

## KETTLEBELL

## WORKOUT

Routine: W.O.D. (Workout of the Day)

This kettlebell-based workout plan delivers full-body strength and endurance training using only minimal equipment.

SET 1	SET 2
Kettlebell Swings	Kettlebell Swings
Goblet Squats	Goblet Squats
Overhead Kettlebell Lunges	Overhead Kettlebell Lunges
Single Arm Push-Up Over Kettlebell (Alternating)	Gorilla Cleans

SET 3	SET 4
Kettlebell Swings	Kettlebell Swings
Goblet Squats	Goblet Squats
Overhead Kettlebell Lunges	Overhead Kettlebell Lunges
Single Arm Push-Up Over Kettlebell (Alternating)	Single Arm Push-Up Over Kettlebell (Alternating)
Gorilla Cleans	

## TRAINER NOTES

- Rest 60–90 seconds between sets.
- Prioritize quality of movement and full range of motion over speed.
- Begin with 5–10 minutes of dynamic warm-up: hip openers, shoulder circles, jumping jacks, or bodyweight squats.
- Cool down with kettlebell windmills, forward folds, and hip flexor stretches.
- This routine builds explosive power, core stability, and grip strength ideal for martial arts performance.



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## KETTLEBELL - WORKOUT

Name: \_\_\_\_\_

Week: \_\_\_\_\_

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 1	Kettlebell Swings			
	Goblet Squats			
	Overhead KB Lunges			
	Single Arm Push-Up Over KB			
	Gorilla Cleans			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 2	Kettlebell Swings			
	Goblet Squats			
	Overhead KB Lunges			
	Single Arm Push-Up Over KB			
	Gorilla Cleans			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 3	Kettlebell Swings			
	Goblet Squats			
	Overhead KB Lunges			
	Single Arm Push-Up Over KB			
	Gorilla Cleans			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 4	Kettlebell Swings			
	Goblet Squats			
	Overhead KB Lunges			
	Single Arm Push-Up Over KB			
	Gorilla Cleans			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 5	Kettlebell Swings			
	Goblet Squats			
	Overhead KB Lunges			
	Single Arm Push-Up Over KB			
	Gorilla Cleans			