

RACKED & LOADED &

**101 Kettlebell
Workouts to
Blast Fat, Boost
Strength and
Build Muscle**



ChroniclesOfStrength.com Pat Flynn

Racked and Loaded:

**101 Kettlebell Complexes to Blast Fat, Boost Muscle, and Build
Muscle (Vol 4.0)**

**By Pat Flynn
ChroniclesOfStrength.com**

What Is Pat Flynn?



Author, blogger, fitness minimalist; party scientist, 7th degree black belt in hanging out. I help people do more with less.

I am the founder of ChroniclesOfStrength.com, a blog on fitness minimalism, and chief contributor to the [Chronicles Of Strength Inner Circle](#), a monthly newsletter dedicated to helping people reach their goals through minimalist strength and conditioning programs.

I am the author of [Paleo Workouts for Dummies](#) (Wiley, 2013), “An excellent book on modern training with an awful title”—Dan John, and [Fast Diets for Dummies](#) (Wiley, 2013).

I am firm believer that any exercise program will improve in direct ratio to the number of things you can keep out of it that shouldn't be there.

Shoot me a message on [Facebook](#) ([Facebook.com/chroniclesofstrength](https://www.facebook.com/chroniclesofstrength)) and let's chat about your goals.

A Brief Introduction

The exercises in this edition are not complicated. They are simple, straightforward and something anyone can do. And the workouts are no heavy investment either. The most you will need to do them is a set of kettlebells—men, I would recommend a pair of 24kgs, maybe a little lighter if you are a weak person; ladies 16kg.

The workouts in this book, if that's what we're calling this brave little compendium, are of a relatively sadistic description on paper and very difficult to finish. Most of them are highly laborious, and not a few of them are absurd. When you get to my Great Destroyer—the only workout I know outside of Crossfit with a cult following—you will know what I mean.

When workouts are this intense, it's better you don't do them every day. Keep your efforts on strength, mobility and vegetables, mostly. These kinds of workouts—which if we were to categorize them would come under metabolic conditioning—are best done 2-3x/week, for 15-20 minutes at a time. Any more than that and you run the risk of burn out while also tempting injury.

I am not one normally given to using formulas, but here is one I very much like and recommend to anyone who is a little confused about how to structure an exercise program for strength and fat loss.

Metabolic Conditioning—low frequency & low duration

Strength Training—moderate frequency & moderate duration

Brisk Walking—high frequency & high duration

These workouts will help you with the first part of that equation. For the other two you will want a more fully and cleverly designed strength and conditioning program.

So, before we begin I feel it—or I—would be slightly remiss if I didn't at least hint at a few of my finer, more thorough resources for removing your present matronly figure and replacing it with a leaner, harder, more resilient physique.

Pocket-Sized Workouts



Pocket-Sized Workouts is a subscription plan where you get workouts delivered right to your inbox every Tuesday. But these aren't just workouts that go nowhere. This is a plan that builds towards greater strength, mobility, and stamina.

When You Join Pocket Sized Workouts, I'll Help You...

- Burn an Extra 947 Calories a Day with Kettlebell Complexes
- Balance Hormones and Get Rid of Stress By Using the "Minimum Effective Dose" of Exercise.
- Learn Why Short Workouts are Better than Long Workouts (Even If You Have the Time!)
- Use My Famous, Fat-Stripping 9-Minute Workout to Double Your Endurance.
- Blend Strength and Flexibility -- So You Don't Need Separate Routines for Each
- Use "Armor Building" Workouts for More Muscle and Might
- Lift Heavy Without Looking Like a Linebacker (Be Strong Not Bulky)

Best of all? It's only \$7 to try it out. Why? Because I want you to give Pocket Sized Workouts a try for a month without spending a lot of money, and to see if this is something you enjoy. I'm confident it will be, because I think you'll really like the workouts. And once the first 30 days are up, it's just \$32/mo after that - cancel anytime. So you might as well try it out!

To give Pocket Sized Workouts a try for the month for only \$7, simply:

[CLICK HERE](#) and subscribe to Pocket Sized Workouts (\$7 for the first month and \$32/month after that—cancel anytime)

101 Kettlebell Complexes to Blast Fat, Boost Muscle, and Strengthen the Flesh



Unless stated specifically otherwise, the rule for these workouts is to set 15 minutes on the clock and work as many rounds as you can—WITH GOOD FORM. That last part is very important. I want you to be challenged, but successful. Put the bells down and rest as you need. No sloppy reps!

Also, do not attempt to take on a complex that is too many for you—in intensity or complexity. Work up to the more reprehensible workouts, and take the time to build your fundamental skills with a kettlebell first, before attempting anything virtuosic.

What Is a Kettlebell Complex?

A kettlebell complex is a strength builder, a muscle-maker, a body-fat reducer—all in one. Some are made to lean more heavily into one area (build muscle, blast fat, boost endurance, etc) than others, but all of them, as they are gathered here, are unequivocally and unapologetically dreadful.

A metabolic complex is meant to improve the efficiency at which the body stores and delivers energy, by challenging various muscle groups and energy systems simultaneously. The method can be couched conveniently in the following formula (last one, I promise):

Moderate strength efforts + elevated cardiovascular stress = metabolic conditioning

Complexes are one form of metabolic conditioning, and I prefer them above most other possibilities. Other forms include circuit training and cross training.

A kettlebell complex is a series of exercises performed back to back with little to no rest. The goal is to switch between various muscle groups and to keep the system working as a whole (heart, lungs, kidneys, etc) to prolong stress. This ignites the “afterburn” effect, known as EPOC (exercise post oxygen consumption), and leaves you with a massive and prolonged calorie burn. Through metabolic conditioning, you continue to burn energy at an elevated rate for up to 72 hours, even from a single session lasting as little as 15 minutes. This is an effect, obviously, that aerobics can’t achieve.

That metabolic conditioning is far more effective and expedient than moderate-intensity steady-state aerobics ever were for fat loss is a fact that doesn’t need any further evidence or defense. Science has made it obvious.

But I have probably talked for long enough. If you are here, you are probably already sold on the “why”, and simply want instructions on “how”. So let’s get to the workouts!

- Pat

The background of the image shows a gym floor with numerous kettlebells of various colors (black, blue, green, pink) arranged in rows. In the foreground, a large, dark, weathered kettlebell is prominently displayed. An orange rectangular box with a white border is centered over the image, containing the text "only have ONE BELL".

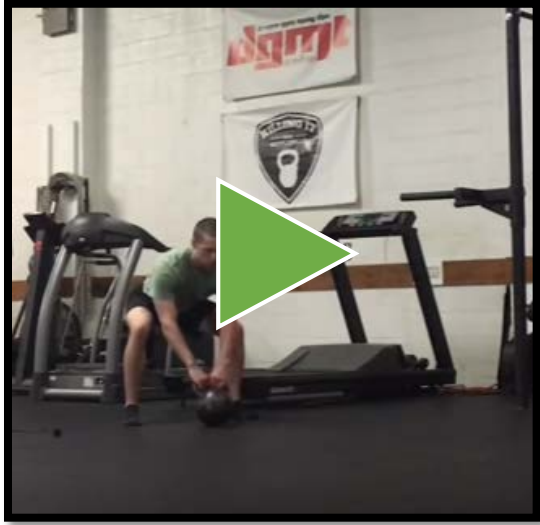
only have
ONE BELL

only have one bell

Start-Stop Kettlebell Swing Ladder

Start-stop kettlebell swings

Prescription: Perform a 1 to 5 ladder of start-stop swings. Males use 32 kg; females use 24 kg.



only have one bell

Simple ≠ Easy #1

5 x kettlebell swings

3 x military press/side

5 x kettlebell swings

5 x goblet squat

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



only have one bell

Atomic

Perform one rep each of:

One-arm kettlebell swing

Clean and press

Snatch

Racked front squat

Complete 5 cycles on right side; switch sides; repeat.

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



only have one bell

The Ol' Swing 'n Squat

10 x kettlebell swings

10 x goblet squats

10 x kettlebell swings

Prescription: Prescription: Males use 24kg kettlebell; females use 16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



only have one bell

Triple Threat

5 x one-arm kettlebell swings

5 x staggered stance squat

5 military press

Switch sides; repeat.

Prescription: Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete as many *quality* rounds as possible in 15 minutes. Rest as little as you have to but as long as you need.



only have one bell

New Best Friend

10 x kettlebell swings

5 x staggered stance squat/side

Prescription: Prescription: Males use 24kg kettlebell; females use 16kg. Complete as many *quality* rounds as possible in 15 minutes. Rest as little as you have to but as long as you need.



only have one bell

Press to Squat

Military Press 1-to-5 ladder

1 x racked front squat

(1 military press; 1 front squat – 2 military presses; 1 front squat – 3 military presses, 1 front squat...5 military presses; 1 front squat)

Switch sides; repeat.

Prescription: Males use 24kg kettlebell; females use 16kg. Complete as many *quality* ladders as possible in 15 minutes. Rest as little as you have to but as long as you need.



only have one bell

The Ghost

5 x one-arm kettlebell swing

5 x staggered stance squat

5 x military press

Prescription: Males use 24kg kettlebell; females use 16kg. Complete as many *quality* rounds as possible in 15 minutes. Rest as little as you have to but as long as you need.



only have one bell

The Revolver

Complete one rep each of the following:

One-arm kettlebell swing

Clean

Squat thrust

That's one round. Complete 5 rounds on the right side, switch, and repeat.

Prescription: Males use 24 kg; females use 16 kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



only have one bell

Quintuplets

Complete one rep each of the following:

One-arm kettlebell swing

Clean

Military Press

Snatch

Racked Front Squat

That's one round. Complete 5 rounds on the right side, switch, and repeat.

Prescription: Males use 20-24 kg; females use 12-16 kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



only have one bell

Single Arm Blitz

5 x one-arm kettlebell swings

5 x clean and press

5 x snatch

5 x racked front squat

Switch sides; repeat.

Prescription: Males use 20-24 kg; females use 12-16 kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



only have one bell

Booster Shot #2

10 x kettlebell swings

5 x goblet squats

5 x push-ups

Prescription: Males use 24 kg; females use 16 kg. Complete 3-5 rounds, resting as much as you have to but as little as you need.



only have one bell

Swings + Push-Ups

10 x kettlebell swings

10 x push-ups

Prescription: Males use 24kg; females 16 kg. Complete 10 rounds. Rest as much as you have to but as little as you need.



only have one bell

The Basics

5 x one-arm swings/side

2 x snatches/side

2 x clean and press/side

Prescription: Males use 20-24 kg; females use 12-16 kg. Complete as many *quality* rounds in 15 minutes as possible, resting as much as you have to but as little as you need.



only have one bell

Swing and Goblet Squat Ladder

Kettlebell swing reps stay consistent at 10 reps; goblet squats are to be performed in a descending ladder from 10 squats to one, like so:

10 kettlebell swings / 10 goblet squats; 10 swings / 9 goblet squats; 10 swings / 8 goblet squats...10 swings / 1 goblet squat

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Rest as little as you have to but as long as you need.



only have one bell

Snatch Technique KWOW

Perform an ascending ladder of snatches (or any other explosive movement, e.g. the kettlebell clean) of as many *quality* reps as you can. Once your form begins to deteriorate, start back at the bottom of the ladder:

1 rep snatch (per side); 2 reps snatches (per side) ... if you get a bad rep at the 8 rep mark, say, then go back to the beginning of the ladder.

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Rest as little as you have to but as long as you need.



only have one bell

High Voltage / Sprints

5 x One-arm swing

5 x Clean

5 x High pull

5 x Military press

5 x Snatch

50 meters sprint

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete all exercises on the right side, before switching to the left. Perform 2 to 3 rounds. Rest as little as you have to but as long as you need.



only have one bell

Super Snatchtastic

10 x kettlebell swings

5 x snatches/side

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete 10 rounds (so a total of 100 swings and 50 snatches/side), resting as little as you have to but as long as you need.



only have one bell

Fresh off the Yacht

5 x one-arm swings

5 x cleans

5 x snatches

5 x jerks

5 x reverse lunges

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Perform all exercises on the right side, before switching to the left. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



only have one bell

The Hellion

Complete a 2-to-10 ladder, advancing by two's, of the following exercises (complete 2 reps of each exercise, 4 reps, 6 reps, 8 reps, 10 reps—and then back down: 8 reps, 6 reps, 4 reps, 2 reps)

Two-hand kettlebell swings

One-hand swings/side

Thrusters/side (racked squat to press)

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Rest as little as you have to but as long as you need.

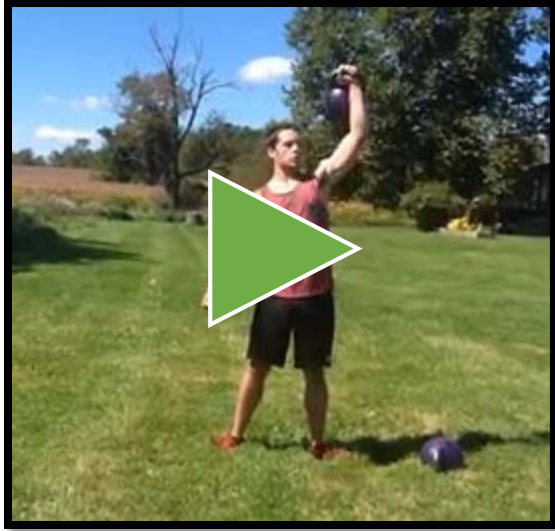


only have one bell

Pressomania

5 x jerks (or push press) to military press / side

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



only have one bell

High Voltage

5 x One-arm kettlebell swing

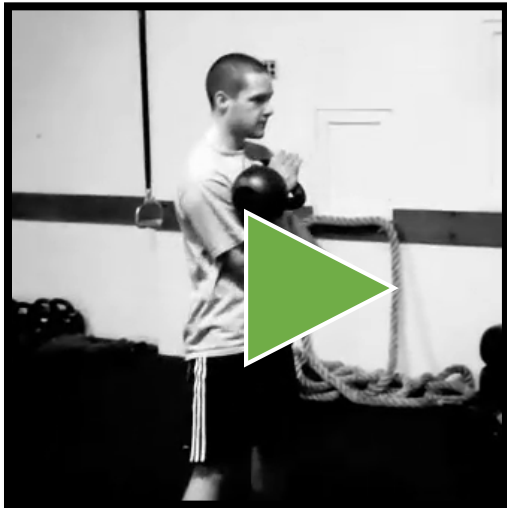
5 x Clean

5 x High Pull

5 x Snatch

5 x Clean and jerk

Prescription: Males use 20-24kg kettlebell; females use 12-16 kg. Perform all exercises on the right side, before switching to the left. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



only have one bell

Hang Em' High

3 x One-arm kettlebell swings

3 x Snatches

6 x One-arm swings

6 x Snatches

9 x One-arm swings

9 x Snatches

Prescription: Males use 20-24kg kettlebell; females use 12-16 kg. Perform all exercises on the right side, before switching to the left. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



only have one bell

Snatchzilla

Complete as many 1 to 5 rep ladders of single arm snatch:

One rep right, followed by one rep left

Two reps right, two left... up to five reps right, five reps left

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete as many *quality* ladders as possible in 15 minutes; resting as little as you have to but as long as you need.



The background is a blurred photograph of a gym. In the foreground, several kettlebells are visible on a dark floor. One large, dark, worn kettlebell is prominent in the lower left. To its left, a smaller, lighter-colored kettlebell is partially visible. In the background, a group of people is gathered, some standing and some sitting, though they are out of focus. The overall scene suggests a fitness or group exercise class.

want to
SWEAT

want to sweat

The Fat Crusher!

One arm swing

Snatch

Military press

Racked front squat

Prescription: 3 one arm swing, 1 snatch, 1 press, 1 squat.

1 one arm swing, 3 snatch, 1 press, 1 squat.

1 one arm swing, 1 snatch, 3 press, 1 squat.

1 one arm swing, 1 snatch, 1 press, 3 squat.

Switch sides and repeat - do as many rounds as you can in 15 minutes.



want to sweat

Cardio Front Squats

Front squats

Military press

Prescription: 15 squats layered with two presses every 5 reps. AMRAP 15 minutes.



Kettlebell Cyclone

Double swing

Double clean

Double snatch

See-saw press

Front squat

Prescription: Perform one rep of each exercise, cycling through as many times as possible in 10-15 minutes.

want to sweat



Full-Bodied Fat Blaster

6 x clean to long-push press

Prescription: Get as many rounds of 6 reps as possible in 10-15 minutes, switching sides between rounds.



want to sweat

100 Rep Snatch Challenge

Using as few hand switches as possible, complete 100 snatches in five minutes or less.

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Rest as little as you have to but as long as you need.



The Smoker

Complete a 1-to-5 rep ladder of the following exercises (1 rep each exercise, 2 reps each exercise...5 reps each exercise):

One-arm swing

Clean

Military Press

Goblet squat

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete 2 to 3 rounds of the ladder, resting as little as you have to but as long as you need. Only switch sides once you've completed on full 1-to-5 ladder (so do an entire ladder on the right side, *then* switch to the left side).

want to sweat



Single Sequential Dismay

So you perform eight cleans on your right arm and then rack it and perform five front squats. Switch and perform eight cleans on your left arm, then rack it and perform five front squats. Then, back to the right performing five cleans and three front squats, etc. etc.

8 x cleans + 5 x racked Front Squats (L+R)

5 x cleans + 3 x racked Front Squats (L+R)

3 x cleans + 2 x racked Front Squats (L+R)

2 x cleans + 1 x racked Front Squats (L+R)

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete 2 to 3 rounds, resting as little as you have to but as long as you need.

want to sweat



Snatch-O-Rama

Cadence snatching: Complete 1 snatch every 10 seconds for a minute, followed by a 15-30 second burn set (as many snatches as you can in the given time period); switch sides and repeat.

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Rest as little as you have to but as long as you need.



want to sweat

An Ode to Swings and Push Ups

Complete a ladder of the following exercises (go up by two's on the kettlebell swings and by one's on the push-ups):

2 x kettlebell swings – 1 x push-up

4 x kettlebell swings – 2 x push-ups

6 x kettlebell swings – 3 x push-ups

8 x kettlebell swings – 4 x push-ups

10 x kettlebell swings – 5 x push-ups

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



You Vs. the Double Clean and Press

8 x Clean and press

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16 kg. Complete 8 sets. Rest no more than 1 minute between sets.

want to sweat



The Power Bomb

5 power snatches on the minute, every minute, for 10 minutes

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Rest as little as you have to but as long as you need.



The background of the image shows a gym floor with numerous kettlebells of various colors (black, blue, green, red) arranged in rows. In the foreground, a large, dark, weathered black kettlebell is prominently displayed, resting on a black rubber mat. The text is overlaid on an orange rectangular box in the center of the image.

want to go
HEAVY

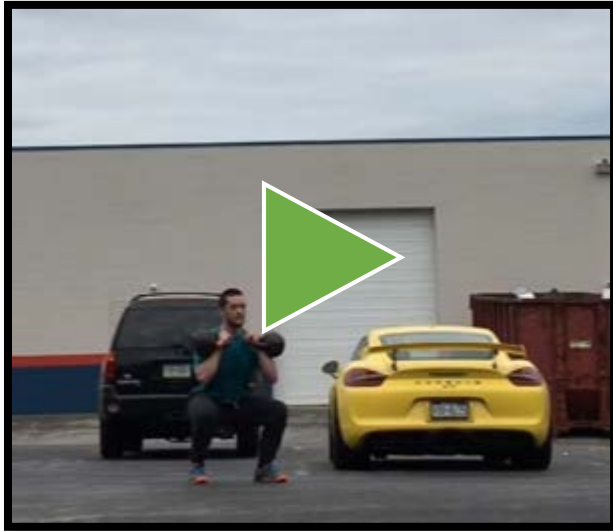
want to go heavy

Cleans + Squats

Front squats

Cleans

Prescription: Complete a 1-5 ladder of front squats, performing a clean between each rung of the ladder.



want to go heavy

Smooth Criminal

5 x double clean and press

5 x double front squat

5 x renegade row (5 pushup to row/side)

Prescription: Males use 2 x 20kg kettlebell; females use 2 x 12kg. Complete 5 rounds. Rest as little as you have to but as long as you need.



want to go heavy

The Killer

3 x double kettlebell swing

3 x double clean

3 x see-saw press (3/side)

3 x front squat

3 x push-up (on the bell handles or on the ground)

3 x renegade rows (3/side)

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete 5 rounds.
Rest as little as you have to but as long as you need.



want to go heavy

A Friendly Ladder

Ladder 1-to-5 reps (1 rep, 2 reps...5 reps, and back down, 4 reps, 3 reps...1 rep)

Double Clean

Double overhead press of choice (military press, push press, or jerk)

Double front squat

Prescription: Males use 2x20-24kg kettlebell; females use 2x12-16kg. For built-in rest, if you have a partner or imaginary friend, switch off, so one person goes while the other rests.



want to go heavy

The Stamina Workout

Complete 5 cycles of the following exercises:

1 x Double kettlebell swing

1 x Double clean and press

1 x Double snatch

1 x Double front squat

Prescription: Males use 2x20kg kettlebell; females use 2x12kg. Complete as many *quality* rounds (one round equals performing five cycles) as possible in 15 minutes. After performing five cycles on the right side, switch to the left. Rest as little as you have to but as long as you need.



want to go heavy

C+P

5 x clean and press (right side)

5 x clean and press (left side)

3 x clean and press (R)

3 x clean and press (L)

1 x clean and press (R)

1 x clean and press (L)

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete 5 rounds, resting as little as you have to but as long as you need.



want to go heavy

The Leisure Suit

3 cycles of:

1 x clean

1 x see-saw press (one press/arm)

2 x front squat

10 kettlebell swings

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* cycles as possible in 15 minutes. Rest as little as you have to but as long as you need.



want to go heavy

The Cracker

5 x double clean and press

5 x double front squat

5 x bent over row (with sandbag or two kettlebells)

5 x deadlift

10 x kettlebell swing

Prescription: Males use 2x24kg kettlebells and 100lb sandbag; females use 2x16kg and 50lb sandbag. Complete 5 rounds. Rest as little as you have to but as long as you need.



want to go heavy

The “Cardio” Muscle-Builder

Armor Building: 2 x double cleans

1 x military press

3 x front squats

Followed immediately by 10 kettlebell swings

Prescription: Males use 20-24 kg kettlebells; females use 12-16 kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



want to go heavy

The Big 3

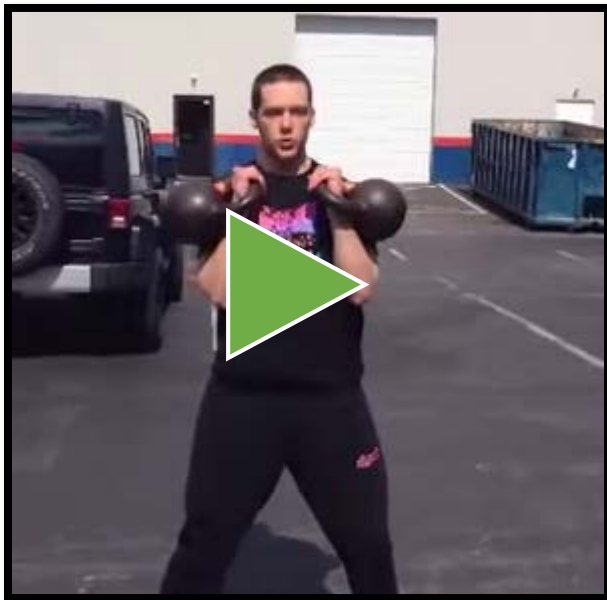
5 reps each:

Double clean

Double press (can choose between strict military press and push press)

Double front squat

Prescription: Males use 20-24 kg kettlebells; females use 12-16 kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



want to go heavy

Armor Building + Snatches

A heavy meets light effort

Armor Building: 2 x double cleans

1 x military press

3 x front squats

Followed immediately by 5 snatches/arm

Prescription: Males use 20-24 kg kettlebells; females use 12-16 kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



want to go heavy

300 Swings + Armor Building

Complete 300 kettlebell swings, doing as many sets as you need to in order to maintain excellent form throughout (e.g. running twice through a ladder of 50-40-30-20-10 swings or however you want to break it down but you cannot perform a set of swings higher than 50 reps). Between each set of swings, you must perform one round of Armor Building: 2 cleans, 1 military press, 3 front squats.

Prescription: Males use 20-24 kg kettlebells; females use 12-16 kg. Rest as little as you have to but as long as you need.



want to go heavy

The Bear

3 x double clean and press

Staggered Bear Crawl Hold, 5 seconds/side x 2

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



want to go heavy

The Complex with No Name

3 x Double clean

3 x Double press

3 x Double front squat

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



want to go heavy

Off the Chertz

Complete a ladder of 1 to 5 reps of the following (1 rep each exercise, then 2 reps...5 reps each):

Double swing

Double military press

Double front squat

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



want to go heavy

Armor Building

(Courtesy of strength coach extraordinaire Dan John)

2 cleans

1 military press

3 front squats

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 to 20 minutes, resting as little as you have to but as long as you need.



want to go heavy

Killaz

1 x double clean

1 x see-saw press (1 rep/side)

1 x front squat

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



want to go heavy

Kettlebells for Strength

Complete a ladder of 1 to 5 reps of the following (1 rep each exercise, 2 reps each exercise...5 reps each exercise):

Double clean and press

Front squat

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



want to go heavy

Simple Strength

Complete a 1-to-3 rep ladder of the following exercise (1 rep, 2 reps, 3 reps):

Double clean and press

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



want to go heavy

Shake and Bake

5 x Double kettlebell swings

5 x Double front squat

5 x Double military press

5 x Double one-legged deadlift/side

5 x Push-ups

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.

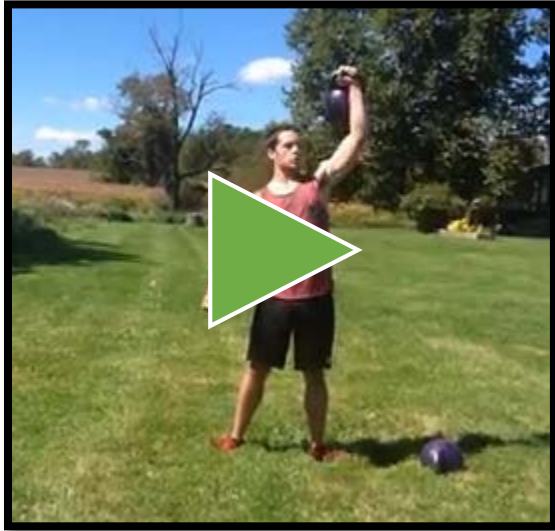


want to go heavy

Pressomania

5 x jerks (or push press) to military press / side

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



want to go heavy

Kitten Play

Perform a 1 to 3 ladder of the following exercises (1 rep each exercise; 2 reps each; 3 reps each):

Double kettlebell swing

Double clean

See-saw press

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



want to go heavy

Jerk It Your Way

Long Cycle Clean and Jerks

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Set a clock for 15 minutes and perform the exercise for 15 seconds and rest for 45 seconds (to up the ante, you can do 30 seconds on/30 seconds off instead).



want to go heavy

Deviled Eggs

1 x Double kettlebell swing

1 x Double clean

1 x Double snatch

Prescription: Males use 2 x 16-20kg kettlebell; females use 2 x 8-12kg. Complete as many *quality* rounds (one round equals running through this sequence five times in a row) as possible in 15 minutes; resting as little as you have to but as long as you need.



want to go heavy

Like Budda'

Complete five cycles of the following exercises:

1 x One-arm swing

1 x Clean

1 x Snatch

1 x Overhead lunge

1 x Military press

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Perform all exercises on the right side, before switching to the left. Complete as many *quality* rounds (one round equals five cycles) as possible in 15 minutes; resting as little as you have to but as long as you need.



want to go heavy

Strong(er)

100 feet farmers carry

200 feet sprints (down and back)

100 feet farmer's carry

Prescription: Males use 2 x 24kg kettlebell; females use 2 x 16 kg. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



want to go heavy

Racked and Loaded

Perform a 1 to 5 ladder of the following exercises (1 rep each exercise, 2 reps each...5 reps each)

Double clean and press

Double front squat

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16 kg. Complete as many *quality* ladders as possible in 15 minutes; resting as little as you have to but as long as you need.



want to go heavy

You Vs. Godzilla

5 x Double lunge to press/side

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16 kg. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



The background is a blurred photograph of a gym or competition area. In the foreground, several kettlebells are visible on a dark floor. One large, dark-colored kettlebell is prominent in the lower center. To its left, a smaller, lighter-colored kettlebell is partially visible. In the background, a large crowd of people is gathered, mostly seen from behind, suggesting a competition or event. The overall scene is dimly lit, with the primary light source coming from the text overlay.

make me
SUFFER

make me suffer

The Not Fun Workout

10 x Front squats

10 x Double swings

Prescription: Complete five rounds. Men use 2 x 20 - 2 x 24kg; ladies 2 x 12 - 2 x 16kg.



make me suffer

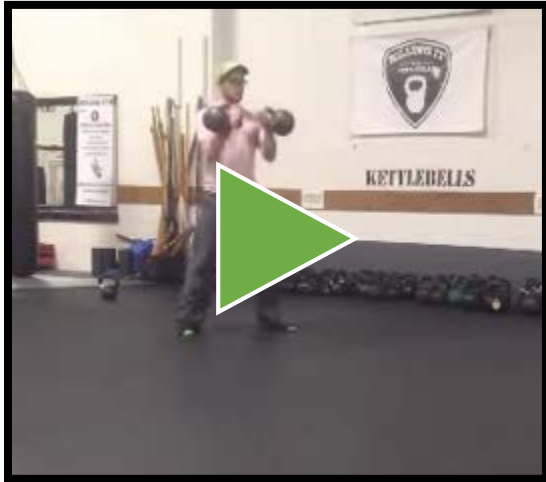
The Ultimate Lower Body Finisher

8 x double cleans

5 x front squats

Prescription: Males use 2x20-24kg kettlebell; females use 2x12-16kg. For some trouble walking: 5 sets.

To qualify for a wheelchair: 8 sets. Rest as little as you have to but as long as you need.



make me suffer

The Ultimate Upper Body Finisher

1 x clean and press (1/side)

3 x clean and press (3/side)

5 x clean and press (5/side)

1 x Turkish Get DOWN (1/side)

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete 3-5 rounds; rest as little as you have to but as long as you need.



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Queen Bee

10 x Double kettlebell swings

75 feet farmer's carry

10 x Push-ups on the bells

75 feet farmer's carry

10 x Front squats

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete 2 to 3 rounds. Rest as little as you have to but as long as you need.



make me suffer

Booster Shot #1

5 x squat thrusts

5 x squat burpees

Prescription: Males use 20-24 kg; females use 12-16 kg. Complete as many *quality* rounds as possible in 5 minutes (remember: this is just a quick hitting metabolic “booster shot” – a short workout you can do practically anywhere so it’s meant to be short), resting as much as you have to but as little as you need.



make me suffer

Squat Thrusters

Ladder 1 to 5 reps (1 rep, 2 reps...5 reps) of:

Front squat to single-arm press / side

Squat to press (thruster)

Prescription: Males use 20-24 kg; females use 12-16 kg. Complete the ladder, resting as much as you have to but as little as you need.



make me suffer

Workout Impossible

5 x clean and press

5 x front squat

Prescription: Males use 20-24 kg; females use 12-16 kg. Complete 10 rounds, resting as much as you have to but as little as you need.



make me suffer

The Nine Minute Complex from Hell

One-Hand Swing x 60 Seconds (30 seconds on your right + 30 seconds on your left)

One Arm Clean x 60 Seconds (30 seconds on your right + 30 seconds on your left)

One Arm Snatch x 60 Seconds (30 seconds on your right + 30 seconds on your left)

One Arm Clean and Press x 60 Seconds (30 seconds on your right + 30 seconds on your left)

Lunge x 60 Seconds (30 seconds on your right + 30 seconds on your left)

Single Leg Deadlift x 60 Seconds (30 seconds on your right + 30 seconds on your left)

Two Hand Swing x 30 Seconds

Goblet Squat x 30 Seconds

Push Press x 60 Seconds (30 seconds on your right + 30 seconds on your left)

Swing Burpee x 60 Seconds

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Rest as little as you have to but as long as you need.



make me suffer

The Man Maker

Cycle #1:

2 x Double clean

2 x Push-ups

Cycle #2:

2 x Double clean

2 x Front squat

2 x Push-ups

Cycle #3:

2 x Double clean

2 x Front squat

2 x Military press

2 x Push-ups

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Run through each cycle (all three cycles equal one round), completing as many *quality* rounds as possible in 15 minutes. Rest as little as you have to but as long as you need.

make me suffer



Beastmother

Complete a pyramid ladder of 2-4-6-8-6-4-2 reps (2 reps each, 4 reps each...8 reps each, then back down to 2 reps each) of the following exercises:

One-arm swing
Clean and press
Snatch
Front squat

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete the ladder on the right side before switching to the left. Rest as little as you have to but as long as you need.



make me suffer

The Great Destroyer

Perhaps the most notorious of all my creations.

10 x Double swing

10 x Double snatch

10 x Front squat

10 x Clean and press

10 x Push-up on the bells

Prescription: Males use 2 x 20kg kettlebell; females use 2 x 12kg. Complete 2 to 3 rounds, resting as little as you have to but as long as you need.



make me suffer

The MahFahKah

15 x Double Swing

15 x Double Snatch

15 x Front Squat

15 x Clean and Press

15 x Push Up on the Bells

15 x Bent Over Rows

Prescription: Males use 2 x 16-20kg kettlebell; females use 2 x 8-12kg. One round should be plenty. Feeling naughty? Go for two. Remember, quality reps *always* trumps quantity. Rest as little as you have to but as long as you need.



make me suffer

The Aristocrat

5 front squats

15 seconds x 3-position squats (1/4, 90 degrees, and active bottom)

5 front squats

Prescription: Males use 2 x 20kg kettlebell; females use 2 x 12kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



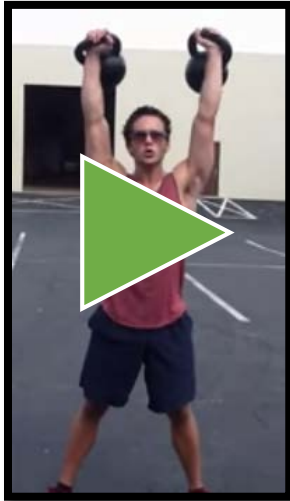
make me suffer

Destroy Yourself

5 military press, holding the top portion of the final press for 30 seconds

5 front squats, holding the rack position of the final squat for 30 seconds

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



make me suffer

Double Sequential Dismay

8 x double snatches + 5 x front squats (L+R)

5 x double snatches + 3 x front squats (L+R)

3 x double snatches + 2 x front squats (L+R)

2 x double snatches + 1 x front squats (L+R)

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete 2 to 3 rounds, resting as little as you have to but as long as you need.



make me suffer

For Those about to Squat

20 x Double front squats

Prescription: Sweet. Simple. Horrendous. Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Rest as little as you have to but as long as you need.



The Flynn Man-Maker Remixed

Layer 1-double snatch, renegade row

Layer 2-double snatch, double press, renegade row

Layer 3-double snatch, press, squat, renegade row

Layer 4-double snatch, press, squat, clean, renegade row

Layer 5-double snatch, press, squat, clean, swing, renegade row

Prescription: Males use 2 x 16-20kg kettlebell; females use 2 x 8-12kg. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.

make me suffer



Into The Lungs of Hell

3 x Double snatch to see-saw press

3 x Front squat to reverse lunges

Prescription: Males use 2 x 16-20kg kettlebell; females use 2 x 8-12kg. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



make me suffer

Big Poppa Pumpin'

Working every minute on the minute, alternate sets of:

5 x Double clean and press

5 x pull-ups

(e.g. Minute One: Perform 5 double clean and presses. Rest for the remainder of the minute. Minute Two: Perform 5 pull-ups. Rest for the remainder of the minute).

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



make me suffer

Monkey Wrench

5 x Double kettlebell swings

5 x Push-ups on the bells

5 x Reverse lunges/side

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



make me suffer

The Bumblebee

5 x Double snatch to overhead press

5 x Front squat to jerk

Prescription: Males use 2 x 16-20g kettlebell; females use 2 x 8-12kg. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



WarHead

10 x press to squat (NOT a thruster!)

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16 kg. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



make me suffer

Wrecker

5 x Double swing

5 x Double clean

5 x Double press

5 x Double squat

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Perform all exercises on the right side, before switching to the left. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



The background is a blurred photograph of a gym. In the foreground, several kettlebells are visible on a dark floor. In the background, a large group of people is gathered, possibly for a group exercise class or competition. The overall scene is out of focus, emphasizing the text overlay.

need to
LOOSEN UP

need to loosen up

The Pickup Line

1 x bent press

2 x skater squats

3 x push press

4 x cleans

Switch sides; repeat.

Prescription: Males use 20-24 kg; females use 12-16 kg. Complete five rounds, resting as much as you have to but as little as you need.



need to loosen up

The GGS

Ladder 8 reps down to 1 (8 reps, 7 reps, 6 reps...1 rep) of:

Goblet squat

One-arm kettlebell row

Single leg Romanian (straight-leg) deadlift

Walkout-to-pushup

Prescription: Males use 20-24 kg kettlebell; females use 12-16 kg. Rest 30 seconds between each round (a round consists of completing 8,7,6,etc. reps of all exercises).



need to loosen up

Locomotion

5 x Double kettlebell swings

5 x Double snatches

10 x Walking see-saw press

5 x Double snatches

5 x Double kettlebell swings

Prescription: Males use 2 x 16-20kg kettlebell; females use 2 x 8-12kg. Complete 2 to 3 rounds.
Rest as little as you have to but as long as you need.



need to loosen up

The Bear

3 x double clean and press

Staggered Bear Crawl Hold, 5 seconds/side x 2

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



need to loosen up

The Seductive Leopard Crawl

3 x one-arm swing

3 x clean and press

3 x Snatch

3 x Front squat

50 feet Leopard crawl

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



need to loosen up

A Get Up for Good Measure

5 x One-Arm Swing

5 x Clean

5 x Snatch

1 x Reverse Turkish Get-Up

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need. Finish all exercises on one side before switching to the other side.



need to loosen up

A Vulgar Display of Tasty Discomfort

5 x One-arm kettlebell swing

5 x Clean and press

5 x Snatch

5 x Windmill

5 x Reverse lunge

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Perform all exercises on the right side, before switching to the left. Complete as many *quality* rounds as possible in 15 minutes, resting as little as you have to but as long as you need.



need to loosen up

The Pressing Get-Up

Press the kettlebell at every step of the Turkish Get-Up

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



need to loosen up

Grip Strength Complex

3 x Bottoms up presses/side

50 feet unilateral farmer's carry (carrying bell in right hand)

5 x One-arm kettlebell swings/side

50 feet unilateral farmer's carry (carrying bell in left hand)

Prescription: Males use 16-20kg kettlebell; females use 8-12kg (if you have more kettlebells in your arsenal, you can up the weight for the swings and farmer's carry to 24kg for men and 16 kg for women). Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



need to loosen up

Hot Damn!

5 x One-arm swing

5 x Clean

5 x Snatch

5 x Windmill

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Perform all exercises on the right side, before switching to the left. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



need to loosen up

Get Up Graffiti

This sequence is best explained visually. I'm not gonna even try to explain it in writing. Just watch...

Prescription: Males use 16-20kg kettlebell; females use 8-12kg. Complete as many *quality* rounds as possible in 15 minutes. Rest as little as you have to but as long as you need.



need to loosen up

Swing,Snatch,Lunge!

5 x One-arm swings

5 x Snatches

5 x Overhead reverse lunges

Prescription: Males use 20-24kg kettlebell; females use 12-16kg. Perform all exercises on the right side, before switching to the left. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



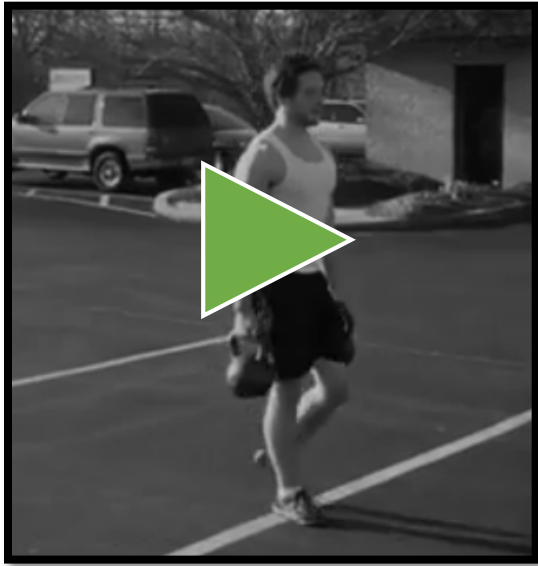
need to loosen up

The Way Out Is Through That Way

30 seconds x Loaded Carry (farmers walk, rack hold walk, overhead walk, pick your favorite!)

100 feet Sprint

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



need to loosen up

The Bear Necessity

5 x Double kettlebell swings

10 Step Kettlebell bear crawl (1 step = one push up + one row either right or left)

5 x Double kettlebell swings

(weighted vest optional...but encouraged)

Prescription: Males use 2 x 20-24kg kettlebell; females use 2 x 12-16kg. Complete as many *quality* rounds as possible in 15 minutes; resting as little as you have to but as long as you need.



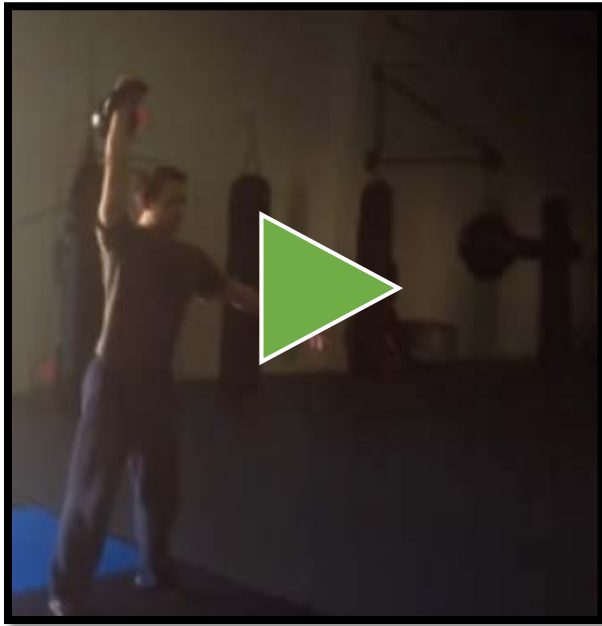
need to loosen up

The Snatcharoo

One snatch and one step, 3 times on the right

One snatch and one step, 3 times on the left

Prescription: Males use 20-24kg kettlebell; females use 12-16 kg. Set a timer for 15 minutes; resting as little as you have to but as long as you need.



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