

KETTLEBELL W..D.

Professionally designed fat-burning kettlebell workouts delivered to your inbox 5 days a week.

BY
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HOW TO USE THE KETTLEBELL W.O.D.

This is super simple -

Each page in this book is dedicated to it's own W.O.D.

Some W.O.D.s have a little more explanation than others so they bleed over onto the next page.

In order to keep track of which W.O.D.s you've completed, simply check the upper right hand corner of each one with a pen.

One W.O.D. for each work day of the week - 5 days a week.

Of course, you can skip a day during the week and do a W.O.D. on a Saturday or Sunday too.

Just get 5 done a week.

See?

Simple!

Enjoy!

WEEK 1

===== **W.O.D. #1** **=====**

Hey There!

Congratulations on becoming a Kettlebell W.O.D. member!

This is going to be one of the smartest, easiest, and most beneficial decisions you've ever done regarding your kettlebell workouts.

And more importantly, this is really going to take a load off.

As you start getting your Kettlebell W.O.D.'s under your belt, you're going to start feeling better about - pretty much everything.

Expect renewed Confidence...

Expect renewed Energy...

Expect renewed Control...

Expect increased Focus...

Expect escalated Productivity...

Most importantly...

Expect to start seeing that scale move to the right instead of to the left AND your clothes start to fit better - looser.

Before we get started, remember, the W.O.D.'s are sent out Monday through Friday and not on the weekends.

They should be in your inbox between 1215am and 415am your local time.

So, enough of the salutations and housekeeping, let's get started.

Kettlebell W.O.D. #1:

BACKGROUND:

Since it may have been awhile since you've worked out, we're going to keep this first week simple.

The goal is to actually get the workouts done and under your belt.

Don't worry, they'll get more "complicated" as you get deeper into the program.

Warm up: Your choice - 5 minutes

(I recommend Original Strength. If you've never heard of it, check it out [here](#).)

Workout: Set your timer for 15 minutes.

Swings: Your choice - 2 Hand or 1 Hand

- Sets of 10
- Do as many sets of 10 as comfortable, maintaining great form.
- Rest as and when necessary between sets.
- If you want, record the total number of swings you did.

Cool down - as necessary.

That's it.

See you tomorrow!

Geoff

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W.O.D. #2

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Here we go: WOD #2.

Here's what's on today's agenda:

Get Ups.

- Set your timer for 15 minutes
- Perform one Get Up each side and rest as necessary.
- Use a comfortable sized KB - not too heavy, not too light.
- Use perfect form.

TECHNIQUE TIP:

Focus on pulling your shoulder on the arm holding the KB overhead, down into your opposite back pocket.

If you find your elbow bending, flex your wrist down. It should straighten your elbow.

Enjoy!

See you tomorrow.

Geoff

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W.O.D. #3

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Hey -

Here's today's workout:

- Use a moderate sized KB
- Set your timer for 15 minutes
- Perform the following:

1 Hand Swings, Left	x 10
Goblet Squat	x 5
1 Hand Swings, Right	x 10
Goblet Squat	x 5

- Rest as needed between sets
- Repeat the sequence as many times as possible in 15'

TECHNIQUE TIP:

On the Goblet Squats, make sure you keep your chest up and the outside of your elbows touch the meat on the inside of your knee.

Pause in the bottom of the Goblet Squat and push your elbows against your knees while simultaneously pushing your chest out.

Enjoy!

See you tomorrow.

Geoff

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W.O.D. #4

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Today we have... **Carries.**

It will an "easy" day.

However, you may still find it challenging - especially on your midsection.

- Set your timer for 15' minutes.
- Perform the following with a medium-sized KB
(Only perform the Overhead Carry if you have good shoulders.)
- Rest as necessary between carries
- Do as many sets as you can, comfortably, while maintaining great form.

Suitcase carry, left	x 30 seconds
Suitcase carry, right	x 30s

Rack carry, left	x 30s
Rack carry, right	x 30s

Overhead carry, left	x 30s
Overhead carry, right	x 30s

TECHNIQUE TIPS:

1. On ALL carries - chest up, abs braced, breathing behind the shield (behind braced abs).
2. Keep your shoulder blades down and back.
3. No leaning. Keep your torso as upright as possible.

Enjoy!

See you tomorrow.

Geoff

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W.O.D. #5

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TEST DAY

After a week of “break in” workouts, we have our first Test Day.

Test Days are vital because they allow you to -

1. Create a baseline.
2. Measure progress against that baseline.

Therefore, we’re going to run a little test using your 2 Hand Swing.

TASK:

- Perform as many 2H Swings as possible in 10 minutes.
- Use great form
- Always stop if you feel your form about to break
- Use as many reps and sets as necessary
- Rest as needed between your sets

I strongly encourage you to record that score somewhere.

Use a cool down today.

I recommend 5 minutes of diaphragmatic breathing lying on your back or stomach.

Enjoy!

Geoff

WEEK 2

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W.O.D. #6

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Hey!

OK, first week under your belt.

BIG Congrats on getting that done.

Hopefully you feel great about that. You should.

As I mentioned, these are not "stand-alone," thrown against the wall and see what sticks workouts. They're all part of a program.

So, you'll see similar types of workouts.

And each week builds off the previous week.

Everything is designed to get you to -

1) Burn more calories

2) Be more efficient - that is using the right muscles at the right times to burn those calories

3) Refine your technique (similar to #2)

With that being said, let's get into WOD #6.

Kettlebell W.O.D. #6:

BACKGROUND:

Swings.

They're the foundation of your kettlebell training.

They're also very good for fat loss.

We want to re-enforce your technique, so we're pairing

the Swing with the Yoga Plank.



You'll see the body is perfectly aligned, just like it should be at the top of the Swing.

TECHNIQUE TIP:

For the Yoga Plank, do the following:

- Place your hands together and move your feet apart so it looks like a Swing position.
- Hold for 10 seconds while tightening your abs (brace for a punch) and squeezing your gluts together.

This simulates the top of the Swing.

THE WORKOUT:

Warm up: Your choice - 5 minutes

- Set your timer for 15 minutes.
- Alternate between the following 2 exercises
- Rest as needed
- Do as many reps as you feel comfortable doing in the 15 minutes:

A1. Swings: Your choice - 2 Hand or 1 Hand x10

A2. Yoga Plank x 10 second hold

Cool down - as necessary.

That's it.

See you tomorrow!

Geoff

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W.O.D. #7

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Hey There!

TODAY?

Get Ups.

- Set your timer for 15 minutes
- Perform **TWO** Get Up each side and rest as necessary.
(That's 2 consecutive on each side before moving to the other side.)
- Use a comfortable sized KB - not too heavy, not too light.
- Start with your strong side. Then move to your stronger side.
- Use perfect form.

TECHNIQUE TIP:

Crush the handle.

It'll help you "steer" the KB and keep your body aligned.

Enjoy!

See you tomorrow.

Geoff

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W.O.D. #8

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Hey!

More Swings today.

And Goblet Squats.

Hopefully you noticed last week how the two compliment each other nicely.

The Goblet Squat really "greases" open the hinge making the Swing that much more explosive.

More explosive = more calories burned.

Here's the workout:

- Use a moderate sized KB
- Set your timer for 15 minutes
- Perform the following:

1 Hand Swings, Left	x 12
Goblet Squat	x 6
1 Hand Swings, Right	x 12
Goblet Squat	x 6

- Rest as needed between sets
- Repeat the sequence as many times as possible in 15'

TECHNIQUE TIP:

On the 1H Swings, make sure you keep your shoulder down and back, connected to the body, at the top of the Swing.

To do that, cue yourself to pull your shoulder straight down into your hip.

Enjoy!

See you tomorrow.

Geoff

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W.O.D. #9

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Remember those Carries last week?

Yeah - more today.

One of the absolute BEST ways to train your core.

EVER.

Plus, they burn a TON of calories.

- Set your timer for 15' minutes.
- Perform the following with a medium-sized KB
(Only perform the Overhead Carry if you have good shoulders.)
- Rest as necessary between carries
- Do as many sets as you can, comfortably, while maintaining great form.

Suitcase carry, left	x 40 seconds
Suitcase carry, right	x 40s

Rack carry, left	x 40s
Rack carry, right	x 40s

Overhead carry, left	x 40s
Overhead carry, right	x 40s

TECHNIQUE TIPS:

Remember! -

1. On ALL carries - chest up, abs braced, breathing behind the shield (behind braced abs).
2. Keep your shoulder blades down and back.
3. No leaning. Keep your torso as upright as possible.

Enjoy!

See you tomorrow.

Geoff

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W.O.D. #10

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Today is a "capacity" day.

We will be working to raise your work capacity.

Expect to be challenged, winded, whatever you want to call it.

The goal is to get your body to be able to do more work.

So, guess what?

That's right -

You'll do more work today.

EXERCISE: The 2 Hand Swing (The KB Workhorse.)

- Set your timer for 15 minutes
- Ladders: 5,10,15,20 - do as many ladders as possible
- Rest as needed between sets
- It's ok to be still be breathing relatively hard when you start your next set.
- Use perfect form

When done, spend 5 minutes or so cooling down.

I recommend diaphragmatic breathing, lying on your back, with your feet up on something.

Enjoy!

Geoff

WEEK 3

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W.O.D. #11
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Hey!

Let's continue to build off last week's Swing/Yoga Plank combo.

Remember, the key here is to make the Yoga Plank re-enforce your Swing alignment at the top of your Swing.

Kettlebell W.O.D. #11:

Warm up: Your choice - 5 minutes

- Set your timer for 15 minutes.
- Alternate between the following 2 exercises
- Rest as needed
- Do as many reps as you feel comfortable doing in the 15 minutes:

A1. 1H Swings x 15 (alternate hands each set)

A2. Yoga Plank x 10s

Cool down - as necessary.

That's it.

See you tomorrow!

Geoff

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W.O.D. #12

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Hey!

Today's Agenda:

Get Ups - And making them better.

You'll be supersetting your Get Ups with Dead Bugs.

Click the link below to see a short video of exactly how to perform them if you don't know already.

<https://youtu.be/aiYiPO4KTpg?t=3m13s>

Here's W.O.D. #12:

A1. Get Ups	x 2,2
A2. Dead Bugs	x 10,10

TECHNIQUE TIP:

1. Focus on keeping your tailbone (not your whole sacrum) off the ground during the Dead Bugs.
2. Keep your legs perpendicular to the floor.

That's it.

Enjoy!

See you tomorrow.

Geoff

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W.O.D. #13

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Hey There!

Swing and Goblet Squat day.

This week, we'll be doing the Hand-2-hand Swing.

Even more than 2H or 1H Swings, H2H Swings combined with the Goblet Squat REALLY greases that hinge pattern, making your Swing more explosive.

It will be interesting to see if you notice a difference between this week and last.

W.O.D. #13

- Use a moderate sized KB
- Set your timer for 15 minutes
- Perform the following:

A1. H2H Swing x 20 (total)
A2. Goblet Squat x 8

- Rest as needed between sets
- Repeat the sequence as many times as possible in 15'

Enjoy!

See you tomorrow.

Geoff

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W.O.D. #14

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Hey!

More.

Carries.

By now, you should feel why they're important.

So in the spirit of Home Depot ("Less talking, more doing"),
here's today's workout -

W.O.D. #14

- Set your timer for 15' minutes.
- Perform the following with a medium-sized KB
(Only perform the Overhead Carry if you have good
shoulders.)
- Rest as necessary between carries
- Do as many sets as you can, comfortably, while
maintaining great form.

Suitcase carry, left	x 50 seconds
Suitcase carry, right	x 50s

Rack carry, left	x 50s
Rack carry, right	x 450s

Overhead carry, left	x 50s
Overhead carry, right	x 50s

TECHNIQUE TIPS:

Breathe through your nose with your mouth closed and
your tongue on the roof of your mouth, behind your top
front teeth.

This pressurizes the abdomen more and creates more
stability in your spine and pelvis, making your ab muscles,
specifically your deep abdominal muscles, work harder.

Enjoy!

See you tomorrow.

Geoff

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W.O.D. #15

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Yo!

Today is another "capacity" day.

And that means higher reps on the Swings.

You're welcome. :-)

REMEMBER -

Higher capacity = More work performed.

More work performed = More calories burned.

More calories burned = More fat lost (other things being equal).

Here we go -

W.O.D. #15:

EXERCISE: The 2 Hand Swing (The KB Workhorse.)

- Set your timer for 15 minutes
- Ladders: 10,15,20, 25 - do as many ladders as possible
- Rest as needed between sets
- It's ok to be still be breathing relatively hard when you start your next set.
- Use perfect form

When done, spend 5 minutes or so cooling down.

I recommend diaphragmatic breathing, lying on your back, with your feet up on something.

Enjoy!

Geoff

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W.O.D. #16

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Hey!

More Swings. More Yoga Planks.

Simple.

Effective.

More - as in - see if you can get more work done this week.

Kettlebell W.O.D. #16:

Warm up: Your choice - 5 minutes

- Set your timer for 15 minutes.
- Alternate between the following 2 exercises
- Rest as needed
- Do as many reps as possible in the 15 minutes:

A1. 1H Swings x 15 (alternate hands each set)

A2. Yoga Plank x 10s

Cool down - 5 minutes.

Enjoy!

See you tomorrow!

Geoff

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W.O.D. #17

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Hey!

Today's Agenda:

MORE Get Ups - And making EVEN them better.

You'll be supersetting your Get Ups with Dead Bugs
AND Get Ups to the Hand.

W.O.D. #16:

A1. Dead Bugs	x 10,10
A2. Get Ups to the hand	x 2,2
A3. Get Ups	x 2,2

TECHNIQUE TIP:

1. On GU's to the Hand - Once you're in the "Tall Sit" position, (that's what it's called in the SFG Level 1 Instructor manual), take several deep breaths and see how tall you can make yourself.

2. Repeat that feeling on the Get Up.

That's it.

Enjoy!

See you tomorrow.

Geoff

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W.O.D. #18

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Hey Again!

Today's an easy day.

Why?

You'll see in two days, that's why. :-)

We'll keep it easy with a light Swing and Goblet Squat workout.

Don't kill yourself today.

Leave feeling refreshed.

W.O.D. #18

- Use a moderate sized KB
- Set your timer for 15 minutes
- Perform the following:

A1. 1H Swing x 10
A2. Goblet Squat x 5

- Rest as needed between sets
- Repeat the sequence as comfortable in 15'

Enjoy!

See you tomorrow.

Geoff

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W.O.D. #19

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It's time for...

Carries.

Keep today easy though.

W.O.D. #19

- Set your timer for 15' minutes.
- Perform the following with a medium-sized KB
- Rest as necessary between sets of carries
- Do as many sets as you can, comfortably, while maintaining great form.

Suitcase carry, left	x 30 seconds
Suitcase carry, right	x 30s

Rack carry, left	x 30s
Rack carry, right	x 30s

Overhead carry, left	x 30s
Overhead carry, right	x 30s

Rest well. Tomorrow will be challenging.

Enjoy!

See you tomorrow.

Geoff

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W.O.D. #20

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Hey!

Before we get started today, let me congratulate you on making it this far!

After today, you will have worked out 20 days in the last month, quite possibly, more than you have in awhile.

Maybe ever.

I strongly suggest you also take some measurements today.

Get on the scale, measure your waist, put on your favorite pair of jeans.

You know the drill.

Why?

To measure progress.

Speaking of...

Let's see how you've done this month.

Today is...

TEST DAY

We're going to do the same Swing Test you did on Day 5 and compare your results.

So, here's what you're gonna do:

TASK:

- Perform as many 2H Swings as possible in 10 minutes.
- Use great form
- Always stop if you feel your form about to break
- Use as many reps and sets as necessary
- Rest as needed between your sets

If you'll remember back to Day 5, I encouraged you to record that score somewhere.

If you did, pull it out and compare it to today.

Hopefully (And I'm 99.9% sure) you did better.

If you did, take Day 5's number and divide it by today's number.

For example:

Day 5 - 172

Day 20 - 205

$$172/205 = 0.839$$

Now take subtract that from 1.000 and that's your percentage change:

$$1.000 - 0.839 = 0.161$$

Or -

16.1%.

Yeah, I know... Math.

But hey, it's good for something.

That's it for today.

Until next time...

Enjoy!

Geoff

PS - Once today's Swing Test is over, go out and celebrate.

Do something nice for yourself.

I don't recommend making it food based though.

Maybe a new DVD or piece of clothing or - well, you'll figure it out.

WEEK 5

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W.O.D. #21

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Well...

How'd your "Test Day" go?

Great I hope!

Shifting gears here a little, we're going to start to delve into more of the advanced lifts after the last month or so of basics.

You'll enjoy them.

However, we'll still keep the continuity of the basics.

Remember, the elite (which many people claim to want to be), master and continually practice the basics.

WOD #21:

Perform the following in a circuit fashion with a medium-heavy kettlebell:

A1. Get Up	x 1,1
A2. Goblet Squat	x 5
A3. 2H Swing	x 10

- Set your timer for 15 minutes
- Perform as many rounds as possible/comfortable
- Rest as and when necessary

More tomorrow.

Enjoy!

Geoff

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W.O.D. #22

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Some "advanced" stuff today, {!firstname_fix}

Ok, admittedly, it may be intermediate for you.

Either is fine.

We're going to break into the Clean and the Press.

WOD #22:

Perform the following in a circuit fashion with a medium or medium-heavy kettlebell, depending on your skill and comfort level:

A1. Clean, L,R x 3,3
A2. Press, L,R x 3,3

- Set your timer for 15 minutes
- Perform as many rounds as comfortable focusing on great technique
- Rest as and when necessary

Until tomorrow.

Enjoy!

Geoff

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W.O.D. #23

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Hey!

The key to losing fat is being able to do a lot of work.

And the key to being able to do a lot of work, is to be strong - as strong as you can be -

Especially in your center. (Also known as you "core.")

That's what we're focusing on today.

WOD #23:

Perform the following in a circuit fashion with a medium or medium-heavy kettlebell.

- A1. Segmental Roll** **x 2 each quadrant**
- A2. Dead Bugs** **x 10-15**
- A3. Get Up** **x 1,1**

TECHNIQUE TIP:

If you've never done segmental rolling before, below is a picture of my Original Strength business partner performing it.

- Set your timer for 15 minutes



Back to Belly and Belly to Back Upper Body Rolls



Back to Belly Lower Body Roll



Belly to Back Lower Body Roll

- Perform as many rounds as comfortable focusing on great technique
- Rest as and when necessary

Enjoy!

Geoff

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W.O.D. #24

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Yo!

More Clean + Presses today.

These are two of my favorite exercises for building strength and burning fat.

Here's today's workout:

WOD #24:

Perform the following in a circuit fashion with a medium or medium-heavy kettlebell.

A1. Clean, L, R x 3-5 each side
A2. Press, L, R x 3-5 each side

- Set your timer for 15 minutes
- Use 3 to 5 reps per set - when in doubt, use less
- Perform as many rounds as comfortable focusing on great technique
- Rest as and when necessary

Until tomorrow.

Geoff

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W.O.D. #25

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Hey!

Work capacity day today.

More Swings

WOD #25:

1H Swings, L/R

- Set your timer for 15 minutes
- Ladders: 5/5, 10/10 (5/5 = 5L/5R)
- Perform as many rounds as comfortable focusing on great technique
- Rest as and when necessary

Enjoy!

Geoff

WEEK 6

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W.O.D. #26

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Hey!

Back at it with the Get Ups, Goblet Squats, and 2H Swings.

Never can get "too good" at the basics.

WOD #26:

Perform the following in a circuit fashion with a medium-heavy kettlebell:

- A1. Get Up** **x 1,1**
- A2. Goblet Squat** **x 5-10**
- A3. 2H Swing** **x 10-15**

- Set your timer for 15 minutes
- Perform as a many rounds as possible/comfortable
- If you can, push for the upper ends of the rep ranges
- Rest as and when necessary

TECHNIQUE TIP:

If for some reason, you feel the need to make this harder, pause in the bottom of each Goblet Squat and take 2 full diaphragmatic breaths.

Talk soon.

Geoff

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W.O.D. #27

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More "advanced" stuff today..

Back to the Clean + Press.

Only this time, with a little "extra" -

The SFG / RKC Plank.

Why?

To increase the stiffness/ tightness of your rack position in the Clean.

And to increase total body stiffness / tightness from which your press.

WOD #27:

Perform the following alternating between Cleans and Presses, using a medium or medium-heavy kettlebell, depending on your skill and comfort level:

A1. Clean, L,R x 3,3
A2. SFG / RKC Plank x 10 seconds
A2. Press, L,R x 3,3

- Set your timer for 15 minutes
- Use the same size KB as you did last week
- Do a set of Cleans on each hand, then a Plank, then a set of Presses on each hand
- Perform as many rounds as comfortable focusing on great technique
- Rest as and when necessary

TECHNIQUE TIP: SFG / RKC PLANK

Assume a regular plank position.

- Elbows under shoulders
- Straight line from the back of your head down to your heels

Then -

- Tighten your abs as hard as possible
- Pinch your gluts as hard as possible
- Pull your elbows to your waist without your arms moving
- Hold maximum contraction for 10 seconds
- Enjoy having every muscle in your body cramp up!

Until tomorrow.

Enjoy!

Geoff

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W.O.D. #28

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HEY!

More "core."

(That was actually the name of a complex I put together about 10 years ago for a client focused around the Get Up, but I digress...)

Remember, the center is what holds you together and allows you to express strength in and from your limbs.

The stronger your center, the more work you can do.

The more work you can do, the more calories you can burn.

You see where this is going, don't you?

WOD #28:

Perform the following in a circuit fashion with a medium or medium-heavy kettlebell.

- A1. Segmental Roll x 3 each quadrant**
- A2. Dead Bugs x 12-20**
- A3. Get Up x 1,1**

- Set your timer for 15 minutes
- Perform as many rounds as comfortable focusing on great technique
- Rest as and when necessary

Enjoy!

Geoff

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W.O.D. #29

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Simple work today, building on WOD #27.

WOD #29:

Perform the following in a circuit fashion with a medium or medium-heavy kettlebell.

A1. Clean, L, R	x 3-5 each side
A2. SFG Plank	x 10 seconds
A3. Press, L, R	x 3-5 each side

- Set your timer for 15 minutes
- Use 3 to 5 reps per set - when in doubt, use less
- Perform as many rounds as comfortable focusing on great technique
- Rest as and when necessary

Enjoy!

Geoff

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W.O.D. #30

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Hey!

Back to our work capacity day today.

Makes a nice contrast to all the tension work we did yesterday.

WOD #30:

1H Swings, L/R

- Set your timer for 15 minutes
- Ladders: 5/5, 10/10, 15/15 (5/5 = 5L/5R)
- Perform as many rounds as comfortable focusing on great technique
- Rest as and when necessary

TECHNIQUE TIP:

Get your Swings to "float."

They should momentarily "pause" at the apex of the Swing and literally "hang" in the air for a split second.

Enjoy!

Geoff

WEEK 7

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W.O.D. #31

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Hey!

More Swings, Get Ups, and Goblet Squats today.

More basics.

More honing the edge of your "sword."

WOD #31:

Perform the following in a circuit fashion with a medium-heavy kettlebell:

- A1. Get Up** **x 1,1**
- A2. Goblet Squat** **x 5-10**
- A3. 2H Swing** **x 15-20**

- Set your timer for 15 minutes
- Perform as many rounds as possible/comfortable
- If you can, push for the upper ends of the rep ranges
- Rest as and when necessary

TECHNIQUE TIP:

On the 2H Swing, think about "jumping" without leaving the ground.

This drives your feet through the ground and makes for a more explosive Swing.

Talk soon.

Geoff

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W.O.D. #32

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Back to our Clean + Press programming.

More SFG / RKC Planks today too.

Again, we're working creating stiffness throughout the body so you can press a lot.

The tighter you are here, the more you'll be able to press.

Bumping up the reps today.

WOD #32:

Perform the following alternating between Cleans and Presses, using a medium or medium-heavy kettlebell, depending on your skill and comfort level:

A1. Clean, L,R x 4,4
A2. SFG / RKC Plank x 10 seconds
A2. Press, L,R x 4,4

- Set your timer for 15 minutes
- Use the same size KB as you did last week
- Do a set of Cleans on each hand, then a set of Presses on each hand
- Perform as many rounds as comfortable focusing on great technique
- Rest as and when necessary

TECHNIQUE TIP: THE CLEAN

Really, this should feel like a standing plank once you've received the KB and are holding it in the Rack position.

And just like the Plank, you need to:

- Tighten your abs
- Pinch your gluts
- Pull your elbows to your waist without your arms moving

- Breathe "behind the shield" (with tight abs)

This forms a solid Rack position and makes the Press much easier.

Until tomorrow.

Enjoy!

Geoff

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W.O.D. #34

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Hey!

Switching up from W.O.D. #29.

Adding in a "moving plank" - the Front Squat.

The KEY to a good Front Squat (FSQ) - either single, like today, or double, like what's coming in the future, is to remain tight or stiff in the middle.

No time like the present to practice.

WOD #34:

Perform the following in a circuit fashion with a medium or medium-heavy kettlebell.

- | | |
|-----------------------------|----------------------|
| A1. Clean, L, R | x 3 each side |
| A2. SFG Plank | x 10 seconds |
| A3. Press, L, R | x 3 each side |
| A4. SFG Plank | x 10 seconds |
| A5. Front Squat, L,R | x 3 each side |

- Set your timer for 15 minutes
- Perform as a many rounds as comfortable focusing on great technique
- Rest as and when necessary

Enjoy!

Geoff

=====

W.O.D. #35

=====

Hey!

Work capacity day again.

Simple, yet challenging.

WOD #35:

1H Swings, L/R

- Set your timer for 15 minutes
- Ladders: 5/5, 10/10, 15/15, and if you can (20/20)
- Perform as a many rounds as comfortable focusing on great technique
- Rest as and when necessary

Enjoy!

Geoff

WEEK 8

=====
W.O.D. #36
=====

Hey...

Dialing back the reps this week for a well-needed "de-load."

WOD #36:

Perform the following in a circuit fashion with a medium-heavy kettlebell:

A1. Get Up	x 1,1
A2. Goblet Squat	x 5, with a pause in the hole
A3. 2H Swing	x 10

- Set your timer for 15 minutes
- Perform as many rounds as possible/comfortable
- If you can, push for the upper ends of the rep ranges
- Rest as and when necessary

TECHNIQUE TIP:

Stay tight in the hole of the Goblet Squat. Initiate the ascent with a "grunt." Not a loud grunt and not one that let's all the air out. Just enough to help you get out of the hole.

Talk soon.

Geoff

=====

W.O.D. #37

=====

Heya!

Little repeat of W.O.D. #34 for continuity's sake.

WOD #37:

Perform the following alternating between Cleans and Presses, using a medium or medium-heavy kettlebell, depending on your skill and comfort level:

- | | |
|-----------------------------|------------------------|
| A1. Clean, L,R | x 3-5 each side |
| A2. SFG / RKC Plank | x 10 seconds |
| A3. Press, L,R | x 3-5 each side |
| A4. SFG / RKC Plank | x 10 seconds |
| A5. Front Squat, L,R | x 3-5 each side |

- Set your timer for 15 minutes
- Use the same size KB as you did last week
- Perform as many rounds as comfortable focusing on great technique
- Rest as and when necessary

Until tomorrow.

Enjoy!

Geoff

=====

W.O.D. #38

=====

Hey!

Once more on the middle today.

WOD #38:

Perform the following in a circuit fashion with a medium or medium-heavy kettlebell.

- A1. Segmental Roll x 3-5 each quadrant**
- A2. Dead Bugs x 15-20**
- A3. Get Up x 1,1**

- Set your timer for 15 minutes
- Perform as many rounds as comfortable focusing on great technique
- Rest as and when necessary

Enjoy!

Geoff

=====

W.O.D. #39

=====

Go relatively easy today, {!firstname_fix}.

We have a big day tomorrow. ;-)

And I don't want you to wear yourself out.

WOD #39:

Perform the following in a circuit fashion with a medium or medium-heavy kettlebell.

- | | |
|-----------------------------|----------------------|
| A1. Clean, L, R | x 3 each side |
| A2. SFG Plank | x 10 seconds |
| A3. Press, L, R | x 3 each side |
| A4. SFG Plank | x 10 seconds |
| A5. Front Squat, L,R | x 3 each side |

- Set your timer for 15 minutes
- Perform as a many rounds as comfortable focusing on great technique
- Shake out/off any extra tension after each set
- Rest as and when necessary

Enjoy!

Geoff

=====

W.O.D. #40

=====

Que pasa, Amigo!

Before we get started today, let me congratulate you once again on making it this far!

You are 40 days in!

("Funny" side note: The Biblical number that correlates with "trials" is 40. So I guess you passed this "test." ;-])

And that means it's "TEST DAY."

First...

Take some measurements today.

Get on the scale, measure your waist, put on your favorite pair of jeans.

We need to measure your progress.

Next...

Speaking of...

We're going to do the same Swing Test you did on Day 5 and Day 20 and compare your results.

So, here's what you're gonna do -

W.O.D. #40:

TASK:

- Perform as many 2H Swings as possible in 10 minutes.
- Use great form
- Always stop if you feel your form about to break
- Use as many reps and sets as necessary
- Rest as needed between your sets

If you'll remember back to Days 5 and 20, I encouraged

you to record those scores somewhere.

If you did, pull them out and compare them to today.

Now for the meaningful interpretation of data (a.k.a "math")...

Hopefully (And I'm 99.9% sure) you did better.

Take Day 20's number and divide it by today's number.

For example:

Day 20 - 205

Day 40 - 247

$$205/247 = 0.829$$

Now take subtract that from 1.000 and that's your percentage change:

$$1.000 - 0.829 = 0.171$$

Or -

17.1%.

Make sure you record that. Because... Progress.

Until next time...

Enjoy!

Geoff

PS - Once today's Swing Test is over, go out and celebrate.

Like last time - do something nice for yourself.

And like last time - I don't recommend making it food based.

You know what you like...

WEEK 9

=====
W.O.D. #41
=====

Hey,

Cranking it back up this week - dialing in technique and changing up our exercise sequencing.

WOD #41:

Alternate between A1 and A2. Use a medium-heavy kettlebell.

A1. 1H Swing, L,R x 10,10
A2. Clean, L,R x 5,5, with pause in the rack

- Set your timer for 15 minutes
- Perform as a many rounds as possible/comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #42

=====

Hey,

Focusing mainly on "grinds" today - the "slow" KB lifts.

WOD #42:

Alternate between A1 and A2. Use a medium-heavy kettlebell.

A1. Get Up, L,R	x 1,1
A2. Goblet Squat	x 10, with 1 sec. pause in bottom
A3. Press, L,R,	x 5,5, pause 1 sec. in rack after each Press

- Set your timer for 15 minutes
- Perform as many rounds as possible/comfortable
- Rest as and when necessary

TECHNIQUE TIP:

When pausing in the bottom of the Goblet Squat, make sure you keep some air in your pelvis / stomach so you can protect your back.

Talk soon.

Geoff

=====

W.O.D. #43

=====

Hola!

Back to our ballistics today - explosive KB lifts.

One of the things we want to do is perfect our technique using other drills to help re-enforce certain aspects of the lifts.

One of the areas people have issues with is staying tight on the "hip snap" of the ballistics.

We'll use the SFG/RKC/Hardstyle Plank to help do that some more this month.

WOD #43:

Alternate between A1 and A2. Use a medium-heavy kettlebell.

- | | |
|----------------------------|-------------------------------------|
| A1. 1H Swing, L,R | x 10,10 |
| A2. Hardstyle Plank | x 10 second (hold) |
| A3. Clean, L,R | x 3,3 with pause in the rack |

- Set your timer for 15 minutes
- Perform as a many rounds as possible/comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #44

=====

Hey There,

Back to the Grind today.

Heh, heh - get it?

Actually, it's the grinds.

And alternating ballistic days with grind days is one of the best and fastest ways to make progress due to the alternating muscular regimes -

Explosive v. Slow.

Provides a great stimulus to your nervous system.

And like last month, we'll use specific exercises/drills to improve the technique of our lifts, allowing us to lift more weight, for more overall reps, and therefore do more work, which will yield better and faster results.

WOD #44:

Alternate between A1 and A2. Use a medium-heavy kettlebell.

A1. Get Up, L,R	x 2,2
A2. Dead Bugs	x 10-20 each side
A3. Press, L,R,	x 3,3, pause 1 sec. in rack after each Press

- Set your timer for 15 minutes
- Perform as many rounds as possible/comfortable
- Rest as and when necessary

TECHNIQUE TIP:

Remember to keep your tailbone off the floor during your Dead Bugs. Doing so increases the reflexive recruitment of your abs - especially your deep

abdominal musculature, which is necessary to stabilize your spine.

Talk soon.

Geoff

=====

W.O.D. #45

=====

Howzit?

("Howzit" is Pidgen (Hawaiian) for "How's it going?")

Back to our Work Capacity day.

However, this one is with a twist.

We're preparing you for another specific KB exercise.

See if you can guess which one. :-)

WOD #45:

Hand-2-Hand Swing

- Use ladders: 10,12,14,16,18,20 (10 = 5 each hand, etc...)
- Set your timer for 15 minutes
- Perform as a many rounds as possible/comfortable
- Rest as and when necessary

Talk soon.

Geoff

WEEK 10

=====

W.O.D. #46

=====

Hey,

More work on cleaning up (pun intended) the ballistics.

This time, working on hip extension.

WOD #46:

Alternate between A1 and A2. Use a medium-heavy kettlebell.

- | | |
|--------------------------|--------------------------------------|
| A1. 1H Swing, L,R | x 10,10 |
| A2. Bird Dog | x 10-20 each side |
| A3. Clean, L,R | x 5,5, with pause in the rack |

The Bird Dog:





- Set your timer for 15 minutes
- Perform as many rounds as possible/comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #47

=====

Hey Amigo!

More Grinds today.

And more technique work for them. :-)

WOD #47:

Alternate between A1 and A2. Use a medium-heavy kettlebell.

- | | |
|---------------------------|---|
| A1. Segmental Roll | x 2-3 each quadrant |
| A2. Get Up, L,R | x 1,1 |
| A3. Goblet Squat | x 10, with 1 sec. pause in bottom |
| A4. Press, L,R, | x 5,5, pause 1 sec. in rack after each Press |

- Set your timer for 15 minutes
- Perform as a many rounds as possible/comfortable
- Rest as and when necessary

SEGMENTAL ROLL:



Back to Belly and Belly to Back Upper Body Rolls



Back to Belly Lower Body Roll



Belly to Back Lower Body Roll

Talk soon.

Geoff

=====

W.O.D. #48

=====

CIAO!

Here's today's workout.

WOD #48:

Alternate between A1 and A2. Use a medium-heavy kettlebell.

A1. 1H Swing, L,R	x 10,10
A2. Hardstyle Plank	x 10 second (hold)
A3. Clean, L,R	x 4,4 with pause in the rack

- Set your timer for 15 minutes
- Perform as a many rounds as possible/comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #49

=====

Hey,

More Grinds today.

WOD #49:

Alternate between A1 and A2. Use a medium-heavy kettlebell.

A1. Get Up, L,R	x 1,1
A2. Dead Bugs	x 10-20 each side
A3. Press, L,R,	x 5,5, pause 1 sec. in rack
	after each Press

- Set your timer for 15 minutes
- Perform as a many rounds as possible/comfortable
- Rest as and when necessary

TECHNIQUE TIP:

You should be able to feel your abs significantly more on your Presses after doing Dead Bugs.

Because of this, it should be easier for you to "lock" your ribcage on to your pelvis by contracting your abs during your Press.

This makes your Press more stable, and therefore stronger.

Talk soon.

Geoff

=====

W.O.D. #50

=====

50!

FIFTY??!!

HOLY COWL!

You're 50 workouts into Kettlebell W.O.D.!

BIG CONGRATULATIONS!

I hope you're feeling great!

Your reward?

More Swings. :-)

And of course the personal satisfaction of knowing you made it this far - and the leaner, stronger, better conditioned body from doing so.

WOD #50:

Hand-2-Hand Swing

- Use ladders: 12,14,16,18,20, 24 (10 = 5 each hand, etc...)
- Set your timer for 15 minutes
- Perform as a many rounds as possible/comfortable
- Rest as and when necessary

Talk soon.

Geoff

WEEK 11

=====
W.O.D. #51
=====

YO!

More cleans today. (YES! *Pumps fist*)

Get super-comfy with these and the Snatch will be a piece of cake.

(Still working on hip extension this week with the Bird Dog.)

WOD #51:

A1. 1H Swing, L,R **x 10,10**
A2. Bird Dog **x 10-20 each side**
A3. Clean, L,R **x 5,5, with pause in the rack**

- Set your timer for 15 minutes
- Perform A1, then A2, then A3 as a strength circuit.
- Use a medium-heavy kettlebell.
- Perform as many rounds as possible/comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #52

=====

Hey {!firstname_fix},

Another Grind day.

And of course, more work on your technique. Can never have too much technique work!

(When fatigue sets in, so can injury. The stronger your technique, the less chance you'll have for injury and the harder you can push - if you want/need to.)

Speaking of, we're adding in one of my favorite exercises for building total body strength -

The Single Leg Deadlift.

"Yeah, but you can't handle very much weight when doing the Single Leg Deadlift.

"How's that supposed to make you stronger?"

Simple. The SLDL trains your structure.

It trains your "X" - that is, it makes your deep sling systems responsible for gait stronger.

Because it's a contralateral movement, it also ties the left and right sides of your brain - creating new synaptic connections and making your existing ones stronger.

Here's how you perform it:



Pretty Good Contralaterally Loaded Single Leg Deadlift

- Don't wear shoes of any kind – barefoot only
- Initiate the movement by hinging into the hip
- "Push" the elevated leg toward the wall
- Keep the chest up and out, with your chin like the guy in the pic
- Keep the elevated leg from externally rotating and pull the toes toward the hip (active dorsiflexion)
- Keep the non-working leg close to midline of the body
- Make sure the Lat is connected to the hip – should feel it contracting the whole time
- Push foot into the floor the whole time
- Don't activate the abs – they should activate reflexively
- You've hit end range when you can no longer keep the lower back flat
- Reverse the motion and squeeze off the glut to stand up, pushing the foot into the floor the whole time.



WOD #52:

- | | |
|--------------------------------|------------------------------------|
| A1. Segmental Roll | x 3-5 each quadrant |
| A2. Get Up, L,R | x 2,2 |
| A3. Single Leg Deadlift | x 5,5 |
| A4. Press, L,R, | x 5,5, pause 2 sec. in rack |
| | after each Press |

- Set your timer for 15 minutes
- Perform A1, A2, A3, and A4 as a strength circuit.
- Use a medium-heavy kettlebell.
- Perform as a many rounds as possible/comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #53

=====

Como esta?

Muy bien, I hope.

We're going to keep on "cleaning up" the Clean.

WOD #53:

- | | |
|----------------------------|--------------------------------------|
| A1. 1H Swing, L,R | x 10,10 |
| A2. Hardstyle Plank | x 10 second (hold) |
| A3. Clean, L,R | x 5,5 with pause in the rack |
| A4. 1 Hand Plank | x 10 second (hold), each side |

- Set your timer for 15 minutes
- Use a medium-heavy kettlebell.
- Perform A1, A2, A3 and A4 as a "strength circuit"
- Perform as a many rounds as possible/comfortable
- Rest as and when necessary

TECHNIQUE TIP:

The 1 Hand Plank is performed exactly the same way as the Yoga Plank, only with one hand.

So you are balancing between 2 feet and 1 hand.

Make sure to keep your shoulders parallel to the floor.

Do so by "shortening" the distance between your shoulder and your hip.

This will make your abs and obliques contract hard.

Speaking of...

Also make sure you squeeze your gluts together hard as well.

Enjoy!

Geoff

=====

W.O.D. #54

=====

Hey there,

Really gonna push the Grinds today.

Make sure you notice that you pause your KB overhead in the lockout position for one second on each rep.

WOD #54:

A1. Get Up, L,R	x 2,2
A2. Dead Bugs	x 15-20 each side
A3. Press, L,R,	x 5,5, pause 1 sec. in rack
	after each Press AND
	pause 1 sec. in lockout

- Use a medium-heavy KB
- Perform A1, A2, A3 as a "strength circuit"
- Set your timer for 15 minutes
- Perform as many rounds as possible/comfortable
- Rest as and when necessary

TECHNIQUE TIP:

When you're in the lockout position of the Press, mentally gather your thoughts and make sure that your shoulder is still packed.

If it's not, pull your shoulder down to your hip, imagining that you're putting it in your back pocket before you pull your press down into the rack.

This will make for a stronger, more stable press AND you'll feel your lat contract more.

Talk soon.

Geoff

=====

W.O.D. #55

=====

Que pasa!

Today - Ballistics for work capacity.

AND -

The introduction of the Snatch to our training program!

(The H-2-H Swings make for a nice training tool for the Snatch.)

The Snatch is one of the most effective kettlebell ballistics there is.

In fact, apart from the double Clean + Jerk, it's my favorite.

There is latent power hidden in the Snatch -

From hacking off body fat, to increasing your Pull Up numbers.

WOD #55:

A1. H-2-H Swings x 5/5
A2. Snatch x 3-5 each hand

- Use a comfortable sized KB
- Set your timer for 15 minutes
- Alternate between A1 and A2
- Rest as and when needed

TECHNIQUE TIP:

Here's a quick video showing the Snatch Technique I prefer. (And my wife prefers too.)

<https://www.youtube.com/watch?v=AYMfWsFBEZs>

Talk soon.

Geoff

WEEK 12

=====
W.O.D. #56
=====

Yo!

Backing down the volume for the next 4 days or so.

See if you can guess why? :-)

PLUS -

We're pulling out the Clean "assistance" work so you can just focus on the Clean.

WOD #56:

A1. 1H Swing, L,R x 10,10
A2. Clean, L,R x 5,5, with pause in the rack

- Set your timer for 15 minutes
- Alternate between A1 and A2
- Use a medium-heavy kettlebell. (If you're up for a challenge, use a heavy KB for Cleans.)
- Perform as many rounds as possible/comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #57

=====

Hey There,

Let's continue to focus on making your Press stronger.

WOD #57:

A1. Get Up, L,R **x 3,3**
A2. Single Leg Deadlift **x 5,5**
A3. Press, L,R, **x 5,5**

- Set your timer for 15 minutes
- Perform A1, A2, and A3 as a strength circuit.
- Use a medium-heavy kettlebell.
- Perform as many rounds as possible/comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #58

=====

Really gonna dial in those Cleans today, {!firstname_fix}.

WOD #58:

A1. 1H Swing, L,R x 10,10
A2. 1 Hand Plank x 10 second (hold) each side
A3. Clean, L,R x 5,5 with pause in the rack

- Set your timer for 15 minutes
- Use a medium-heavy kettlebell.
- Perform A1, A2, and A3 as a "strength circuit"
- Perform as a many rounds as possible/comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #59

=====

Let's get after the Press today, shall we?

Like last week, make sure you "own" each Press by pausing the KB for one second in the lockout position on each rep.

WOD #59:

A1. Get Up, L,R x 1,1
A2. Press, L,R, x 5,5, pause 1 sec. in lockout

- Go heavy today if you wish
- Alternate between A1 and A2
- Set your timer for 15 minutes
- Perform as a many rounds as possible/comfortable
- Rest as and when necessary

Enjoy!

Geoff

=====

W.O.D. #60

=====

BOOM!

You are officially 60 days in!

Or as some would like to say -

TWO WHOLE MONTHS!

BOO-YEAH, BABY!!

Ok, settle down. Enough congratulatory butt-slapping, a la Futbol-style.

What 60 days in also means is it's time for another
TEST DAY.

Let's see how your strength and conditioning levels
are coming along.

First...

Take some measurements today.

Get on the scale, measure your waist, put on your
favorite pair of jeans.

Time to measure your progress.

Next...

Speaking of...

We're going to do the same Swing Test you did on
Day 5, Day 20, and Day 40 and compare your results.

So, here's what you're gonna do -

W.O.D. #60:

TASK:

- Perform as many 2H Swings as possible in 10 minutes.
- Use great form
- Always stop if you feel your form about to break
- Use as many reps and sets as necessary
- Rest as needed between your sets

If you'll remember back to Days 5, 20, and 40, I encouraged you to record those scores somewhere.

If you did, pull them out and compare them to today.

Now for the meaningful interpretation of data (a.k.a "math")...

I'm certain you did better than you did last month.

Take Day 40's number and divide it by today's number.

For example:

Day 40 - 247

Day 60 - 271

$$247/271 = 0.9114$$

Now take subtract that from 1.000 and that's your percentage change:

$$1.000 - 0.9114 = 0.886$$

Or -

8.86%.

Make sure you record that. Because... Progress.

Until next time...

Enjoy!

Geoff

PS - Just like last month, once today's Swing Test is over, go out and celebrate.

Like last 2 times - do something nice for yourself.

And like last 2 times - I don't recommend making it food based.

You know what you want...

WEEK 13

=====
W.O.D. #61
=====

Day 61.

Nice.

Change of pace today.

Slowing it down.

You'll see a lot of "contrasting" work over the next 4 weeks.

PLUS -

We'll be getting into double KB work shortly.

WOD #61:

A1. Get Up **x 3,3**
A2. Single Leg DL **x 5,5**

- Set your timer for 15 minutes
- Alternate between A1 and A2
- Use a medium to medium-heavy kettlebell.
- Perform as many rounds as possible/comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #62

=====

Yo!

Getting back into our Clean + Press, plus a little extra here today too...

WOD #62:

A1. Clean + Press, L

A2. Front Squat, L

A3. Clean + Press, R

A4. Front Squat, R

- Set your timer for 15 minutes
- Perform A1, A2, A3, and A4 as a strength circuit.
- Use a medium-heavy kettlebell.
- Use ladders of 1,2,3,4 - so A1-A4 for 1 rep, then A1-A4 for 2 reps each, then A1-A4 for 3 reps each, then A1-A4 for 4 reps each, then start over at 1 rep...
- Perform as many rungs of as many ladders as possible/comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #63

=====

Gonna work more on Snatches today, {!firstname_fix}.

WOD #63:

A. 1H Swings

B. Snatches

- Warm up with 1H Swings for 5 minutes.
- Then set your timer for 10 minutes
- Practice your Snatch for 3-5 reps at a time
- Perform as a many rep/sets as comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #64

=====

Heya,

Slowing it WAY down today after those Snatches.

Back to a variation of WOD #61...

The goal today is to just move. Not too hard or heavy.

WOD #64:

A1. Get Up **x 2,2**

A2. Single Leg DL **x 3,3**

- Set your timer for 15 minutes
- Alternate between A1 and A2
- Use a medium to medium-heavy kettlebell.
- Perform as many rounds as *comfortable*
- Rest as and when necessary

Enjoy!

Geoff

=====

W.O.D. #65

=====

Hey!

Today is Snatch day.

Yep - two days a week of Snatches.

They are the considered the Tsar (Russian for “King”) of the Kettlebell Lifts -

They work every muscle in your body and make you “all-over” strong.

And lean too.

WOD #65:

A. 1H Swings

B. Snatches

- Warm up with 1H Swings for 5 minutes.
- Then set your timer for 10 minutes
- Practice your Snatch for 3-5 reps at a time
- Perform as a many rep/sets as comfortable
- Rest as and when necessary
- Seek to get a few more reps than you did in WOD #63.

Enjoy!

Geoff

WEEK 14

=====
W.O.D. #66
=====

Hola!

Gonna work up a nice “lather” today. (“Lather” = sweat.)

WOD #66:

A1. Clean + Press, L

A2. Front Squat, L

A3. Clean + Press, R

A4. Front Squat, R

- Set your timer for 15 minutes
- Perform A1, A2, A3, and A4 as a strength circuit.
- Use a medium-heavy kettlebell.
- Use ladders of 1,2,3,4,5 - so A1-A4 for 1 rep, then A1-A4 for 2 reps each, then A1-A4 for 3 reps each, then A1-A4 for 4 reps each, then 5 reps, then start over at 1 rep...
- Perform as many rungs of as many ladders as possible/comfortable
- Rest as and when necessary

Enjoy!

Geoff

PS - You'll want to order another “medium” sized KB if you don't already have one.

Why?

Cause next week we're going to launch into training with double kettlebells.

Where do you get a new KB?

Local sporting goods store is one place.

My favorite place is Dragon Door. ALL my KBs are Dragon

Door. (Except my “monster” KBs that I bought way back in 2004 - before anyone made “monster” bells.)

=====

W.O.D. #67

=====

More contrasts today.

Slower and... slower.

WOD #67:

A1. Get Up **x 2,2**
A2. Single Leg DL **x 5,5**

- Set your timer for 15 minutes
- Alternate between A1 and A2
- Use a medium to medium-heavy kettlebell.
- Perform as a many rounds as *comfortable*
- Rest as and when necessary

Enjoy!

Geoff

=====

W.O.D. #68

=====

Back to Snatches, today, {!firstname_fix}.

Stronger.

Leaner.

Better conditioned.

Snatches.

WOD #68:

A. 1H Swings

B. Snatches

- Warm up with 1H Swings for 5 minutes.
- Then set your timer for 10 minutes
- Practice your Snatch for 2 to 3 reps at a time (working on speed of movement)
- Perform as a many rep/sets as comfortable
- Rest as and when necessary
- Keep your reps fast and crisp!

Enjoy!

Geoff

=====

W.O.D. #69

=====

Dial it back today, {!firstname_fix}...

Use the same sized KB as you did for #66, but keep it “easy.”

WOD #69:

A1. Clean + Press, L

A2. Front Squat, L

A3. Clean + Press, R

A4. Front Squat, R

- Set your timer for 15 minutes
- Perform A1, A2, A3, and A4 as a strength circuit.
- Use a medium-heavy kettlebell.
- Use ladders of 1,2,3 - so A1-A4 for 1 rep, then A1-A4 for 2 reps each, then A1-A4 for 3 reps each, then start over at 1 rep...
- Perform as many rungs of as many ladders as *comfortable - keeping in mind that today is a light day*
- Rest as and when necessary

Enjoy!

Geoff

=====

W.O.D. #70

=====

Some harder work today.

Hope you went light like I told you yesterday.

Cuz today we're gonna push it a little bit more.

WOD #70:

A. 1H Swings

B. Snatches

- Warm up with 1H Swings for 5 minutes.
- Then set your timer for 10 minutes
- Practice your Snatch for 5 to 8 reps at a time
- Perform as many rep/sets as comfortable
- Rest as and when necessary
- Keep your reps fast and crisp!

Enjoy!

Geoff

WEEK 15

=====

W.O.D. #71

=====

Slowing it back down and working out the kinks today.

WOD #71:

A1. Get Up **x 2,2**

A2. Single Leg DL **x 3,3**

- Set your timer for 15 minutes
- Alternate between A1 and A2
- Use a medium to medium-heavy kettlebell.
- Perform as many rounds as *comfortable*
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #72

=====

I'm excited about today.

Today, we start our double KB training!

PUMPS FIST

If you've never done it, don't worry - you're going to love it.

It's like single KB training *on steroids*.

WOD #72:

A. Double KB Rack Hold

- Set your timer for 5 minutes
- Clean the KBs into the rack (just like a single KB Clean but with a wider stance)
- Hold them there for 6 to 10 seconds - keeping your abs tight and your gluts pinched
- Do as many sets as comfortable in 5 minutes.

Then...

B. Double KB Front Squats (DFSQ)

- Set your timer for 10 minutes
- Do sets of 1 to 3 reps
- Rest as needed between sets

TECHNIQUE TIP:

Here's a video with some quick pointers on how to do the DFSQ:

<http://www.kettlebellsecrets.com/videos/dfsq.html>

Enjoy!

Geoff

=====

W.O.D. #73

=====

You'll find today a sharp contrast to yesterday's workout.

WOD #73:

A. 1H Swings

B. Snatches

- Warm up with 1H Swings for 5 minutes.
- Then set your timer for 10 minutes
- Practice your Snatch for 2 to 3 reps at a time (working on speed of movement)
- Perform as a many rep/sets as comfortable
- Rest as and when necessary
- *Keep your reps fast and crisp!*

Enjoy!

Geoff

=====

W.O.D. #74

=====

Today's a repeat of #72.

The double KB work requires more practice than the singles in my experience.

Why?

More things can go wrong.

So we want our technique dialed in.

So today's goal is to do the same thing we did in #72, only we're going for higher quality.

We're attempting to make everything feel *EASIER*.

WOD #74:

A. Double KB Rack Hold

- Set your timer for 5 minutes
- Clean the KBs into the rack (just like a single KB Clean but with a wider stance)
- Hold them there for 6 to 10 seconds - keeping your abs tight and your gluts pinched
- Do as many sets as comfortable in 5 minutes.

Then...

B. Double KB Front Squats (DFSQ)

- Set your timer for 10 minutes
- Do sets of 1 to 3 reps
- Rest as needed between sets

TECHNIQUE TIP:

Here's that video again with some quick pointers on how to do the DFSQ:

<http://www.kettlebellsecrets.com/videos/dfsq.html>

Enjoy!

Geoff

=====

W.O.D. #75

=====

More contrasting (and arguably harder - at least metabolically) work today.

WOD #75:

A. 1H Swings

B. Snatches

- Warm up with 1H Swings for 5 minutes.
- Then set your timer for 10 minutes
- Practice your Snatch for 6 to 10 reps at a time
- Perform as a many rep/sets as comfortable
- Rest as and when necessary
- *Keep your reps fast and crisp!*

Hasta la vista...

Geoff

WEEK 16

=====
W.O.D. #76
=====

Hey,

Back to our doubles work today...

Today we're going to add in the DMP - The Double Military Press.

WOD #76:

A. Double KB Front Squats (DFSQ)

- Set your timer for 7 minutes
- Do sets of 1 to 3 reps
- Rest as needed between sets

B. Double Military Press (DMP)

- Set your timer for 7 minutes
- Do sets of 1 to 3 reps
- Rest as needed between sets

TECHNIQUE TIP:

Here's a video with some quick pointers on how to do the DMP:

<http://www.kettlebellsecrets.com/videos/dmp.html>

Enjoy!

Geoff

=====

W.O.D. #77

=====

Fast and light today, my friend.

Make your Snatches today as **crisp and explosive** as possible.

WOD #77:

A. 1H Swings

B. Snatches

- Warm up with 1H Swings for 5 minutes.
- Then set your timer for 10 minutes
- Practice your Snatch for 2 to 3 reps at a time (working on speed of movement)
- Perform as a many rep/sets as comfortable
- Rest as and when necessary
- *Keep your reps fast and crisp!*

Talk soon.

Geoff

=====

W.O.D. #78

=====

More contrasts today, prepping for WOD #80...

WOD #78:

A1. Get Up **x 2,2**
A2. Single Leg DL **x 3,3**

- Set your timer for 15 minutes
- Alternate between A1 and A2
- Use a medium to medium-heavy kettlebell.
- Perform as many rounds as *comfortable*
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #79

=====

I have a surprise for you today.

Take today off from all KB work and spend 15 minutes stretching, or doing mobility work, or Original Strength RESETs.

Why?

To prepare for tomorrow's WOD, which will be the hardest one yet.

(Aren't you excited?)

:-)

Talk to you tomorrow.

Geoff

=====

W.O.D. #80

=====

Remember on WOD #s 20,40, and 60 we did our Swing Tests?

Today, we're venturing into "big boy/girl" territory -

The 5 Minute Snatch Test.

So...

Spend about 5 minutes prepping with 1H Swings or whatever you feel like you need, then -

Set your timer for 5 minutes.

Do as many total Snatches as possible.

You may set the KB down as many times as necessary in the 5 minutes.

Record your results.

TEST TIP:

Use either 5/5 or 10/10 before setting the KB down.

(Where 5/5 = 5 left, 5 right or vice versa.)

If you're going to use 5/5, try to go 5/5/5/5 before setting it down.

If you're up for it - send me your results.

Remember to include your KB size too.

ENJOY!

Geoff

WEEK 18

=====
W.O.D. #81
=====

Recovery day after WOD #80, Amigo...

(Hope you surpassed your expectations.)

WOD #81:

A1. Get Up **x 2,2**
A2. Single Leg DL **x 3,3**
A3. Goblet Squat **x 5**

- Set your timer for 15 minutes
- Perform A1, A2 and A3 as a strength circuit
- Use a medium kettlebell
- Perform as a many rounds as comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #82

=====

Still a recovery day today.

A Snatch Test can (and will) take it out of you.

WOD #82:

A. Hand-2-Hand Swings

- Set your timer for 15 minutes
- Use a light KB and focus on "popping" your hips making the KB feel light and "snappy"
- Perform as a many rep/sets as comfortable
- Rest as and when necessary
- Keep your reps fast and crisp!

Talk soon.

Geoff

=====

W.O.D. #83

=====

Time to get back to "the grind" today.

WOD #83:

A1. Get Up **x 1,1**
A2. Press, L,R **x 5,5**
A3. Double Press **x 5**

- Set your timer for 15 minutes
- Perform A1 through A3 as a "strength circuit"
- Use medium sized KBs
- Perform as a many rep/sets as comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #84

=====

Snatch practice today.

WOD #84:

A1. 1H Swing x 10,10
A2. Snatch x 5,5

- Set your timer for 15 minutes
- Alternate between A1 and A2
- Use a Heavy KB for Swings, and a medium sized KB for Snatches
- Perform as a many sets as possible, keeping your reps crisp and explosive
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #85

=====

Hey!

Full on Double KB grind work today.

Pace yourself. Fatigue will sneak up on you.

WOD #85:

A1. Double Press **x 3-5**
A2. Double Front Squat **x 5**

- Set your timer for 15 minutes
- Alternate between A1 and A2.
- Use medium to medium-heavy KBs
- Perform as many rep/sets as comfortable
- Rest as and when necessary

Talk soon.

Geoff

WEEK 19

=====
W.O.D. #86
=====

Yo!

Ramping it back up here...

WOD #86:

A1. Get Up **x 1,1**
A2. Single Leg DL **x 5,5**
A3. Goblet Squat **x 10**

- Set your timer for 15 minutes
- Perform A1, A2 and A3 as a strength circuit
- Use a heavy-ish kettlebell
- Perform as a many rounds as possible, using perfect form
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #87

=====

Que pasa?

Let's make today a great one!

Some technique work today.

WOD #87:

A. H2H Swings - 5 minutes

B. Practice: Double Swings - 10 minutes

- Set your timer for 15 minutes
- For "A" use a light KB and focus on "popping" your hips making the KB feel light and "snappy"
- Perform as a many rep/sets as comfortable
- Rest as and when necessary
- Use the following video for Double Swing Technique:

=> <http://kettlebellsecrets.com/videos/dsw.html>

Talk soon.

Geoff

PS - Yup - that is an old video - c. 2010 or so.
Still valuable info though. I'll get around to updating it one day...

=====

W.O.D. #88

=====

More "grinding" today...

WOD #88:

A1. Get Up **x 1,1**
A2. Press, L,R **x 3-5, 3-5**
A3. Double Press **x 3-5**

- Set your timer for 15 minutes
- Use medium-heavy sized KBs
- Perform A1 through A3 as a "strength circuit"
- Use 3 to 5 reps per set for A2 and A3, depending on your fatigue levels.
- Perform as many rep/sets as comfortable
- Rest as and when necessary

Talk soon.

Geoff

=====

W.O.D. #89

=====

Yo!

Back at the Snatches today.

WOD #89:

Here ya go -

A. Snatch x 5,5

- Set timer for 15 minutes
- Use a moderately heavy KB
- Make EVERY REP Explosive! <— See that “!”? Makes the word
“Explosive” more emphatic. ;-)

Enjoy!
Geoff

=====

W.O.D. #90

=====

Heavy day, today.

WOD #90:

A1. Double Press x 2-3

A2. Double Front Squat x 3

- Set timer for 15 minutes
- Use heavier KBs
- Rest as needed between sets
- Make each rep crisp

Enjoy!
Geoff

WEEK 20

=====

W.O.D. #91

=====

Swinging into action today!

WOD #91:

A1. 2H Swing x 10

A2. 1H Swing x 5,5

A3. Double Swing x 5

- Set timer for 15 minutes
- Use heavier KBs
- Rest as needed between sets
- Make each rep EXPLOSIVE! <— ALL CAPS and “!” =
REALLY emphatic!

Enjoy!

Geoff

=====

W.O.D. #92

=====

Hola!

Slowing things down a bit today...

WOD #92:

A1. Get Up x 1,1

A2. Single Press x 3,3

A3. Double Press x 3

- Set timer for 15 minutes
- Use heavier KBs
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #93

=====

More explosiveness today.

(Or is that “explosivity?” I dunno...)

WOD #93:

A1. 1H Swing x 5,5

A2. Snatch x 5,5

- Set timer for 15 minutes
- Use the same sized KB for both exercises - and make it somewhat heavy
- Rest as needed between sets

Enjoy!

Geoff

=====

W.O.D. #94

=====

Contrasting our explosive workout yesterday with something heavy and slow today.

Contrasts... It's how the best progress is made.

WOD #94:

- A1. Double Press x 3-5**
A2. Double Front Squat x 3-5

- Set timer for 15 minutes
- Use heavy KBs
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #95

=====

Time to get the Snatch on today!

WOD #95:

A. Snatch x 10,10

- Set timer for 15 minutes
- Use a KB that allows you to get 10 reps on each hand pretty easily
- Rest as needed between sets
- Keep those reps EXPLOSIVE!

Enjoy!
Geoff

WEEK 21

=====

W.O.D. #96

=====

Repeat WOD #91 today, {!firstname_fix}, with an extra emphasis on your Double Swings.

Put all your effort into those, ok?

WOD #96:

A1. 2H Swing x 10

A2. 1H Swing x 5,5

A3. Double Swing x 5

- Set timer for 15 minutes
- Use heavier KBs
- Rest as needed between sets
- Make each rep EXPLOSIVE!

Enjoy!

Geoff

=====

W.O.D. #97

=====

Heavy today, my friend.

WOD #97:

A1. Get Up x 1,1
A2. Single Press x 2,2
A3. Double Press x 2-3

- Set timer for 15 minutes
- Use heavier KBs
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #98

=====

Make today fast, lighter, and EXPLOSIVE!

WOD #98:

A1. 1H Swing **x 5,5**
A2. Snatch **x 5,5**

- Set timer for 15 minutes
- Use the same sized KB for both exercises - Medium.
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #99

=====

Hey There,

Back to heavy today, but keep the volume very low.

And rest a lot between sets.

Make sure you feel fresh when you're done.

(You'll see why tomorrow...)

WOD #99:

A1. Double Press x 2

A2. Double Front Squat x 2

- Set timer for 15 minutes
- Use heavy KBs
- Rest as needed between sets

Enjoy!

Geoff

=====
W.O.D. #100
=====

WHOA!

BIG DAY TODAY!!

This, is your 100th W.O.D.!

BOOM!

YEAH - BIG CONGRATS ON MAKING IT THIS FAR!

You should be feeling very proud of yourself!

And to celebrate?

A Snatch Test of course!

(Of course! What else?)

So, let's get to it.

The 5 Minute Snatch Test.

So...

Spend about 5 minutes prepping with 1H Swings or whatever you feel like you need, then -

Set your timer for 5 minutes.

Do as many total Snatches as possible.

You may set the KB down as many times as necessary in the 5 minutes.

Record your results.

TEST TIP:

Use either 5/5 or 10/10 before setting the KB down.

(Where 5/5 = 5 left, 5 right or vice versa.)

If you're going to use 5/5, try to go 5/5/5/5 before setting it down.

If you're up for it - send me your results.

Remember to include your KB size too.

Now, compare this to WOD #80.

How'd you do?

Make note of your increase in your training journal if you're keeping one.

ENJOY!

Geoff

PS - Once today's Snatch Test is over, go out and celebrate.

Do something nice for yourself.

Like always - I don't recommend making it food based though.

Maybe a new DVD or piece of clothing or - well, you'll figure it out.

PPS - Speaking of "something nice," here's a little gift for you for making it this far. Think it'll help you out.

WEEK 22

=====
W.O.D. #101
=====

Hey!

Slowing things back down here - start of another
4 week cycle...

WOD #101:

A1. Segmental Roll **x 3 each quadrant**
A2. Get Up **x 2,2**
A3. SLDL **x 3,3**

- Set timer for 15 minutes
- Use moderate KBs
- Be methodical
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #102

=====

Ramping it back up today with double KB work...

WOD #102:

A. Double Clean + Press

- Set timer for 15 minutes
- Use moderately heavy KBs
- Use Ladders: 1,2,3
- Rest as needed between sets

Enjoy!
Geoff

P.S. Review the technique if you need to here:

<http://kettlebellsecrets.com/videos/dcl&mp.html>

=====

W.O.D. #103

=====

¡Que pasa amigo!

Contrasting yesterday's heavy (-ish) double KB work with something light and fast today.

WOD #103:

A. 1H Swing x 10/10, 15/15, 20/20 (repeat)

- Set timer for 15 minutes
- Use moderate KB
- Rest as needed between sets
- Stay EXPLOSIVE!

Enjoy!
Geoff

=====

W.O.D. #104

=====

HEY!

More double KB work today...

WOD #104:

A1. Double Clean + Press

A2. Double Front Squat

- Set timer for 15 minutes
- Use moderately heavy KBs
- Use Ladders: 1,2,3
- Alternate between A1 and A2
- Rest as needed between sets

Enjoy!

Geoff

=====

W.O.D. #105

=====

Yo!

Back to the single KB today.

WOD #105:

A. Snatch x 10,10

- Set timer for 15 minutes
- Use moderate KB
- Rest as needed between sets
- Stay EXPLOSIVE!

Enjoy!
Geoff

WEEK 23

=====
W.O.D. #106
=====

Hey!

Ramping back up...

WOD #106:

A1. Segmental Roll x 3 each quadrant
A2. Get Up x 2,2
A3. SLDL x 5,5
A4. Goblet Squat x 5

- Set timer for 15 minutes
- Perform A1 through A4 as a strength circuit
- Use moderate KBs
- Be methodical
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #107

=====

More double Clean + Presses today...

WOD #107:

A. Double Clean + Press

- Set timer for 15 minutes
- Use moderately heavy KBs
- Use sets of 2.
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #108

=====

¡Hola!

Back to our ballistics today.

WOD #108:

A1. 1H Swing x 10/10

A2. Double Swing x 10

- Set timer for 15 minutes
- Alternate between A1 and A2
- Use moderate sized KBs
- Make sure you "float" the DSW to at least waist height
- Rest as needed between sets
- Stay EXPLOSIVE!

Enjoy!
Geoff

=====

W.O.D. #109

=====

Yo!

Time to get the double grinds on.

WOD #109:

A1. Double Clean + Press

A2. Double Front Squat

- Set timer for 15 minutes
- Use moderately heavy KBs
- Use Ladders: 1,2,3,4 <===== Notice the extra rung
- Alternate between A1 and A2
- Rest as needed between sets

Enjoy!

Geoff

=====

W.O.D. #110

=====

HEY, HEY,...

Snatches today.

(YES!)

These will be higher reps.

You'll still need to be explosive. So remember, you may need to rest a little more between sets.

WOD #110:

A. Snatch x 12-15,12-15

- Set timer for 15 minutes
- Use moderate KB
- Rest as needed between sets
- Stay EXPLOSIVE!

Enjoy!
Geoff

WEEK 24

=====
W.O.D. #111
=====

Yo!

Ramping back up even more...

WOD #111:

A1. Segmental Roll **x 5 each quadrant**
A2. Get Up **x 3,3**
A3. SLDL **x 5,5**
A4. Goblet Squat **x 5-10**

- Set timer for 15 minutes
- Perform A1 through A4 as a strength circuit
- Use moderate KBs
- Be methodical
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #112

=====

HEY THERE!

Double Clean + Presses again today...

WOD #112:

A. Double Clean + Press

- Set timer for 15 minutes
- Use moderately heavy KBs
- Use ladders of 1,2,3.
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #113

=====

Como esta!

It's ballistic day again!

WOD #113:

A1. 1H Swing x 10/10

A2. Double Swing x 10

- Set timer for 15 minutes
- Alternate between A1 and A2
- Use moderate sized KBs
- Make sure you "float" the DSW to at least waist height
- Rest as needed between sets
- See if you can get an extra set or two compared to last week
- Stay EXPLOSIVE!

Enjoy!
Geoff

=====

W.O.D. #114

=====

Hey!

More double grinds today. (YES!)

WOD #114:

A1. Double Clean + Press

A2. Double Front Squat

- Set timer for 15 minutes
- Use moderately heavy KBs
- Use sets of 3.
- Alternate between A1 and A2
- Rest as needed between sets

Enjoy!

Geoff

=====

W.O.D. #115

=====

Hey...

Yup...you guessed it - more Snatches today!

(YES!)

Like last week, these will be higher reps.

You'll still need to be explosive.

So remember, you may need to rest a little more between sets.

WOD #115:

A. Snatch x 10-15,10-15

- Set timer for 15 minutes
- Use moderate KB
- Rest as needed between sets
- Stay EXPLOSIVE!

Enjoy!

Geoff

WEEK 25

=====
W.O.D. #116
=====

Yo!

Dialing it back cause we've been pushing it hard lately...

WOD #116:

A1. Segmental Roll **x 5 each quadrant**
A2. Get Up **x 1,1**
A3. SLDL **x 3,3**
A4. Goblet Squat **x 5**

- Set timer for 15 minutes
- Perform A1 through A4 as a strength circuit
- Use moderately heavy KBs
- Be methodical
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #117

=====

Hey, hey!

Back to our Double Clean + Presses...

WOD #117:

A. Double Clean + Press

- Set timer for 15 minutes
- Use moderately heavy KBs
- Use Ladders of 1,2,3.
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #118

=====

Smaller number of ballistics today.

WOD #118:

A1. 1H Swing x 10/10

A2. Double Swing x 5

- Set timer for **12** minutes
- Alternate between A1 and A2
- Use moderate sized KBs
- Make sure you "float" the DSW to at least waist height
- Rest as needed between sets
- Stay EXPLOSIVE!
- Walk away feeling "fresh"

Enjoy!

Geoff

=====

W.O.D. #119

=====

Yo!

Something totally different day today.

We've been pushing it *REALLY* hard lately.

Today is going to be a recovery day that will prep you for -

Wait - you'll just have to wait and see. :-)

WOD #119:

- A1. Diaphragmatic Breathing on back x 10 breaths**
- A2. Segmental Roll x 5 each quadrant**
- A3. Dead Bug x 15-20 each side**
- A4. Bird Dog x 15-20 each side**

- Set timer for 15 minutes
- Perform as a circuit
- Rest as needed between sets

Enjoy!

Geoff

=====

W.O.D. #120

=====

Hey, Hey, Hey!

W.O.D. 120 DAY TODAY!!

I hope you're loving your results so far.

Let's get into today's workout, shall we?

The 5 Minute Snatch Test.

Spend about 5 minutes prepping with 1H Swings or whatever you feel like you need, then -

Set your timer for 5 minutes.

Do as many total Snatches as possible.

You may set the KB down as many times as necessary in the 5 minutes.

Record your results.

TEST TIP:

In case you haven't used this in the past, here's a tried and tested pair of methods often used to crush this thing:

Use either 5/5 or 10/10 before setting the KB down.

(Where 5/5 = 5 left, 5 right or vice versa.)

If you're going to use 5/5, try to go 5/5/5/5 before setting it down.

If you're up for it - send me your results.

Remember to include your KB size too.

Now, compare this to WOD #100.

How'd you do?

Make note of your increase in your training journal.

(You are keeping one, right??)

ENJOY!

Geoff

PS - Once today's Snatch Test is over, go out and celebrate.

Do something nice for yourself.

Once again, I don't recommend making it food based though.

WEEK 26

=====
W.O.D. #121
=====

¡Hola!

We're going to take a Deep Dive into Double KB Training for the next 20 workouts.

So hang on for the ride - *It's gonna be a blast!*

WOD #121:

A1. Rack Hold x 10 seconds

A2. Double Front Squat x 3

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- For A1, hold the KB in the rack for designated time
- Rest as needed between sets
- Do as many sets of A1 and A2 as possible in 15 minutes
- Of course, as always, use perfect form

Enjoy!
Geoff

=====

W.O.D. #122

=====

Yo!

Ballistics today...

A. Dead Stop Double Swings x 5

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Make sure you're explosive and the KBs "float"

Enjoy!

Geoff

=====

W.O.D. #123

=====

Some heavy grinds today. Brace yourself.

Literally. ;-)

A1. Double Press x 3

A2. Double Front Squat x 3

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #124

=====

Hey,

More ballistics today...

A. Double Swings x 6

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Make sure you're explosive and the KBs "float"

Enjoy!
Geoff

=====

W.O.D. #125

=====

¡Que pasa!

Some good ol' fashioned hard work today.

A1. Double Cleans x 5

A2. Double Push Press x 5

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Do as many sets as possible during the allotted time
- Use perfect form (as near-perfect as possible)

Enjoy!

Geoff

WEEK 27

=====
W.O.D. #126
=====

Hey!

Simple today.

WOD #126:

A1. Rack Hold x 15 seconds

A2. Double Front Squat x 4

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- For A1, hold the KB in the rack for designated time
- Rest as needed between sets
- Do as many sets of A1 and A2 as possible in 15 minutes
- Of course, as always, use perfect form

Enjoy!
Geoff

=====

W.O.D. #127

=====

What's up?

Back to ballistics today...

WOD #127:

A. Dead Stop Double Swings x 5

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Make sure you're explosive and the KBs "float"

Enjoy!
Geoff

=====

W.O.D. #128

=====

Hey...

Back to the grind(s) today.

WOD #128:

- A1. Double Press** x 4
A2. Double Front Squat x 4
A3. Renegade Rows x 4/4

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #129

=====

Hey, hey,

More ballistics today...

WOD #129:

A. Double Swings x 7

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Make sure you're explosive and the KBs "float"

Enjoy!
Geoff

=====

W.O.D. #130

=====

YO!

Some good ol' fashioned hard work today.

A1. Double Cleans x 6

A2. Double Push Press x 6

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Do as many sets as possible during the allotted time
- Use perfect form (as near-perfect as possible)

Enjoy!

Geoff

WEEK 28

=====
W.O.D. #131
=====

Simple today.

WOD #131:

A1. Rack Hold x 20 seconds

A2. Double Front Squat x 5

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- For A1, hold the KB in the rack for designated time
- Rest as needed between sets
- Do as many sets of A1 and A2 as possible in 15 minutes
- Of course, as always, use perfect form

Enjoy!

Geoff

=====

W.O.D. #132

=====

Hey,

Back to ballistics today...

WOD #132:

A. Dead Stop Double Swings x 6

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Make sure you're explosive and the KBs "float"

Enjoy!

Geoff

=====

W.O.D. #133

=====

Yo...

This one may be tough, but you can handle it.

WOD #133:

- A1. Double Press x 5**
A2. Double Front Squat x 5
A3. Renegade Rows x 5/5

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #134

=====

¡Hola!

Hey, whaddya know? Ballistics...

WOD #134:

A. Double Swings x 7

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Make sure you're explosive and the KBs "float"

Enjoy!
Geoff

=====

W.O.D. #135

=====

Hey!

Breaking it up today - no supersets, just a good ol' fashioned Chain.

WOD #135:

A. Double Cleans + Push Press x 7

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Do as many sets as possible during the allotted time
- Use perfect form (as near-perfect as possible)

Enjoy!
Geoff

WEEK 29

=====

W.O.D. #136

=====

What's going on?

VERY Simple today.

WOD #136:

A. Double Front Squat x 3

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #137

=====

Hey,

Another simple one today.

WOD #137:

A. Dead Stop Double Swings x 6

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Make sure you're explosive and the KBs "float"

Enjoy!

Geoff

=====

W.O.D. #138

=====

Hey there...

Dialing it back today compared to last week...

WOD #138:

A1. Double Press x 4

A2. Double Front Squat x 4

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #139

=====

Yo...

Taking another step back today to prepare for your next WOD...

(Trust me, you'll need this refresher, especially after the last 3 weeks of hard work.)

WOD #139:

A1. Segmental Rows x 5 each quadrant

A2. Dead Bugs x 15-20 each side

A3. Bird Dogs x 15-20 each side

- Set your timer for 15 minutes
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #140

=====

BOOM!

Big One Today!

Another Test Day today, only something different altogether.

We're testing the Double Swing.

OUCH!

Don't worry though, we're really just getting a baseline.

Here's the test:

Double Swing Test: 5 Minutes

- Use a comfortable pair of KBs - medium size/weight
- If you want a challenge, use the SFG standards:
 - Men: 2x24kg**
 - Women: 2x16kg**
- Use between 5 and 10 reps per set
- Do as many sets as you are able during the 5 minutes
- When you've completed the test, record your results in a safe place

ENJOY!

Geoff

PS - Once today's Snatch Test is over, go out and celebrate.

Do something nice for yourself.

Like always - I don't recommend making it food based though.

Maybe a new DVD or piece of clothing or - well, you'll figure it out.

WEEK 30

=====
W.O.D. #141
=====

Hey, hey!

Here's what's up:

Over the next 4 weeks or so, we're going even deeper into out double KB work.

You're going to be challenged so you can easily perform one of the most intimidating exercises. What is it?

You'll just have to wait and see. ;-)

All these workouts will be using a PAIR of KBs.

Here's a key for the exercise names to make life easier for us going forward:

Double Swing - **DSW**
Double Front Squat - **DFSQ**
Double Clean - **DCL**
Double Press - **DMP**
Double Push Press - **DPP**
Double High Pull - **DHP**
Double Snatch - **DSN**

WOD #141:

A1. DCL x 5
A2. DFSQ x 5

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #142

=====

Yo!

More advanced stuff today...

WOD #142:

A1. DHP x 5

A2. DPP x 5

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #143

=====

Hey,

Keeping it simple today...

WOD #143:

A. Double Swing x 7

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Keep them EXPLOSIVE! and go for the “Float”

Enjoy!

Geoff

=====

W.O.D. #144

=====

¡Hola!

Nice training contrast to yesterday's workout...

WOD #144:

A1. DMP x 5

A2. DFSQ x 5

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #145

=====

Fun day planned for you today.

It's day 1 of our "March Past Intimidation" - that one double KB exercise that scares many people.

WOD #145:

A1. DSW x 5
A2. DHP x 5
A3. DPP x 5

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs for A1 and A2
- Use a pair of medium-sized KBs for A3
- Perform A1, then A2, then A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

WEEK 31

=====
W.O.D. #146
=====

Yo!

Here's today's WOD -

WOD #146:

A1. DCL x 6

A2. DFSQ x 6

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #147

=====

Hey, hey.

More advanced stuff again today...

WOD #147:

A1. DHP x 6

A2. DPP x 6

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #148

=====

Yo!

More simplicity...

WOD #148:

A. Double Swing x 8

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Keep them EXPLOSIVE! and go for the “Float”

Enjoy!

Geoff

=====

W.O.D. #149

=====

Hey, hey, hey!

Back to some heavier work...

WOD #149:

A1. DMP x 6

A2. DFSQ x 6

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!

Geoff

=====

W.O.D. #150

=====

Hey!

CONGRATS!

Today's WOD #150!

You made it this far.

Kudos to you on your commitment levels, my friend.

.
.
.
.
.

Ok, enough revelry... Back to work. ;-)

WOD #150:

A1. DSW x 6
A2. DHP x 6
A3. DPP x 6

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs for A1 and A2
- Use a pair of medium-sized KBs for A3
- Perform A1, then A2, then A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

WEEK 32

=====

W.O.D. #151

=====

Here's today's WOD -

(See if you can get more total reps than you did in WOD #141.)

WOD #151:

A1. DCL x 5

A2. DFSQ x 5

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #152

=====

Make these powerful today, ok?

WOD #152:

A1. DHP x 7

A2. DPP x 7

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!

Geoff

=====

W.O.D. #153

=====

Be a machine today.

Make these FLOAT.

WOD #153:

A. Double Swing x 8

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Keep them EXPLOSIVE! and go for the “Float”

Enjoy!

Geoff

=====

W.O.D. #154

=====

Today's gonna be a tough one, {!firstname_fix}.

Higher reps...

WOD #154:

A1. DMP x 7

A2. DFSQ x 7

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!

Geoff

=====

W.O.D. #155

=====

You're gonna "love" today.

We've been gearing up to this day all month.

So here it is -

WOD #155:

A1. DSW x 6
A2. DHP x 6
A3. DPP x 6

- Set your timer for 7 minutes
- Get your groove on, then proceed to "B" because...
- We've been "programming" your body for "B" all month

B. DSN! x 1-5

- Set your timer for 8 minutes
- Practice the DSN
- Rest as needed between sets
- Use perfect form

ENJOY!

Geoff

WEEK 33

=====

W.O.D. #156

=====

Hey,

Similar to WOD #151...

(See if you can get more total reps than you did in WOD #146.)

WOD #156:

A1. DCL x 6

A2. DFSQ x 6

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!

Geoff

=====

W.O.D. #157

=====

Make these **powerful** today.

WOD #157:

A1. DHP x 6

A2. DPP x 6

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #158

=====

Dialing it back...

Take it easy today.

WOD #158:

A1. DMP x 4

A2. DFSQ x 4

- Set your timer for 15 minutes
- Use a pair of moderately heavy KBs
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!

Geoff

=====

W.O.D. #159

=====

Hey, hey, hey...

Time for some “active rest” after a tough 3.5 weeks of “pushing.”

Plus, next WOD is a Big One...

WOD #159:

- | | |
|---------------------------|--------------------------|
| A1. Segmental Rows | x 5 each quadrant |
| A2. Dead Bugs | x 15-20 each side |
| A3. Bird Dogs | x 15-20 each side |

- Set your timer for 15 minutes
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #160

=====

Here it is, amigo...

Double Swing Test Day #2!

Let's see how you've fared over the last 20 WOD's.

As you'll recall...

Here's the test:

Double Swing Test: 5 Minutes

- Use a comfortable pair of KBs - medium size/weight
- If you want a challenge, use the SFG standards:
 - Men: 2x24kg**
 - Women: 2x16kg**
- Use between 5 and 10 reps per set
- Do as many sets as you are able during the 5 minutes
- When you've completed the test, record your results in a safe place

Now compare WOD #140 to today.

What's the difference? (I'm betting you made progress.)

Write that down.

ENJOY!

Geoff

PS - Once today's Snatch Test is over, go out and celebrate.

As always, do something nice for yourself.

WEEK 34

=====
W.O.D. #161
=====

Yo!

Hope you're feeling great after the last cycle of heavy double KB work.

Back to mixing it up with singles and doubles this cycle.

WOD #161:

A1. Get Up x 1,1

A2. Single Leg DL x 3,3

- Set your timer for 15 minutes
- Use moderately heavy KBs
- Alternate between A1 and A2
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #162

=====

Hey,

More single KB work today - Squat emphasis.

WOD #162:

A1. Goblet Squat **x 5**
A2. Front Squat, L,R **x 5,5**

- Set your timer for 15 minutes
- Use appropriately sized KBs
- Alternate between A1 and A2
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #163

=====

What's going on?

Even more single KB work today - Swing emphasis.

WOD #163:

A1. 2H Swing x 10
A2. 1H Swing x 10,10

- Set your timer for 15 minutes
- Use moderate sized KBs
- Alternate between A1 and A2
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #164

=====

Hey, hey...

Mixing up the singles and doubles today - Press emphasis.

WOD #164:

A1. Press, L,R x 5,5
A2. DMP x 5

- Set your timer for 15 minutes
- Use moderately heavy KBs
- Alternate between A1 and A2
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #165

=====

¡Que pasa!

More mixing of singles and doubles today - Snatch emphasis.

WOD #165:

A1. DSW **x 5**
A2. DSN **x 5**
A3. Snatch **x 5,5**

- Set your timer for 15 minutes
- Use appropriately sized KBs
- Alternate between A1, A2, and A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

WEEK 35

=====
W.O.D. #166
=====

Singles only, today, {firstname_fix}.

WOD #166:

A1. Get Up **x 1,1**
A2. Single Leg DL **x 5,5**
A3. Press, L,R **x 5,5**

- Set your timer for 15 minutes
- Use moderately heavy KBs
- Alternate between A1 and A2 and A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #167

=====

Hey,

Adding in the doubles today - Squat emphasis.

WOD #167:

A1. Goblet Squat **x 5**
A2. Front Squat, L,R **x 5,5**
A3. DFSQ **x 3**

- Set your timer for 15 minutes
- Use appropriately sized KBs
- Alternate between A1, A2, and A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #168

=====

Hey,

Mixing in the doubles today - Swing emphasis.

WOD #168:

A1. 2H Swing **x 10**
A2. 1H Swing **x 10,10**
A3. DSW **x 5**

- Set your timer for 15 minutes
- Use moderate sized KBs
- Alternate between A1, A2, and A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #169

=====

Something a little “special” today.

WOD #169:

A1. Press, L,R x 5,5
A2. DMP x 5
A3. DPP x 5

- Set your timer for 15 minutes
- Use moderately heavy KBs
- Alternate between A1, A2, and A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #170

=====

“Ugly” stuff, today...

Still a Snatch emphasis though.

WOD #170:

A1. DFSQ	x 3
A2. DSW	x 5
A3. DSN	x 3
A4. Snatch	x 10,10

- Set your timer for 15 minutes
- Use appropriately sized / moderately heavy KBs
- Alternate between A1, A2, A3, and A4
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

WEEK 36

=====
W.O.D. #171
=====

Back to singles again, today.

WOD #171:

A1. Get Up **x 2,2**
A2. Single Leg DL **x 5,5**
A3. Press, L,R **x 5,5**

- Set your timer for 15 minutes
- Use moderately heavy KBs
- Alternate between A1 and A2 and A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #172

=====

Upping the volume, today.

Squat emphasis.

WOD #172:

- A1. Goblet Squat** **x 5-10**
A2. Front Squat, L,R **x 5,5**
A3. DFSQ **x 5**

- Set your timer for 15 minutes
- Use appropriately sized KBs
- Alternate between A1, A2, and A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #173

=====

Tough one today.

Swing emphasis.

WOD #173:

A1. 2H Swing **x 10**
A2. 1H Swing **x 10,10**
A3. DSW **x 10**

- Set your timer for 15 minutes
- Use moderate sized KBs
- Alternate between A1, A2, and A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #174

=====

More “specialness” today.

WOD #174:

A1. Press, L,R x 5,5
A2. DMP x 5
A3. DPP x 5-7

- Set your timer for 15 minutes
- Use moderately heavy KBs
- Alternate between A1, A2, and A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #175

=====

Even “uglier” stuff, today!

More Snatch emphasis.

WOD #175:

A1. DFSQ	x 3
A2. DSW	x 5
A3. DSN	x 5
A4. Snatch	x 10,10

- Set your timer for 15 minutes
- Use appropriately sized / moderately heavy KBs
- Alternate between A1, A2, A3, and A4
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

WEEK 37

=====
W.O.D. #176
=====

Dialing it back for the next 4 days...

WOD #176:

A1. Get Up **x 1,1**
A2. Single Leg DL **x 3,3**
A3. Press, L,R **x 5,5**

- Set your timer for 15 minutes
- Use moderately heavy KBs
- Alternate between A1 and A2 and A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #177

=====

Easier day today...

Last workout with Squat emphasis.

WOD #177:

A1. Goblet Squat x 5
A2. Front Squat, L,R x 3,3
A3. DFSQ x 4

- Set your timer for 15 minutes
- Use appropriately sized KBs
- Alternate between A1, A2, and A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #178

=====

Easier day today...

Once again - Swing emphasis.

WOD #178:

A1. 2H Swing **x 10**
A2. 1H Swing **x 10,10**
A3. DSW **x 5**

- Set your timer for 15 minutes
- Use moderate sized KBs
- Alternate between A1, A2, and A3
- Rest as needed between sets
- Work on getting as many sets as possible
- Use perfect form

Enjoy!
Geoff

=====

W.O.D. #179

=====

Take it easy today, ok?

Time for some “active rest” after a tough 3.5 weeks of “pushing.”

Plus, we have a surprise in the next WOD...

WOD #179:

- | | |
|---------------------------|--------------------------|
| A1. Segmental Rows | x 5 each quadrant |
| A2. Dead Bugs | x 15-20 each side |
| A3. Bird Dogs | x 15-20 each side |

- Set your timer for 15 minutes
- Rest as needed between sets

Enjoy!
Geoff

=====

W.O.D. #180

=====

BOOM!

BIG Day today!

SNATCH TEST: 5 Minutes.

That's right.

No more Double Swing test.

We want to see how all the doubles work has affected your Snatch Test.

For most people - and I'm betting you - you'll see a positive transfer to your Snatch Test.

You know the drill.

Get your warm up in.

Then hit your Snatch Test.

Then compare it to you last Snatch Test.

Then "*Par-tay!*"

(Well, kind of.)

Enjoy!
Geoff

WEEK 38

=====
W.O.D. #181
=====

How'd that Snatch Test go?

Pretty easy I'm betting based on all the heavy double KB work we've been doing since that last one - 60 days ago!

Speaking of...

Let's talk **ACTIVE RECOVERY**.

One of the **biggest mistakes** KB users make is **always pushing it hard**.

This leads to burnout and injury.

Which is why this week, after essentially 3 hard and heavy months, we're going to take it easy.

Some coaches may prefer a week off altogether.

I don't.

I prefer to do something easy and light - to keep moving.

So that's what we're going to do this week.

The goal is to walk away with barely a sweat each day.

Here's today's WOD -

WOD #181:

Use the same KB you did for the Snatch Test.

A. 2H Swing

- Set your timer for 10 minutes

- Perform 50% of the reps you achieved in your last Snatch Test
- Vary your reps per set **BUT STAY AWAY FROM FATIGUE!**

Enjoy!
Geoff

=====
W.O.D. #182
=====

DAY 2 of Active Recovery Week..

WOD #182:

Use the same KB you did for the Snatch Test.

A. 1H Swing

- Set your timer for 10 minutes
- Perform 50% of the reps you achieved in your last Snatch Test
- Like yesterday, vary your reps per set **BUT STAY AWAY FROM FATIGUE!**

Enjoy!
Geoff

=====

W.O.D. #183

=====

DAY 3 of Active Recovery Week..

WOD #183:

Use the same KB you did for the Snatch Test.

A. 2H Swing

- Set your timer for 10 minutes
- Perform 60% of the reps you achieved in your last Snatch Test
- Like yesterday, vary your reps per set **BUT STAY AWAY FROM FATIGUE!**

Enjoy!
Geoff

=====

W.O.D. #184

=====

DAY 4 of Active Recovery Week..

WOD #184:

Use the same KB you did for the Snatch Test.

A. 1H Swing

- Set your timer for 10 minutes
- Perform 60% of the reps you achieved in your last Snatch Test
- Like yesterday, vary your reps per set **BUT STAY AWAY FROM FATIGUE!**

Enjoy!
Geoff

=====

W.O.D. #185

=====

DAY 5 - Last and FINAL Day of Active Recovery Week..

WOD #185:

Use the same KB you did for the Snatch Test.

A. 2H Swing OR 1H Swing (Your Choice)

- Set your timer for 10 minutes
- Perform 70% of the reps you achieved in your last Snatch Test
- Like yesterday, vary your reps per set **BUT STAY AWAY FROM FATIGUE!**

Enjoy!
Geoff

WEEK 39

=====
W.O.D. #185
=====

Use the same KB you did for the Snatch Test.

A. 2H Swing OR 1H Swing (Your Choice)

- Set your timer for 10 minutes
- Perform 70% of the reps you achieved in your last Snatch Test
- Like yesterday, vary your reps per set **BUT STAY AWAY FROM FATIGUE!**

Enjoy!
Geoff

=====

W.O.D. #186

=====

Hey, hey, hey!

Hope you're feeling great after last week's active recovery workouts.

For the rest of this month, we're going to reload our single KB work.

You'll probably want to grab a heavier kettlebell.

WOD #186:

A1. Get Up x 1,1

A2. Goblet Squat w/ Pause in bottom x 5

A3. Single Leg Deadlift x 3,3

- Set your timer for 15 minutes
- Perform as a "strength circuit"
- Rest as necessary to keep your quality high

Enjoy!

Geoff

=====

W.O.D. #187

=====

YO!

Harder work today.

WOD #187:

A. Clean + Press, L,R

- Perform ladders of 1,2,3
- Set your timer for 15 minutes
- Rest as necessary between ladder rungs to keep your quality high

Hasta la vista!
Geoff

=====

W.O.D. #188

=====

Hey!

Here's today's workout:

WOD #188:

A1. Get Up x 2,2

A2. Single Leg Deadlift x 4,4

- Set your timer for 15 minutes
- Alternate between A1 and A2
- Rest as necessary to keep your quality high

Enjoy!
Geoff

=====

W.O.D. #189

=====

¡HOLA!

More hard work today.

WOD #189:

A1. Clean + Press, L,R

A2. Front Squat, L,R

- For A1, perform ladders of 1,2,3
- For A2, alternate between sets of 1 and 2
- Alternate between sets of A1 and A2
- Set your timer for 15 minutes
- Rest as necessary between ladder rungs to keep your quality high

Enjoy!

Geoff

=====

W.O.D. #190

=====

Yo!

Time to get back to Snatchin'....

WOD #190:

A. Snatch, 5,5

- Set your timer for 15 minutes
- Do as many sets as possible in 10 minutes using a heavier than Snatch Test KB
- Rest as necessary between sets

Enjoy!

Geoff

WEEK 40

=====

W.O.D. #191

=====

Hey!

Time to dig in here and get some more work done.

Very similar to WOD #186, only more SLDLs (cuz you can never have too many ;-])

WOD #191:

A1. Get Up x 1,1

A2. Goblet Squat w/ Pause in bottom x 5

A3. Single Leg Deadlift x 5,5

- Set your timer for 15 minutes
- Perform as a "strength circuit"
- Rest as necessary to keep your quality high

Enjoy!

Geoff

=====

W.O.D. #192

=====

More C+P's today...

WOD #192:

A. Clean + Press, L,R

- Perform ladders of 1,2,3,4
- Set your timer for 15 minutes
- Rest as necessary between ladder rungs to keep your quality high

Later gator!

Geoff

=====

W.O.D. #193

=====

Hey!

More SLDL's today.

(Honestly, this is arguably my MOST PRODUCTIVE combination for building Reflexive Strength and staying resilient. LOVE. IT.)

WOD #193:

A1. Get Up x 2,2

A2. Single Leg Deadlift x 5,5

- Set your timer for 15 minutes
- Alternate between A1 and A2
- Rest as necessary to keep your quality high

Enjoy!

Geoff

=====

W.O.D. #194

=====

HEY!

Let's get to it!

WOD #194:

A1. Clean + Press, L,R

A2. Front Squat, L,R

- Alternate between sets of A1 and A2
- Perform ladders of 1,2,3 for BOTH A1 and A2
- Set your timer for 15 minutes
- Rest as necessary between ladder rungs to keep your quality high

Enjoy!

Geoff

=====

W.O.D. #195

=====

Yo!

More Snatches... (*OH YEAH!*)

WOD #195:

A. Snatch, 7,7

- Set your timer for 15 minutes
- Do as many sets as possible in 10 minutes using a heavier than Snatch Test KB
- Rest as necessary between sets

Enjoy!
Geoff

WEEK 41

=====
W.O.D. #196
=====

¡HOLA!

Time once again to get it done.

WOD #196:

A1. Get Up x 1,1

A2. Goblet Squat w/ Pause in bottom x 3-5

A3. Single Leg Deadlift x 4,4

- Set your timer for 15 minutes
- Perform as a "strength circuit"
- Rest as necessary to keep your quality high

Enjoy!

Geoff

=====

W.O.D. #197

=====

Even *more* C+P's today...

WOD #197:

A. Clean + Press, L,R

- Perform ladders of 1,2,3,4,5
- Set your timer for 15 minutes
- Rest as necessary between ladder rungs to keep your quality high

Laterzzz...

Geoff

=====

W.O.D. #198

=====

Taking it easy today...

Make this feel light n' easy, ok?

WOD #198:

A1. Get Up x 1,1

A2. Single Leg Deadlift x 3,3

- Set your timer for 15 minutes
- Alternate between A1 and A2
- Rest as necessary to keep your quality high

Enjoy!
Geoff

=====

W.O.D. #199

=====

Once again, take it easy today.

We have a big one tomorrow.

In the meantime, here's today's...

WOD #199:

A1. Clean + Press, L,R

A2. Front Squat, L,R

- Alternate between sets of A1 and A2
- Perform sets of 2 for both A1 and A2
- Set your timer for 15 minutes
- Rest as necessary to keep your quality high

Enjoy!

Geoff

=====

W.O.D. #200

=====

200!!

Can you believe it??

BIG CONGRATULATIONS!

You do realize you are in the minority, don't you?

A group of the "select few" -

Those who actually COMMIT to a workout program and as a result, get the leaner, stronger bodies they say they want.

Most people are quitters.

NOT YOU!

To celebrate, today we have a 5 minute Snatch Test.

You know the routine.

WOD #200:

A. 5 Minute Snatch Test

Write your numbers here: _____

Now go treat yourself to something special as a reward for all your hard work.

You deserve it.

See you in KB WOD #201.

Enjoy!
Geoff

WEEK 42

=====
W.O.D. #201
=====

Hey,

Back to the grind today...

Double grinds actually.

And double ballistics too.

We're going to add doubles back in to our programming.

We'll be mixing doubles and singles.

WOD #201:

Use a medium pair of KBs...

A1. Double Front Squat (DFSQ) x3

A2. Double Military Press (DMP) x 3

- Set your timer for 15 minutes
- Alternate between A1 and A2
- Rest as and when necessary, keeping your form crisp

Enjoy!

Geoff

=====

W.O.D. #202

=====

Hey!

Singles today - A nice contrast to yesterday's heavy work...

WOD #202:

Use a medium-sized KB today...

A. 2H Swing x 20

- Set your timer for 15 minutes
- Do as many sets of 20 as comfortable
- Rest as and when necessary, keeping your form crisp

Enjoy!

Geoff

=====

W.O.D. #203

=====

Yo!

More doubles today...

WOD #203:

Use a medium-sized pair of KBs today...

A1. Double Clean (DCL) x 5

A2. Double Push Press (DPP) x 5

- Set your timer for 15 minutes
- Alternate between sets of A1 and A2
- Rest as and when necessary, keeping your form crisp

Enjoy!

Geoff

=====

W.O.D. #204

=====

Hey, hey, hey!

And back to singles today...

WOD #204:

Use a medium-sized KB today for resilience...

A1. Get Up x 1,1

A2. SLDL x 3,3

- Set your timer for 15 minutes
- Alternate between sets of A1 and A2
- Rest as and when necessary, keeping your form crisp

Enjoy!

Geoff

=====

W.O.D. #205

=====

Some good stuff for you today!

WOD #205:

Use whatever pair or pairs of KBs you need to today...

A. Double Snatch (DSN) x 3-5

B. Double Swing (DSW) x 6

- Practice A for 7 minutes (Work on your form here)
- Then do as many sets of B in 7 minutes as possible
- Rest as and when necessary, keeping your form crisp

Enjoy!

Geoff

WEEK 43

=====
W.O.D. #206
=====

Hey,

More doubles work today...

WOD #206:

Use a medium pair of KBs...

A1. DFSQ x 4

A2. DMP x 4

A3. Renegade Rows x 4,4

- Set your timer for 15 minutes
- Perform A1, A2, and A3 as a strength circuit
- Rest as and when necessary, keeping your form crisp

Enjoy!

Geoff

=====

W.O.D. #207

=====

Hey!

More singles today - A nice contrast to yesterday's heavy work...

WOD #207:

Use a medium-sized KB today...

A. 1H Swing x 12,12

- Set your timer for 15 minutes
- Do as many sets as comfortable, no rest between hands
- Rest as and when necessary, keeping your form fast and crisp

Enjoy!

Geoff

=====

W.O.D. #208

=====

¡Que pasa!

Back to the doubles today...

WOD #208:

Use a *medium-heavy* sized pair of KBs today...

A1. DCL x 5

A2. DPP x 5

A3. DFSQ x 5

- Set your timer for 15 minutes
- Perform A1, A2, and A3 as a strength circuit
- Rest as and when necessary, keeping your form crisp

Hasta la vista!

Geoff

=====

W.O.D. #209

=====

Hey, HEY!

And once again, back to singles today...

(See how this works? Nice little rhythm we have going on here...)

WOD #209:

Use a medium-sized KB today for resilience...

A1. Get Up x 2,2

A2. SLDL x 4,4

- Set your timer for 15 minutes
- Alternate between sets of A1 and A2
- Rest as and when necessary, keeping your form crisp

Enjoy!

Geoff

=====

W.O.D. #210

=====

More good stuff for you today!

WOD #210:

Use whatever pair or pairs of KBs you need to today...

A. Double Snatch (DSN) x 4-6

B. Double Swing (DSW) x 8

- *Practice A* for 7 minutes (Work on your form here)
- Then do as many sets of B in 7 minutes as possible
- Rest as and when necessary, keeping your form crisp

Enjoy!

Geoff

WEEK 44

=====
W.O.D. #211
=====

Harder work today...

WOD #211:

Use a medium-heavy pair of KBs...

A1. DFSQ x 5

A2. DMP x 5

A3. Renegade Rows x 5,5

- Set your timer for 15 minutes
- Perform A1, A2, and A3 as a strength circuit
- Rest as and when necessary, keeping your form crisp

Enjoy!

Geoff

=====

W.O.D. #212

=====

Hey!

Once again, *more* singles today - A nice contrast to yesterday's heavy work...

WOD #212:

Use a medium-sized KB today...

A. 1H Swing x 15,15

- Set your timer for 15 minutes
- Do as many sets as *comfortable*, no rest between hands
- Rest as and when necessary, keeping your form fast and crisp

Enjoy!

Geoff

=====

W.O.D. #213

=====

¡Que pasa!

Doubles.

Need I say more?

WOD #213:

Use a *medium-heavy* sized pair of KBs today...

A1. DCL x 6

A2. DPP x 6

A3. DFSQ x 6

- Set your timer for 15 minutes
- Perform A1, A2, and A3 as a strength circuit
- Rest as and when necessary, keeping your form crisp

Hasta la vista!

Geoff

=====

W.O.D. #214

=====

Hey, hey, HEY!

Let's jump right in here...

WOD #214:

Use a medium-sized KB today for resilience...

A1. Get Up x 3,3

A2. SLDL x 6,6

- Set your timer for 15 minutes
- Alternate between sets of A1 and A2
- Rest as and when necessary, keeping your form crisp

Enjoy!

Geoff

=====

W.O.D. #215

=====

Let's get it done today!

WOD #215:

Use whatever pair or pairs of KBs you need to today...

A. Double Snatch (DSN) x 6-8

B. Double Swing (DSW) x 10

- *Practice A* for 7 minutes (Work on your form here)
- Then do as many sets of B in 7 minutes as possible
- Rest as and when necessary, keeping your form crisp

Enjoy!

Geoff

WEEK 45

=====

W.O.D. #216

=====

Let's dial it back a little today...

WOD #216:

Use a medium-heavy pair of KBs...

A1. DFSQ x 4

A2. DMP x 4

- Set your timer for 15 minutes
- Alternate between A1 and A2
- Rest as and when necessary, keeping your form crisp

Enjoy!

Geoff

=====

W.O.D. #217

=====

Hey!

And still keeping it light this week after the previous 3 weeks of ever-harder work.

WOD #217:

Use a medium-sized KB today...

A. 1H Swing x 10,10

- Set your timer for 15 minutes
- Do as many *sets as comfortable*, no rest between hands
- Rest as and when necessary, keeping your form fast and crisp

Enjoy!

Geoff

=====

W.O.D. #218

=====

¡Que pasa!

Doubles.

Need I say more?

WOD #218:

Use a medium-heavy sized pair of KBs today...

A1. DCL x 7

A2. DPP x 7

- Set your timer for 15 minutes
- Alternate between A1 and A2
- Rest as and when necessary, keeping your form crisp

Hasta la vista!

Geoff

=====

W.O.D. #219

=====

Yo!

Let's dial it back almost all the way today cause tomorrow is a hard one, ok?

Your choice here...

WOD #219:

Do either 15 minutes of mobility work...

OR -

Do the following:

Use a LIGHT KB today for resilience...

A1. Get Up x 1,1

A2. SLDL x 3,3

- Set your timer for 15 minutes
- Alternate between sets of A1 and A2
- Rest as and when necessary, keeping your form crisp

Enjoy!

Geoff

=====

W.O.D. #220

=====

TEST DAY, Today!

That's right - We're going to test your Double Swing.

Here's how that's going to work...

WOD #220:

Use the pair of KBs you've been using on these days for your DSW work.

(Preferably 2 Snatch Test sized KBs or *heavier*.)

Set your timer for 10 MINUTES.

Perform as many sets of the Double Swing as possible.

Record your results here: _____.

Then go out and treat yourself to something nice.
(Remember, no food treats. We're not dogs.)

Enjoy!

Geoff

WEEK 46

=====
W.O.D. #221
=====

Hey!

Hope you're feeling great after that killer 10 minute Double Swing Test.

For the next 4 weeks it's time for something different -

It's time to go HARD CORE.

It's time to visit double KB complexes.

In case you don't know or have forgotten, a Complex is a series of exercises performed sequentially without ever putting the KBs down.

And yes, they're brutal. :-)

They make you strong.

They make you superbly conditioned.

And they happen to also strip fat off you like a blowtorch on butter.

So here's our first one -

WOD #221:

DSW + DCL + DFSQ + DMP

- Use a pair of KBs you can press 8-10 times, with relative ease
- Remember, perform ALL your reps for the DSW, then ALL your reps for the DCL, then ALL your reps for the DFSQ, then ALL your reps for the DMP BEFORE you put the KBs down to rest.
- Perform 3 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)

Enjoy!

Geoff

=====

W.O.D. #222

=====

Hey!

Complexes, when performed correctly (like we are), are very challenging to recover from.

In most of my programs I recommend taking days off between workouts.

However, part of the success of the Kettlebell W.O.D. is the consistency aspect.

Therefore, between Complex Workouts, you'll perform very light, very easy, active recovery KB workouts.

Read that again:

Very LIGHT.

Very EASY.

If you choose to ignore this and "push" these workouts, you will get crushed over then next 4 weeks.

So don't do that.

Be good to yourself.

Here's today's **LIGHT** workout:

WOD #222:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #223

=====

Yo!

Howzit today?

Bet you're feeling that first complex workout.

Good.

More today.

Today is considered a "light" complex.

Here it is:

WOD #223:

DSN + DMP + DSW

- Use a pair of KBs you can press **8-10 times, with relative ease**
- Remember, perform ALL your reps for the DSN, then ALL your reps for the DMP, then ALL your reps for the DSW, BEFORE you put the KBs down to rest.
- Perform 3 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)

Enjoy!

Geoff

=====

W.O.D. #224

=====

Hey!

Hope you're feeling GREAT today!

Time for another Active Recovery workout.

Remember, these are LIGHT.

Say it with me - L-I-G-H-T... ***LIGHT!***

WOD #224:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #225

=====

Hey, hey, hey!

Hope you're ready for today's workout - it's a TOUGH one!

It's our "heavy" complex day.

Here's what it looks like...

WOD #225:

DFSQ + DMP + DCL + DFSQ + DPP

- Use a pair of KBs you can press 8-10 times, with relative ease
- Remember, perform ALL your reps for the DFSQ, then ALL your reps for the DMP, then ALL your reps for the DCL, then ALL your reps of the DFSQ, then ALL your reps for the DPP BEFORE you put the KBs down to rest.
- Perform 3 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)

Enjoy!

Geoff

WEEK 47

=====

W.O.D. #226

=====

Hey!

Back to our “medium” complex day.

Nothing changes here except the number of reps you perform per set.

You guessed it - they increase.

You're welcome. :-)

WOD #226:

DSW + DCL + DFSQ + DMP

- Use a pair of KBs you can press 8-10 times, with relative ease
- Remember, perform ALL your reps for the DSW, then ALL your reps for the DCL, then ALL your reps for the DFSQ, then ALL your reps for the DMP BEFORE you put the KBs down to rest.
- Perform 4 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)

Enjoy!

Geoff

=====

W.O.D. #227

=====

Hey!

Active Recovery day.

DO IT.

Enough said.

WOD #227:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #228

=====

Yo!

Back to the “light” complex.

And just like with the “medium” complex, you’ll see the reps per set increase.

Here it is:

WOD #228:

DSN + DMP + DSW

- Use a pair of KBs you can press **8-10 times, with relative ease**
- Remember, perform ALL your reps for the DSN, then ALL your reps for the DMP, then ALL your reps for the DSW, BEFORE you put the KBs down to rest.
- Perform 4 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)

Enjoy!

Geoff

=====

W.O.D. #229

=====

Active Recovery Day again...

WOD #229:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #230

=====

Hey, hey, hey!

Another tough workout today with our “heavy” complex day.

And, like the other days, also another rep increase.

WOD #230:

DFSQ + DMP + DCL + DFSQ + DPP

- Use a pair of KBs you can press 8-10 times, with relative ease
- Remember, perform ALL your reps for the DFSQ, then ALL your reps for the DMP, then ALL your reps for the DCL, then ALL your reps of the DFSQ, then ALL your reps for the DPP BEFORE you put the KBs down to rest.
- Perform 4 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)

Enjoy!

Geoff

WEEK 48

=====

W.O.D. #231

=====

Hey!

“Medium” complex day today.

Nothing changes here except the number of reps you perform per set. Just like last week.

You guessed it - another increase.

WOD #231:

DSW + DCL + DFSQ + DMP

- Use a pair of KBs you can press **8-10 times, with relative ease**
- Remember, perform ALL your reps for the DSW, then ALL your reps for the DCL, then ALL your reps for the DFSQ, then ALL your reps for the DMP BEFORE you put the KBs down to rest.
- Perform 5 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)

Enjoy!

Geoff

=====

W.O.D. #232

=====

Hey!

Active Recovery day.

Again.

WOD #232:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #233

=====

Yo!

More “light” complexes.

And just like with the “medium” complex, you’ll see the reps per set increase. Again.

Here it is:

WOD #233:

DSN + DMP + DSW

- Use a pair of KBs you can press **8-10 times, with relative ease**
- Remember, perform ALL your reps for the DSN, then ALL your reps for the DMP, then ALL your reps for the DSW, BEFORE you put the KBs down to rest.
- Perform 5 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)

Enjoy!

Geoff

=====

W.O.D. #234

=====

Active Recovery Day again...

WOD #234:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #235

=====

Hey, hey!

Arguably, today will be the toughest workout of this 4-week period.

Why?

Another tough workout today with our “heavy” complex day.

Another rep increase per set.

WOD #235:

DFSQ + DMP + DCL + DFSQ + DPP

- Use a pair of KBs you can press **8-10 times, with relative ease**
- Remember, perform ALL your reps for the DFSQ, then ALL your reps for the DMP, then ALL your reps for the DCL, then ALL your reps of the DFSQ, then ALL your reps for the DPP BEFORE you put the KBs down to rest.
- Perform 5 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)

Enjoy!

Geoff

WEEK 49

=====

W.O.D. #236

=====

Hey!

“Medium” complex day today.

Again.

BUT...

We’re dropping the reps back down.

Way back down.

And go HARD this week.

WOD #236:

DSW + DCL + DFSQ + DMP

- Use a pair of KBs you can press 8-10 times, with relative ease
- Remember, perform ALL your reps for the DSW, then ALL your reps for the DCL, then ALL your reps for the DFSQ, then ALL your reps for the DMP BEFORE you put the KBs down to rest.
- Perform 3 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)
- Go as hard as you can. You should be able to get one more complex than you did in WOD #221

Enjoy!

Geoff

=====

W.O.D. #237

=====

Hey!

Active Recovery day.

Still.

WOD #237:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #238

=====

Yo!

Another rep change this week on our “light” day.

It’s dropping just like it did for our “medium” day.

WOD #238:

DSN + DMP + DSW

- Use a pair of KBs you can press **8-10 times, with relative ease**
- Remember, perform ALL your reps for the DSN, then ALL your reps for the DMP, then ALL your reps for the DSW, BEFORE you put the KBs down to rest.
- Perform 3 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)
- Go as hard as you can. You should be able to get one more complex than you did in WOD #223

Enjoy!

Geoff

=====

W.O.D. #239

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Active Recovery Day again...

WOD #239:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #240

=====

Hey, hey!

GOOD NEWS!

No Snatch or Swing Test today!

BAD NEWS...

You should go as hard as you can today with your “heavy” complex.

Seriously.

Why?

Because just like the rest of the week, we’re dropping the reps back down, which means you should really be able to push it, knock it out of the park, whatever you call your max effort level.

WOD #240:

DFSQ + DMP + DCL + DFSQ + DPP

- Use a pair of KBs you can press 8-10 times, with relative ease
- Remember, perform ALL your reps for the DFSQ, then ALL your reps for the DMP, then ALL your reps for the DCL, then ALL your reps of the DFSQ, then ALL your reps for the DPP BEFORE you put the KBs down to rest.
- Perform 3 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)
- Go as hard as you can. You should be able to get one more complex than you did in WOD #225

Enjoy!

Geoff

WEEK 50

=====

W.O.D. #241

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Yo...

No rest for the weary here.

For the next 4 weeks, we're going to do some "advanced" strength and conditioning work with your KBs.

We have a good mix of double and single KB work.

And we're going to push into the realm of higher rep KB work, which has an unbelievably transformative effect on your body.

Today, we're going to re-load our complexes for one workout a week.

WOD #241:

DCL + DFSQ + DSN + DMP

- Use a pair of KBs you can press **8-10 times, with relative ease**
- Remember, perform ALL your reps for the DCL, then ALL your reps for the DFSQ, then ALL your reps for the DSN, then ALL your reps for the DMP BEFORE you put the KBs down to rest.
- Perform 5 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)

Enjoy!

Geoff

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W.O.D. #242

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Hey!

Just like the previous 4 weeks, 2 days a week are going to be Active Recovery days.

Why?

REMEMBER: It's NOT how much work you can do. It's how much work you can RECOVER from that determines your results.

So let's keep the good times going and use our "usual suspects" for our Active Recovery workouts.

WOD #242:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #243

=====

Something completely different, today!

One of the best things about KB training is the high-rep ballistics.

They make you wiry strong and rip the fat right from your body.

Plus, when done enough, you practically implant a third lung into yourself - you have *that* much conditioning.

So today, we're starting our high rep double KB ballistics.

There's no other workout like them.

Here we go!

WOD #243:

A1. DCL x 10

A2. DPP x 10

- Use a pair of KBs you can press **8-10 times, with relative ease**
- Perform ONE DCL followed immediately by one DPP - one alternated with the other, until the total number of reps have been reached. (DCL + DPP + DCL + DPP + ...)
- Perform as many sets as possible in 15 minutes
- Rest as needed between sets

Enjoy!

Geoff

=====

W.O.D. #244

=====

Active Recovery Day again...

WOD #244:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #245

=====

¡Que Pasa!

One thing we haven't done yet is explore why the single KB Snatch is called the Tsar, or "King" of the KB lifts.

We'll start today.

We've played with the Snatch A LOT over the past 11 months.

But one thing we've never done is really pushed it for reps.

When you do, that's when you discover the true power of the Snatch.

So, without further ado...

WOD #245:

A. Snatch x 15,15

- If possible, use a Snatch Test size KB (24kg for Men, 16kg for Women)
- Do not rest between hands (Switch with no rest between sides)
- Perform as many sets as possible in 15 minutes
- Rest as needed between sets

Enjoy!

Geoff

WEEK 51

=====
W.O.D. #246
=====

Yo...

Back to our Complexes... Adding a rep to each exercise today.

See below.

WOD #246:

DCL + DFSQ + DSN + DMP

- Use a pair of KBs you can press **8-10 times, with relative ease**
- Remember, perform ALL your reps for the DCL, then ALL your reps for the DFSQ, then ALL your reps for the DSN, then ALL your reps for the DMP BEFORE you put the KBs down to rest.
- Perform 6 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)

Enjoy!

Geoff

=====

W.O.D. #247

=====

Hey!

More.

Active.

Recovery.

Today.

:-)

WOD #247:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #248

=====

Yo!

In case you didn't get enough of those double KB ballistics last week - here's some more.

You're welcome.

;-)

(Personally, I LOVE these things.)

WOD #248:

A1. DCL x 12

A2. DPP x 12

- Use a pair of KBs you can press **8-10 times, with relative ease**
- Perform ONE DCL followed immediately by one DPP - one alternated with the other, until the total number of reps have been reached. (DCL + DPP + DCL + DPP + ...)
- Perform as many sets as possible in 15 minutes
- Rest as needed between sets

Enjoy!

Geoff

=====

W.O.D. #249

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Take it easy today.

Get the kinks out with your Active Recovery workout.

WOD #249:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #250

=====

¡Hola, amigo!

Back to those amazing high rep Snatches today!

WOD #250:

A. Snatch x 20,20

- If possible, use a Snatch Test size KB (24kg for Men, 16kg for Women)
- Do not rest between hands (Switch with no rest between sides)
- Perform as many sets as possible in 15 minutes
- Rest as needed between sets

Enjoy!

Geoff

WEEK 52

=====
W.O.D. #251
=====

Yo...

More.

Complexes.

Once again, we'll be adding a rep to each exercise today.

See below.

WOD #251:

DCL + DFSQ + DSN + DMP

- Use a pair of KBs you can press **8-10 times, with relative ease**
- Remember, perform ALL your reps for the DCL, then ALL your reps for the DFSQ, then ALL your reps for the DSN, then ALL your reps for the DMP BEFORE you put the KBs down to rest.
- Perform 7 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)

Enjoy!

Geoff

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W.O.D. #252

=====

Hey!

You know what day it is...

:-)

WOD #252:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #253

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Hey, hey, hey!

Hope you're loving the double Clean + Push Press!

Here's some more today for you.

WOD #253:

A1. DCL x 14

A2. DPP x 14

- Use a pair of KBs you can press **8-10 times, with relative ease**
- Perform ONE DCL followed immediately by one DPP - one alternated with the other, until the total number of reps have been reached. (DCL + DPP + DCL + DPP + ...)
- Perform as many sets as possible in 15 minutes
- Rest as needed between sets

Enjoy!

Geoff

=====

W.O.D. #254

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Once again, take it easy today.

WOD #254:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #255

=====

HEY!

SNATCHES!!!

WOD #255:

A. Snatch x 20,20

- If possible, use a Snatch Test size KB (24kg for Men, 16kg for Women)
- Do not rest between hands (Switch with no rest between sides)
- Perform as many sets as possible in 15 minutes
- Rest as needed between sets

Enjoy!

Geoff

WEEK 53

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W.O.D. #256
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Today is our Final Complex workout.

Go as hard as you can.

You should be able to get at least one more round than you did on WOD #241.

Why?

Cuz we dropped the reps back down!

BOOM!

WOD #256:

DCL + DFSQ + DSN + DMP

- Use a pair of KBs you can press 8-10 times, with relative ease
- Remember, perform ALL your reps for the DCL, then ALL your reps for the DFSQ, then ALL your reps for the DSN, then ALL your reps for the DMP BEFORE you put the KBs down to rest.
- Perform 5 reps per exercise
- Perform as many complexes as possible in 15 minutes
- Rest as needed between sets (1 complex = 1 set)

Enjoy!

Geoff

=====

W.O.D. #257

=====

Yo!

Yup, again...

WOD #257:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #258

=====

Hey!

Final double Clean + Push Press workout.

Like the complexes.. **Go wild today!**

WOD #258:

A1. DCL x 10

A2. DPP x 10

- Use a pair of KBs you can press **8-10 times, with relative ease**
- Perform ONE DCL followed immediately by one DPP - one alternated with the other, until the total number of reps have been reached. (DCL + DPP + DCL + DPP + ...)
- Perform as many sets as possible in 15 minutes
- Rest as needed between sets

Enjoy!

Geoff

=====

W.O.D. #259

=====

Finally... The Last Time...

WOD #259:

A1. Segmental Roll x 5 each quadrant

A2. Get Up x 1,1, slow and light

A3. SLDL x 2,2, light

- Set your timer for 15 minutes
- Perform A1 through A3 as a strength circuit
- Use a LIGHT KB
- Rest as necessary
- Go by feel and don't count your sets

Enjoy!

Geoff

=====

W.O.D. #260

=====

BOOM!!!

260!!!

CONGRATULATIONS, {!firstname_fix}!

You made it a whole year through the “Kettlebell W.O.D.”!

FAN-FREAKIN-TASTIC!

I hope you’re proud of yourself!

Let’s finish strong today with one Final Test -

WOD #260:

5 Minute Snatch Test

You know how this is done.

So let’s get to it.

When you’re finished, write down your results here: _____

Then go back and look at your first Snatch Test and your very first Swing Test.

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Now that you’re done, you might be wondering...

“What do I do next? Are there more WOD’s?”

Unfortunately, there are no more WOD’s.

So I recommend you head over to www.kettlebellworkouts.com and browse through the high quality kettlebell programs over there and grab one that looks the most interesting

to you.

That's it for me.

I can say it's been a privilege working with you over the last year.

Stay STRONG!

Geoff