**Kettlebell FTS 2.0**

This 6 week training program delivers on the most sought after fitness goals; burn fat and build muscle in as little time as possible.

Building upon the foundation of fitness and technique acquired as part of the original Kettlebell FTS program, Version 2.0 takes workouts, intensity and results to new heights.

With a kettlebell in hand, and this training plan as your guide, you can quickly transform your body and improve upon your current level of fitness. So there it is, the answer to your fitness prayers; workout at home, on your schedule, no fancy gym equipment or pricey membership required.

**THIS PROGRAM WILL HELP YOU**

- Improve physical fitness and body composition – you’ll be more fit and look better naked
- Add variety to your workout routine – you’ll actually enjoy working out,
- Save money – no need to buy expensive equipment or waste money on a gym membership
- Save time – more effective workouts in less time and no commute to the gym

**WHAT TO EXPECT**

Kettlebell FTS 2.0 is progressive and is intended to be completed in order.

Each week you will perform four training sessions. These sessions will combine body weight training, kettlebell exercise and cardiovascular conditioning.

You are free to establish a routine as your schedule permits. However, it is recommended that you follow a Monday, Tuesday, Thursday, Friday schedule.

Sessions will feature workouts that are to be completed for a specified number of rounds (sets) and reps, for time, as many rounds as possible, or as fast as possible.
KETTLEBELL FTS 2.0 (2)

EXAMPLES

Rounds and Reps: 3 rounds of 15 reps will have you completing the designated exercises for 15 repetitions, and then repeating that circuit 3 times. You are to complete these exercises quickly, only resting as needed. Keep moving to maintain an elevated heart rate and increase calorie burn.

For Time: Here you will complete the assigned exercises, rounds, and reps continuously for the designated time.

As Fast as Possible (AFAP): Here you will complete the assigned exercises, rounds, and reps as fast as possible using proper form.

As Many Rounds as Possible (AMRAP): You are to complete the assigned exercises and repetitions for as many rounds as possible in the specified time.

TABATA: 20 seconds of work, followed by 10 seconds of rest for the specified number of rounds.

EXERCISE ABBREVIATIONS

KB = Kettlebell
BW = Body Weight
OH = Overhead
Iso = Isometric (squat and hold)
PREPARING TO EXERCISE

BODY POSITION, POSTURE, FOOT POSITION
- Athletic/Ready position: Feet shoulder width apart, chest up, shoulders back and down, core tight, weight back in the heels, neck neutral.
- Maintain positive arch in the back

PICKING-UP/PUTTING-DOWN THE WEIGHT
- When picking up and putting down the weight and to initiate and conclude an exercise or set, be sure to maintain proper body position. Instead of bending down and rounding the back to pick up the kettlebell, sink down into a squat when lifting or returning the kettlebell to the ground.
- If you are beginning and ending an exercise by rounding the back and bending to the ground, you will experience back discomfort. Be sure to monitor body position at the start and conclusion of exercise.

GRIPPING THE WEIGHT
- Basic Grip: two hands over top, both hands grip handle
- Hook Grip: thumbs through handle, palms around the weight
- Single arm, punch through: hand through the handle, weight rests on wrist
PREPARING TO EXERCISE (2)

THE KBC SWING

- Kettlebell for Fat Loss is modeled after the Kettlebell Cardio (KBC) group fitness program. The KBC swing position and stance removes stress from the lower back and sciatic nerves. Instead of using the lower back and hamstrings to generate force, the KBC Swing emphasizes use of the entire core, hips, and glutes to propel the weight. The focus is on the posterior chain, core strength, and hip engagement.

HIP DRIVE

- The hips, not the arms or upper body, are used to propel the kettlebell through varied planes of motion. This power is created by the large muscles of the lower body including the quads, glutes, hamstrings, and core. Utilizing the lower body and core allows an individual to move more weight and activate larger muscles, resulting in increased muscular development and caloric output.
  - Beginning in the squatted athletic body position, grasping the kettlebell with long arms, drive from the heels through the ankles, knees, hips and core. While rising out of the squatted position, driving with the hips, the kettlebell rises through the full motion of a swing. This motion is created by the hip drive, not a squat or by pulling from the upper body.
FAQ

HOW LONG SHOULD THE TRAINING SESSIONS TAKE?
Workouts will take about 40 minutes. Some will be a little shorter – think 25 minutes – others might be closer to an hour.

HOW LONG SHOULD I REST BETWEEN ROUNDS AND CIRCuits?
When there is no rest period given move fast, but don’t hurry. Form and safety come first, so make sure you nail the technique before you worry about your speed.

During each circuit or set keep rest periods to 60 seconds max. Then, between circuits and sets rest up to 3 minutes.

WHAT IF I CAN’T KEEP UP WITH THE TRAINING SCHEDULE?
If the training schedule doesn’t work for you, make it work. Try not to skip workouts. Instead you can get them in when you can.

WHAT ABOUT UNFAMILIAR EXERCISES?
If you don’t know how to perform an exercise or are not sure what it is reference the video library here: www.thehybridathlete.com/videos.

If you’re still unsure email Anthony@hyrbidathlete.org and ask him what to do.

WHAT ABOUT NUTRITION?
You can’t out train poor nutrition, but there’s no secret diet – it’s called willpower. 80% of the time eat real food; lean meat, veggies, fruit, nuts and seeds. Don’t eat foods that come out of a box or bag; no grains, bread, sugar or starch.

Then, the other 20% of the time you can eat whatever you want.
**FAQ (2)**

**AND THE WARM-UP?**
A dynamic warm-up is the method we use to prepare your body for exercise. Done correctly, a dynamic warm-up will use continuous movement to transition from a resting heart rate and body temperature to a working heart rate. The idea here is to get your heart going, increase core temperature and break a sweat.

Each session will be assigned a warm-up A, B, or C.

<table>
<thead>
<tr>
<th>WARM-UP A</th>
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<th>WARM-UP C</th>
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<td>3 rounds, 30 seconds each</td>
<td>3 Rounds, 30 seconds each</td>
<td>4 Rounds</td>
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<tr>
<td>Jumping Jack</td>
<td>Steam Engine</td>
<td>5x BW Squat</td>
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<td>Instep Stretch</td>
<td>Trunk Rotation</td>
<td>5x Multi-direction Leg Swing</td>
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<tr>
<td>Arm Circles (forward/backward, large/small)</td>
<td>Foam Roll IT Band &amp; Quads (if possible)</td>
<td>5x Alternate Lunge (each leg)</td>
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<td>Trunk Rotation (right &amp; left)</td>
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1x Easy Jog and Dynamic Movements: High-knees, Butt-kicks, Bounding, Reverse Run, etc. @ 5 minutes
## WEEK 1

### Session 1

**Warm-up A**

3 Rounds

- 5x Superman Back Extension
- 10x Push-up
- 15x BW Squat
- 20x Sit-up

5 Rounds

- 25x KB Front Squat
- 25x KB Push Press
- 25x KB Swing

Rest @ 30 seconds

3 Rounds

- 12x KB Floor-to-Shelf (each side)
- Plank hold @ 60 seconds

### Session 2

**Warm-up B**

3 Rounds, 30 sec each

- Plank Walk-up
- KB Lunge and Press
- Iso Squat + Chest Press

30, 20, 10 of each

- KB Deadlift High-pull
- KB Thruster
- KB Weighted Sit-up

3 Rounds

- 25x KB Twist
- 25x Flutter Kick
WEEK 1

Session 3

Warm-up A

4 Rounds, 60 sec each

Mountain Climber
KB Swing
Dive Bomb Push-up
KB Thruster
Knee-to-elbow Push-up
KB Deadlift High-pull

Rest @ 60 seconds

2 Rounds

10x Half Moon (each side)
20x Leg Raise

Session 4

Warm-up C

Walk, jog or run for at least 20 minutes

Use a walk, jog technique if needed
(jog until you need a break, then walk as needed, repeat for 20 minutes)

Do what you can at first, and plan to increase the length or duration of your run over time.

If you can go 20 minutes try a 5K
If 5K is easy do a 10K

Cool down @ 10 min easy jog, static stretching
WEEK 2

Session 5

Warm-up A

6 Rounds

12x KB Plank Row (6x each arm)
12x KB Thruster Right Arm
12x KB Thruster Left Arm
12x Weighted Sit-up

3 Rounds

5x Bird-dog (each side)
10x KB Floor-to-Shelf (each side)
5x windmill Push-up (each side)
10x KB In and Out

Session 11

Warm-up B

3 Rounds

5x Push-up
5x Superman Back Extension
Plank hold @ 60 seconds

3 Rounds

Lunge and Press @ 30 Seconds
Jump Lunge @ 30 seconds
Rest up to 2 minutes

3 Rounds

KB Swing @ 30 Seconds
Jump Squat @ 30 seconds
Rest up to 2 minutes

3 Rounds

KB Front Squat @ 30 Seconds
Iso Squat hold @ 30 seconds
Rest up to 2 minutes
WEEK 2

**Session 7**

**Warm-up A**

4 Rounds

12x Dive Bomb Push-up
24x KB Deadlift High-pull
12x Push-up
24x KB Push-pres
12x KB Half-moon
24x Iso Squat + Chest Press

2 Rounds

12x KB Twist (each side)
12x Weighted Sit-up

**Session 8**

**Warm-up C**

4 to 6 Rounds, based on ability

Run 400m
(one lap around an outdoor track)

25x Burpee

25x KB Swing

25x KB In and Out
WEEK 3

Session 9

Warm-up B

2 Rounds

5x Push-up
10x BW Squat
15x Weighted Sit-up

5 Rounds

KB Swing @ 60 seconds
Rest @ 20 seconds
Figure 8 Pass-Through @ 60 seconds
Rest @ 20 seconds
Jump Squat @ 60 seconds
Rest @ 20 seconds

3 Rounds

12x Mountain climber each leg
12x Leg Raise

Session 10

Warm-up A

3 Rounds

10x Burpee
Plank hold @ 60 seconds

5 Rounds

6x KB Plank Row each arm
12x Superman Back Extension
6x KB Thruster Right Arm
6x KB Thruster Left Arm
12x KB High Pull

2 Rounds

12x KB Floor-to-Shelf each side
24x KB In and Out
WEEK 3

Session 11

Warm-up B

4 Rounds

20x KB Thruster
10x Push-up

4 Rounds

20x KB Deadlift High-pull
10x KB Alternate Lunge (each leg)

4 Rounds

15x KB Front Squat
10x Weighted Sit-up
15x iso Squat hold + chest press
10x Flutter Kick each leg

Session 12

Warm-up C

Run 20-40 minutes.

Every 5 minutes during the run pick up the pace and run faster than your comfortable pace. Sustain this new, faster pace for 1-3 minutes.

When you can’t keep it up any longer, slow down – walk if you have to – then return to your normal pace and repeat the same process.
WEEK 4

Session 13

Warm-up A

2 Rounds

12x BW Squat
6x Tip Over each leg
3x Dive Bomb Push-up

As many times as possible in 20 minutes

20x KB Front Squat
10x KB Half-moon each side
20x KB Thruster
10x Push-up
20x KB Swing
10x KB in and out
20x Alternate Deadlift High-pull
10x KB Twist

Session 14

Warm-up B

4 Rounds

24x BW Squat
24x Alternate Lunge (12 each leg)
12x Jump Squat
12x Jump Lunge (6x each leg)

4 Rounds

6x KB Plank Row Right Arm
6x KB Thruster Right Arm
6x KB Plank Row Left Arm
6x KB Thruster Left Arm
12x Figure 8 Pass Through
WEEK 4

Session 15

Warm-up A

2 Rounds

5x Bird-dog each side
10x Superman Back Extension

1-3 rounds as fast as possible (proper form)

50x KB Swing
40x KB Lunge and Press (20 each leg)
30x KB Floor-to-shelf (15x each side)
20x Weighted Sit-up
10x KB Front Squat
5x Knee-to-elbow Push-up (each side)

Session 16

Warm-up C

Find a steep hill or stadium stairs to climb

Then, walk, jog or sprint the hill or stairs 8-12 times

Walk or jog back to the start and repeat.

Cool down @ 10 min easy jog, static stretching
## WEEK 5

### Session 17

- **Warm-up B**
  - 2 Rounds
  - 5x Plank Walk-up
  - 10x Alternate Lunge
  - 15x Weighted Sit-up

- **3 Rounds**
  - 12x KB Deadlift
  - 12x KB High-pull
  - 24xKB Deadlift High-pull

- **3 Rounds**
  - 12x KB Push-press
  - 12x KB Front Squat
  - 24x KB Thruster

- **2 Rounds**
  - 20x Mountain climber
  - Plank Hold as long as possible
  - 20x Flutter kick

### Session 18

- **Warm-up A**
  - 2 Rounds
  - 10x Push-up
  - 20x KB in and out

- **5 Rounds**
  - KB Figure 8 Pass Through @ 30 seconds
  - Squat hold @ 30 seconds
  - KB Gun Slinger @ 30 seconds
  - Squat hold @ 30 seconds
  - KB Lunge and Press @ 30 seconds
  - Squat hold @ 30 seconds
  - Jump squat @ 30 seconds
  - Squat hold @ 30 seconds
WEEK 5

Session 19

Warm-up B

4 Rounds

5x Dive Bomb Push-up
5x Bird-dog each side

TABATA
20 seconds all out work, 10 seconds rest

4 Rounds

KB swing @ 20 seconds
Rest @ 10 Seconds

4 Rounds

KB Thruster @ 20 seconds
Rest @ 10 Seconds

4 Rounds

KB deadlift High-pull @ 20 seconds
Rest @ 10 Seconds

Session 20

Warm-up C

6 Rounds

100m Run
20x Burpee
100m KB Lunge and Press
20x KB Twist
WEEK 6

Session 21

Warm-up C

- Run at least 30 minutes
- Use a walk/jog technique if needed (jog until you need a break, then walk as needed, repeat for 30 minutes)
- Look to build up your mileage over time; do not push too far too fast.
- If you can go 30 minutes try a 5K
  If you can do a 5K, do a 10K
- Cool down @ 10 min easy jog, static stretching
WEEK 6

Session 22

Warm-up B

3 Rounds

10x Plank Walk-up
20x BW Squat
20x Leg Raise

3 Rounds

5x Staggered Hand Push-up (each hand)
5x Split Squat (each leg)
20x In and Out

3 Rounds

40x Mountain Climber
10x Lateral Lunge (each leg)
Plank Hold @ 60 seconds

Session 23

Warm-up A

2 Rounds, 12 reps each

Knee to Elbow Push-up
Jumping Jack
Leg Raise
Alternate Lunge
Superman Back Extension
Reverse Lunge

Max Repetitions, 2 minutes each exercise
Push-up • Squat • Sit-up

2 Rounds, 12 reps each

Windmill Push-up
Alternate Lunge
Jumping Jack
Reverse Lunge
Two Count Flutter Kick
Bird Dog
WEEK 6

Session 24

Warm-up B

4 Rounds

60 seconds on, 30 seconds rest
Burpee

4 Rounds

60 seconds on, 30 seconds rest
Jump Squat

4 Rounds

60 seconds on, 30 seconds rest
Jump Lunge

5 Rounds

Max Hold Plank

Session 25

Warm-up A

10x Dive Bomb Push-up
20x In and Out
10x Alternate Lunge (each leg)
20x Leg Raise
10x Plank Walk-up
20x Sit-up
10x BW Squat
20x Two Count Flutter Kick
WEEK 6

Session 21

Warm-up A

2 Rounds

5x Knee-to-elbow Push-up
5x Bird-dog each side
5x Superman Back Extension

5 Rounds, 25x each

KB Swing
KB In and out
KB Gun Slinger

3 Rounds

3-way plank hold, 60 seconds each position
20x leg raise

Session 22

Warm-up B

4 Rounds

20x KB Deadlift High-pull
10x KB Push Press Right Arm
10x KB Push Press Left Arm
10x KB Alternate Plank Row (each arm)

4 Rounds

5x Push-up
10x KB Floor-to-shelf
15x KB Twist
20x Mountain Climber
WEEK 6

Session 23

Warm-up B

2 Rounds

5x Dive bomb push-up
5x tip over each leg
5x plank Walk-up

5 Rounds

20x KB Thruster
10x KB Weighted Sit-up
10x Burpee
20x KB In and Out
20x KB Lunge and Press (10 each leg)
20x KB Half Moon (10 each side)

Session 24

Warm-up C

Complete 1-3 Rounds based on ability

Run @ 5 minutes
25x KB Swing
Run@ 5 minutes
25x Deadlift High-pull
Run @ 5 minutes
25x KB Swing
Run @ 5 minutes
25x flutter kick