

# QUICK KETTLEBELL WORKOUTS

3 High-Energy, Strength-Building,  
Fat-Blasting Kettlebell Workouts

*Quick Kettlebell Workouts*



Isaac Wilkins

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## Welcome and thanks!

Great to meet you.

I'm Isaac Wilkins, the owner of Relentless Strength Training in Bangor, ME. When I started Relentless we focused almost entirely on competitive athletes. We still work with lots of successful athletes, but over the years we received more and more interest from the adults in our community and I realized that EVERYONE was an athlete and could benefit from learning to be stronger, leaner, more mobile, and healthier.

Man, it wasn't long before I realized that I had hit a nerve. There seems to be this thing where once you finish up your sport, be it high school, college, or pro, suddenly you're a "former athlete" and basically been put out to pasture. That's BS! I've made a career by drawing on my past history of training collegiate athletes and my own experience in football, martial arts, wrestling, and powerlifting to help people just like you regain the athleticism that they once had, feel great, look and move like they did or often better, and fire up that hard charging, winning aspect of their lives so they can dominate in all facets of their life, not just on the athletic court.

The big difference between competitive youth athletes and focused adults who want a high-performance lifestyle, like yourself?

Most of our athletes really don't have any major life concerns besides school and training. As you know, that goes away pretty quickly when the real world sneaks up on you!

So, with that in mind, our programs are designed specifically for adults who want to perform at a high level throughout their life but also don't have time to mess around and need efficiency in their training.

One of our big mantras at Relentless is "High Performance Living... Simplified". In other words, let us do the research and chase down the rabbit holes, we'll then take the useful stuff and put it into simple, actionable plans that you can easily implement to get the biggest result without the running around.

I hope you enjoy these quick and effective workouts and I'll be in touch soon!

-Isaac Wilkins

Owner and Head Strength Coach, Relentless Strength Training

## Before Training: How Do I Warm Up?

Warming up is a big KEY to a successful training session. Too many people walk into the gym, wave their arms around a little bit, and then immediately start lifting. You know you've seen it, and probably done it.

If that's been you, in the best case scenario you're missing some progress because your body isn't primed for exercise yet. In the worst case you're setting yourself up for an injury because you're loading muscles, tendons, and ligaments that are cold and stiff.

So to get you going and on the right path, we're going to do the Relentless Dynamic Warm-up, just like all of our athletes do in the gym. This will get you energized for training, improve your mobility, and prepare your body for the work ahead.

### The Relentless Dynamic Warm-up:

- 10 4-Point Squats
- 10 Lunge and Pull each leg
- 5 Reverse Lunges each leg
- 10 Sit-overs each side
- 10-15sec each rolling the wrists, elbows, and shoulders
- 5 Push-up Walkouts to "T" each side
- 30 sec Plank
- 10 Glute Bridges
- 20 Lateral Hops
- 20 Seal Jumps
- 10 Squat Jumps

[Here's a video of the warm-up](#)

## What Does The Notation In The Workouts Mean?

You'll notice that your workouts are split up with letter groups in front of each exercise.

For example, in the Workout A we have:

A1) Kettlebell or Dumbbell Sumo Deadlift: 4x8

A2) DB or KB Squat Jumps: 4x4

This is referred to as a "Superset", and what it means is that you will perform a set of each exercise, back to back and without rest between them but resting as you need to after A2. You'll continue this until you hit 4 rounds of 8 and 4 reps, respectively, on the Deadlifts and DB Jump Squats.

In practice it will look like this:

Set 1: KB Sumo DL: x8 reps  
Set 1: KB Squat Jumps: x4 reps  
Set 1: Rest 30-60 seconds  
Set 2: KB Sumo DL: x8 reps  
Set 2: KB Squat Jumps: x4 reps  
Set 2: Rest 30-60 seconds  
Set 3: KB Sumo DL: x8 reps  
Set 3: KB Squat Jumps: x4 reps  
Set 3: Rest 30-60 seconds  
Set 4: KB Sumo DL: x8 reps  
Set 4: KB Squat Jumps: x4 reps  
Set 4: Rest 30-60 seconds

Then you'll move on to the "B" group of:

B1) 1 KB Push-Press: 4x8 reps/side  
B2) Chin-up Holds/Negatives: 4x3-8 reps  
B3) Body Saw: 4x30-45 seconds

These you'll do four rounds of these three exercises, going from one to the others in a circuit format with a brief rest after each round.

## **What Are "Finishers"?**

Each workout has a "Finisher". This is a brief but challenging set of metabolic exercises to help you blast some extra fat and ramp up your conditioning at the end of your workout.

These Finishers are to be completed as quickly as possible. If you blast through them, great! If you struggle, then just keep trying to improve each week. They're supposed to be challenging!

## **Skill and Mobility**

Look, we all know that stretching, mobility, and flexibility work is important. We all also know that most of us don't do enough of it. At Relentless we used to tell people what to stretch out after their workout and after a couple of weeks we'd see them trying to sneak out the door without doing it. So I came up with a system where we do a quick 2:00-5:00 of active stretching and mobility work, focusing on the most common issues that adult athletes have, after the warm-up and as a final prep before the workout.

For these workouts I've included a couple of quick mobility exercises selected specifically to prepare the primary areas we'll be working during that training session.

## The Workouts

### Workout A:

#### Skill and Mobility:

- Pigeon Pose x60seconds per side
- Hip Flexor Stretch x30seconds per side

\*[Check out this blog post for tips on these two stretches.](#)

A1) [KB Sumo Deadlift](#): 4x8

A2) [KB\\* Squat Jumps](#): 4x4

\*The video shows using Dumbbells, not Kettlebells, but you can use either.

B1) [1 KB Push-Press](#): 4x8/side

\*The video shows the exercise performed with two Dumbbells, not a single Kettlebell.

B2) [Chin-ups](#): 4x3-8

B3) [Body Saw](#): 4x30-45sec

#### FINISHER:

C1) [KB Swings](#)

6 Rounds of Max Reps in 30 seconds (maintain good technique!)/30 seconds rest



Relentless adult athlete (Roller Derby) Tara locking out a heavy Sumo Deadlift!

## **Workout B:**

### Skill and Mobility:

-Pec Stretch: x30seconds per side

-Lat Stretch: x30seconds per side

A1) 2 KB Complex: 4x8

A2) Forward/Reverse Bear Crawl: 4x20yd

A3) TGU to Hip-up: 4x6/side

### FINISHER:

30-100 Push-ups (depending on your fitness level) in as short a time as possible



Relentless OCR Race client Ashley having some fun doing Turkish Get-ups with a half-cup of water on her knuckles to improve her coordination and focus.

## Workout C

### Skill and Mobility:

-Adductor Stretch: x30seconds per side

-Pigeon Pose: x30seconds per side

\*See the stretching article for tips on these two.

A1) Goblet Squat: 4x8

A2) KB Swings: 4x15

B1) 3-Position Push-ups: 3x3-5

B2) Ring Rows: 3x12-20

\*Note, if you don't have rings then you can use a barbell secured in a squat rack at about waist height.

### FINISHER:

Jump Rope: x100-300 jumps



Relentless client Matt is a busy administrator and new dad, so he makes use of our efficient workouts to get in shape with some (advanced) band-resisted Kettlebell Swings!

## Further Reading

First of all, thanks again for downloading these workouts. Hopefully you give them a try and enjoy them.

To take your training, nutrition, and mental success training step further, I have a couple of great resources for you:

First, there's a three-article series that I wrote for you:

### [The 10-Step Checklist To Building a Lean, Strong, and Healthy Body](#)

Second, I publish a twice-weekly podcast where I (and guests) discuss the ins and outs of training, nutrition, and the Relentless mindset necessary to perform at your peak. It's great for a commute, if you're working away at your desk, or around the home.

### [The Be Relentless Podcast](#)

I'll be in touch soon!

Cheers,

Isaac Wilkins

Owner, Relentless Strength Training and the Relentless Faction



## About Isaac

I'm a Performance Coach/strength nerd, writer, dog dad, lifter, reader, business owner, and the kind of guy that loves a good, hoppy beer and thinks he's way funnier than his girlfriend does. She's probably right, but I'll still keep on making myself laugh.

I've run the gamut of training circles from the collegiate ranks and Olympic hopefuls to 99 year-old stroke rehab clients and learned something great from every one of them. Along the way I fell in love with training youth athletes and smart adults who want that high-performance edge but probably don't have unlimited time.

My research and writing is pretty broad in topic but centers on training the mind, habit formation, nutrition intervention, and developing a backbone of strength to launch other physical properties from.

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