Handstand or Elevated Pushups  
8x Single Arm Horizontal Row (increase weight each round until 8x is hard but doable)  
3/3/3 Toe Touch

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**Session 8**  
**Objective: Stamina**

5 Mile Run @ moderate pace  
(Comfortable but not easy)

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**Session 9**  
**Objective: Strength**

Warm up: 4 Rounds

5x Mr Spectacular @ 12kg/8kg  
5x Jump Squat  
Instep

1) 6 Rounds  
3x Single Arm Military Press each arm (increase weight each round until 3x is hard but doable)

3x Single Arm Horizontal Row each arm @ same weight  
2x Ride it Down

2) 6 Rounds  
4x Double Arm Snatch (increase weight each round until 4x is hard but doable), then immediately...  
2x Burpees  
3x Floor Angel

3) 6 Rounds  
8x Double Arm Deadlift (increase weight until 8x is hard but doable), then immediately...  
3x Swing @ 32kg/24kg  
5x Y+L unloaded

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**Session 10**  
**Objective: Work Capacity**

Warm up: 3 Rounds

5x Jump Squat  
5x Push ups  
Suicide Sprint  
HUG

1) 20 Rounds, every 2 minutes:  
5x 2-Handed Thruster @ 16kg/12kg  
5x Touch Jump Touch  
Run 100m

2) 3 Rounds  
3/3/3 Toe Touch  
3x Floor Slide  
5x Slasher to Halo @ 16kg/12kg

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**Session 11**  
**Objective: Strength**

Warm up: 3 Rounds

3x Corrective Get up each side @ 16kg/  
8kg  
2x Ride it down

1) 6 Rounds  
3x Bulgarian Split Squat (increase weight  
each round until 3x is hard but doable),  
then, immediately...  
2x Jumping Lunges each leg  
5x Y+L unloaded

2) 6 Rounds  
5x Floor Press (increase weight each  
round until 5x is hard but doable), then  
immediately...  
5x Strict Pull ups  
Instep

3) 6 Rounds  
4x Single Arm Squat Clean each side  
(increase weight each round until 4x is  
hard but doable), then immediately...  
5x Touch Jump Touch  
3x Floor Angel

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## **Session 12**

### **Objective: Stamina**

5 Mile Run @ Moderate Pace  
(Comfortable but not easy)

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## **Session 13**

### **Objective: Strength**

Warm up: 5 Rounds @ 16kg/8kg

10x Swings  
10x Goblet Squat  
10x Push ups  
10x Sit ups  
HUG

1) 6 Rounds

3x 2-Handed Clean and Push Press  
(increase weight each round until 3x is  
hard but doable), then immediately...  
2x Burpees  
2x Floor Slide

2) 6 Rounds  
5x 2-Handed Kettlebell Front Squat  
(increase weight each round until 5x is  
hard but doable), then immediately...  
3x Jump Squat  
5x Slasher to Halo each way @ 16kg/  
12kg

3) 6 Rounds  
8x 2-Handed Military Press (increase  
weight until 8x is hard but doable)  
8x Horizontal Pull ups  
3/3/3 Toe Touch

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## **Session 14**

### **Objective: Work Capacity**

Warm up: 3 Rounds

Run 200m  
10x Burpees  
10x Weighted Sit ups @ 16kg/12kg  
30 sec Y+L unloaded

1) 4 Rounds for time:  
5x Waiter Walk Lunges @ 20kg/12kg  
20x Swings @ 24kg/16kg  
Run 200m

--Rest 3 to 5 min--

2) 10 Rounds @ 20kg/12kg  
15 sec Snatch Right  
15 sec Rest  
15 sec Snatch Left  
15 sec Rest

3) 4 Rounds  
30/30 Side Bridge

10x Russian Twist @ 16kg/12kg  
10x Good Morning @ 16kg/12kg

4) 3 Rounds  
2x Ride it down  
Instep  
2x Floor Angel

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### **Session 15**

#### **Objective: Strength**

Warm up: 4 Rounds

10x Goblet Squat @ 20kg/12kg  
5x Strict Pull ups  
10x Sit ups  
Instep

1) 6 Rounds  
4x 2-Handed Kettlebell Front Squat  
(increase weight until 4x is hard but doable), then immediately...  
2x Broad Jump  
30 sec Shoulder Scarecrow unloaded

2) 6 Rounds  
5x Floor Press each arm, then immediately  
2x Clapping Push ups  
HUG Hip Mobility Drill

3) 6 Rounds  
5x 2-Handed Kettlebell Curtis P (increase weight until 5x is hard but doable), then immediately...  
4x Jingle Jangles  
3x Shoulder Sweep

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### **Session 16**

#### **Objective: Stamina**

5 Mile Run @ Moderate Pace  
(Comfortable but not easy)

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### **Session 17**

#### **Objective: Strength**

Warm up: 5 Rounds

10x Air Squat  
10x Push ups  
10x Sit ups  
3/3/3 Toe Touch

1) 6 Rounds  
3x Bulgarian Split Squat (increase weight until 3x is hard but doable), then immediately...  
Suicide Sprint  
3x Shoulder Sweep

2) 6 Rounds  
5x Floor Press (increase weight each round until 5x is hard but doable)  
5x Renegade Row @ same weight  
HUG

3) 6 Rounds  
5x 2-Handed Squat Clean to Thruster (increase weight until 5x is hard but doable), then immediately...  
3x Broad Jump  
2x Floor Slide

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### **Session 18**

#### **Objective: Work Capacity**

Warm up: 4 Rounds

5x Jingle Jangles  
5x Goblet Squat @ 16kg/12kg  
5x Slasher to Halo each way @ 16kg/12kg  
HUG

1) 10 Rounds @ 20kg/12kg  
5x Snatch Right  
5x Goblet Squat

5x Snatch Left  
5x Goblet Squat  
5x Clean & Push Press Right  
5x Goblet Squat  
5x Clean & Push Press Left  
5x Goblet Squat  
10x Swings  
10x Push ups  
10x Sit ups  
Rest 30 seconds

2) 4 Rounds  
8x Kneeling Slasher@ 12kg/8kg  
60 second Front Bridge  
10x Toes to Sky

3) 3 Rounds  
3/3/3 Toe Touch  
3x Floor slide

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### **Session 19**

#### **Objective: Strength**

Warm up: 3 Rounds @ 16kg/12kg

5x Swing  
5x Single Arm Squat Clean to Thruster  
each side  
5x Single Arm Horizontal Row each side  
5x Goblet Lunge each side  
2x Ride it Down

1) 8 Rounds  
3x Single Arm Squat Snatch each side  
(increase weight each round until 3x is  
hard but doable)  
2x Floor Angel

2) 6 Rounds  
5x 2-Handed Kettlebell Front Squat  
(increase weight each round until 5x is  
hard but doable), then immediately...  
5x Jingle Jangles  
5x Y+L unloaded

3) 6 Rounds  
8x Single Arm Horizontal Row each side  
(increase weight each round until 8x is  
hard but doable), then immediately...  
8x Elevated Push ups (increase height  
each round until 8x is hard but doable)  
Instep

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### **Session 20**

#### **Objective: Stamina**

5 Mile Run @ moderate pace  
(Comfortable but not easy)

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### **Session 21**

#### **Objective: Work Capacity**

Warm up: 3 Rounds

10x Air Squats  
10x Push ups  
10x Sit ups  
10x Bird Dog each Side  
Pigeon

1) 10,9,8,7,6,5,4,3,2,1 reps for time @  
20kg/12kg:  
Swings  
Single Arm Clean and Press each side  
Jingle Jangles

--Rest 3 to 5 minutes--

2) 10 Rounds  
30 sec Burpees  
30 sec Rest

3) 4 Rounds  
3x Windmill each side @ 16kg/12kg  
30/30 sec Side Bridge

4) 3 Rounds  
30 sec Glute Leg Lifts each side  
30 sec Shoulder Scarecrow unloaded

3x Shoulder Sweep

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## **Session 22**

### **Objective: Strength**

Warm up: 4 Rounds

10x Push ups

5x Single Arm Squat Clean to Thruster  
each side @ 16kg/8kg

5x Jump Squats

HAM Hip Mobility

1) 6 Rounds

3x Alternating Military Press each side  
(increase weight each round until 3x is  
hard but doable)

3x Single Arm Horizontal Row each side  
@ same weight

40x Glute Leg Lift (alternate sides each  
round)

2) 6 Rounds

5x Snatch each side (increase weight  
until 5x is hard but doable), then  
immediately...

5x Jingle Jangles

3x Floor Angel

3) 6 Rounds

8x 2-hand Single Leg Deadlift (increase  
weight each round until 8x is hard but  
doable), then immediately...

3x Jumping Lunges

5x Slasher to Halo each way @ 16kg/8kg

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## **Session 23**

### **Objective: Work Capacity**

Warm up: 4 Rounds

5x Turkish Get up each side @ 12kg/8kg  
Pigeon

1) 15,14,13,12,11,10,9,8,7,6,5,4,3,2,1  
reps for time @ 24kg/16kg:

Goblet Squats

Swings

Sit ups unloaded

2) 4 Rounds

5x Russian Twist each way @ 20kg/16kg

50m Overhead Carry @ 16kg/12kg in  
each hand

15x Toes to Sky

3) 3 Rounds

30 sec Glute Leg Lifts

30 sec Shoulder Scarecrow unloaded

3x Shoulder Sweep

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## **Session 24**

### **Objective: Stamina**

5 mile Run @ moderate pace  
(Comfortable but not easy)

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## **Session 25**

### **Objective: Work Capacity**

1) 20 Rounds, every 2 minutes:

5x Mr. Spectacular @ 16kg/12kg

5x Touch Jump Touch

10x Jingle Jangles

2) 3 Rounds

50x Glute Leg Lifts each side

HAM Hip Mobility

2x Floor Angel

3x Wall Slide

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## **Session 26**

### **Objective: Strength**

Warm up: 5 Rounds



3x Single Arm Squat Clean to Thruster  
each side @ 16kg/12kg  
3x Burpees  
Pigeon

1) 6 Rounds  
4x 2-Handed Kettlebell Front Squat  
(increase weight each round until 4x is  
hard but doable), then immediately...  
2x Broad Jump  
5x Shoulder Scarecrow unloaded

2) 6 Rounds  
5x Floor Press (increase weight each  
round until 5x is hard but doable)  
5x Weighted Pull ups  
30 sec Glute Leg Lifts (alternate sides  
each round)

3) 6 Rounds  
5x 2-Handed Thruster (increase weight  
each round until 5x is hard but doable),  
then immediately...  
Sprint 25m or 6x Jingle Jangles  
3x Shoulder Sweep

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**Session 27**  
**Objective: Work Capacity**

Warm up: 3 Rounds

5x Swing to Goblet Squat @ 16kg/12kg  
5x Burpees  
Run 100m  
HAM Hip Mobility Drill

1) 9 Rounds  
8x Swing @ 28kg/20kg  
4x Clapping Push ups  
Suicide Sprint  
Rest 20 sec

2) 4 Rounds  
300m Shuttle Run every 2.5 min

3) 4 Rounds  
5x Single Arm Weighted Sit ups each arm  
@ 12kg/8kg  
30/30 Side Bridge  
5x Bird Dog each Side

4) 3 Rounds  
50x Glute Leg Lifts each side  
2x Floor Angel  
5x Slasher to Halo each way @ 16kg/  
12kg

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**Session 28**  
**Objective: Stamina**

5 Mile Run @ Moderate Pace  
(Comfortable but not easy)

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**Session 29**  
**Objective: Work Capacity**

Warm up: 2 Rounds

3x Corrective Get ups @ 16kg/12kg  
5x Push ups  
25x Sit ups  
Pigeon

1) 20 Rounds @ 20kg/12kg  
15 sec Snatch Right Arm  
15 sec Rest  
15 sec Snatch Left Arm  
15 sec Rest

2) 4 Rounds  
10x Russian Twist @ 16kg/12kg  
60 sec Front Bridge  
15x Toes To Sky

3) 2 Rounds  
30 sec Jane Fonda each side  
30 sec Shoulder Scarecrow unloaded  
3x Shoulder Sweep

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### **Session 30**

#### **Objective: Strength**

Warm up: 3 Rounds

10x Goblet Squat @ 16kg/12kg  
5x Alligator Push ups each arm (10 total)  
5x Single Arm Horizontal Row each arm @ 16kg/12kg  
5x Slasher to Halo each way @ 16kg/12kg

1) 6 Rounds  
4x Single Arm Clean & Push Press each arm (increase weight until 4x is hard but doable)  
5x Strict Pull ups  
HAM Hip Mobility

2) 6 Rounds  
5x 2-Handed Single Leg Deadlift (increasing weight until 5x is hard but doable), then immediately...  
3x Jumping Lunges each leg  
2x Floor Angel

3) 6 Rounds  
8x Floor Press (increase weight until 8x is hard but doable), then immediately...  
3x Clapping Push ups  
50x Glute Leg Lifts (alternate sides each round)

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### **Session 31**

#### **Objective: Work Capacity**

Warm up: 3 Rounds

10x Burpees  
Run 200m  
5x Shoulder Scarecrow unloaded

1) As Many Rounds as Possible in 40 Minutes

400m run  
10x 2-Handed Kettlebell Front Squat @ 16kg/12kg  
10x Push ups

2) 2 Rounds  
30 sec Jane Fonda each side  
Pigeon  
3x Shoulder Sweep

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### **Session 32**

#### **Objective: Stamina**

5 mile Run @ Moderate Pace  
(Comfortable but not easy)

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### **Session 33**

#### **Objective: Work Capacity**

Warm up: 3 Rounds

5x Pushups  
10x Jump Squats  
5x Bird Dog each side  
HAM Hip Mobility Drill

1) 10 Rounds, every 60 sec  
5x Burpees  
Suicide Sprint or 8x Jingle Jangles

--Rest 3 to 5 minutes--

2) 10 Rounds, every 60 seconds  
10x Swings @ 24kg/16kg  
Suicide Sprint or 8x Jingle Jangles

3) 4 Rounds  
5x Single Arm Weighted Sit ups each arm @ 12kg/8kg  
4x Windmill each side @ 16kg/12kg  
30/30 sec Side Bridge

4) 2 Rounds  
50x Glute Leg Lifts each side

3x Floor Angel  
3x Shoulder Sweep

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### **Session 34**

#### **Objective: Strength**

Warm up: 5 Rounds

5x 2-Handed Thrusters @ 12kg/8kg  
10x Swings @ 16kg/12kg  
Pigeon

1) 6 Rounds  
4x 2-Handed Military Press (increase weight each round until 4x is hard but doable)  
4x Single Arm Horizontal Row @ same weight  
Instep

2) 6 Rounds  
3x Turkish Get up (increase weight each round), then immediately...  
Sprint 25m or 6x Jingle Jangles  
2x Shoulder Sweep

3) 6 Rounds  
8x Bulgarian Split Squat (increase weight each round), then immediately...  
3x Broad Jump  
5x Shoulder Scarecrow unloaded

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### **Session 35**

#### **Objective: Work Capacity**

Warm up: 5 Rounds

5x Touch Jump Touch  
10x Push ups  
20x Sit ups  
Instep

1) 7 Rounds for time @ 20kg/12kg:  
5x Snatch Right Arm

5x Swing  
5x Snatch Left Arm  
5x Swing  
10x Burpees  
Run 200m

2) 4 Rounds  
30/30 Side Bridge  
10x Good Morning @ 16kg/12kg  
5x Kneeling Slasher each way @ 16kg/12kg

3) 3 Rounds  
3x Floor Slide  
30 sec Shoulder Scarecrow  
50x Glute Leg Lifts each side

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### **Session 36**

#### **Objective: Stamina**

5 Mile Run @ Moderate Pace  
(Comfortable but not easy)

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### **Session 37**

#### **Objective: Work Capacity**

Warm up: 5 Rounds

2x Turkish Get up each side @ 16kg/20kg  
5x Lunges each leg  
5x Slasher To Halo each way @ 16kg/20kg

1) 20 Rounds, Every 2 min:  
5x Burpees  
10x KB Swings @ 20kg/16kg  
Suicide Sprint or 8x Jingle Jangles

2) 3 Rounds  
50x Glute Leg Lifts each side  
Pigeon  
3x Shoulder Sweep

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### **Session 38**

#### **Objective: Strength**

Warm up: 4 Rounds @ 16kg/12kg

5x Goblet Squat

5x Swings

5x Clean & Press each arm

HAM Hip Mobility

1) 6 Rounds

4x 2-Handed Kettlebell Front Squat  
(increase weight each round until 4x is hard but doable), then immediately...

3x Jump Squat

3x Shoulder Sweep

2) 6 Rounds

5x Floor Press (increase weight each round until 5x is hard but doable)

5x Single Arm Horizontal Row on Box each arm @ same weight

Instep

3) 6 Rounds

5x 2-Handed Kettlebell Curtis P (increase weight each round until 5x is hard but doable), then immediately...

Sprint 25m or 5x Jingle Jangles

3x Wall Slide

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### **Session 39**

#### **Objective: Work Capacity**

Warm up: 5 Rounds

5x 2-Handed Thruster @ 12kg/8kg

15x Toes to sky

Instep

1) As Many Rounds as Possible in 10 minutes:

10x Swings @ 24kg/16kg

10x Sit ups

--Rest 3 to 5 minutes--

2) 10 Rounds

Sprint 100m

Rest 30 sec

3) 4 Rounds

4x Windmill each side @ 16kg/12kg

30/30 Side Bridge

4) 3 Rounds

3x Ride it Down

3x Floor Angel

30 sec Shoulder Scarecrow

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### **Session 40**

#### **Objective: Stamina**

Run 5 Miles @ Moderate Pace  
(Comfortable but not easy)

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