



FREE WORKOUTS

TRY A WORKOUT FROM OUR
SIGNATURE PROGRAMS

...and a little more about how we keep fitness fun!

HEYYYYO & WELCOME TO THE PARTY!!

WE'RE SO GRATEFUL THAT YOU ARE HERE..
LET'S GET READY FOR A DAMN GOOD TIME!

Our workouts have changed hundreds of lives all around the world. We are excited for our workouts and community to change yours!

At Kettlebell Athletes we believe that fitness does not have to be complicated. We've found that the cornerstone of consistency is HAVING FUN. The best part is you can have simple, fun, and EXTREMELY effective workouts.

That is where the Kettlebell Athletes training philosophy was born.

The truth is, life is too short to not feel STRONG and CONFIDENT in your body. We recognize that while health and fitness looks different for everybody it looks good on every body. As far as we are concerned, if you train with us, you ARE an athlete.

As healthcare providers we understand it can be challenging to sift through all of the bullsh*t. That is why we have created workouts that are SIMPLE, FUN & EFFECTIVE so that you will achieve your goals... which is why we are so excited that you are here.



Our community, coaching, and programs are our pride and joy at Kettlebell Athletes. We can't wait to show you that you don't have to spend hours at the gym to feel strong, healthy, and athletic.

Stay tuned to see how!

**KETTLEBELL ATHLETES FOUNDERS,
DR. BIJAN & COACH GAB**



WHAT YOU GET WITH YOUR KETTLEBELL ATHLETES MEMBERSHIP

1.) ACCESS TO ANY OF OUR 6 LIFE CHANGING PROGRAMS. (\$800 VALUE)

Whether your goal is to learn how to use kettlebells so that you can train from home, build muscle, improve your cardiovascular health, lose weight, hit new PRs, or play with your kids we've got you covered!

2) FREEDOM TO WORKOUT WHEN AND WHERE YOU WANT

The best thing kettlebells have brought into our life is FLEXIBILITY and AUTONOMY. You don't have to spend hours at the gym battling for equipment. Seamlessly make exercise a part of your life with kettlebell training.

3) AROUND THE CLOCK COACHING SUPPORT FROM OUR TEAM

Get timely responses on questions regarding workouts, progressions/regressions, modifications, form feedback, nutrition/lifestyle advice, mindset, and so much more.

4) ONLINE KBA COMMUNITY = A GLOBAL ONLINE SUPPORT SYSTEM!

Tap into your accountability buddies who will cheer you on as you move towards your health and fitness goals.

5) KETTLEBELL ATHLETES APP & MASSIVE EXERCISE LIBRARY

Easily view your daily workout, send in videos for form feedback, & track your progress right from your fingertips.

Not sure how to perform a movement properly? We are there to provide you with a detailed and tailored video explanation.

6) TIMELY FEEDBACK ON YOUR FORM

Just because we aren't physically there while you train doesn't mean we aren't there by your side to support you along your kettlebell journey. Send us a video of any movement and expect a personalized response on how to master that skill.

TRY A **FREE WEEK** to the Kettlebell Athletes training app

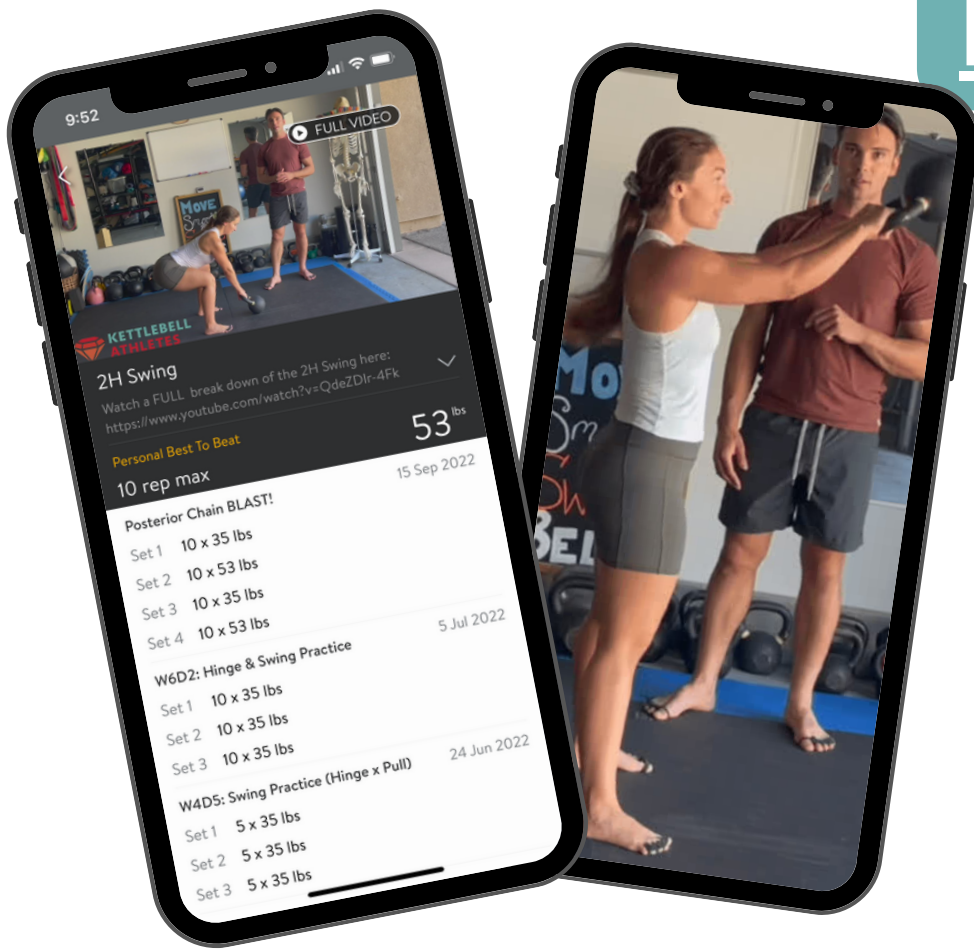
We want to gift you **A FREE WEEK!**

Elevate your experience on our app, get instant access to all of our programs and coaching & get to know us and our community!

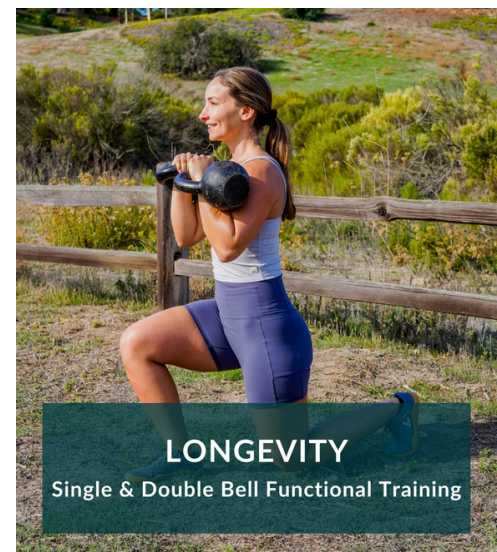
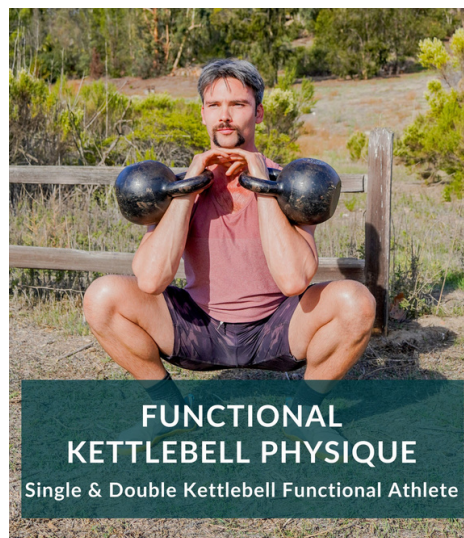
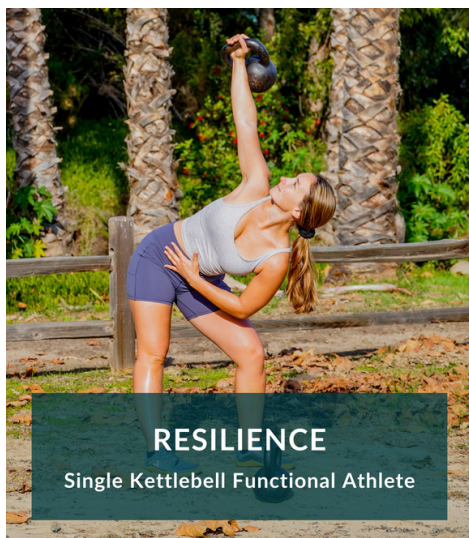
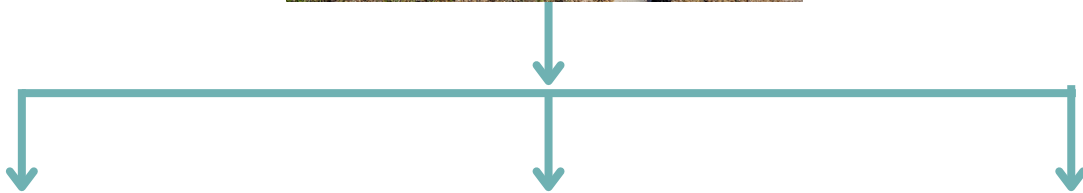
- Dr. Bijan and Coach Gab



Click here to
claim your
FREE week!



ENTER THE ROADMAP TO BECOME A KETTLEBELL ATHLETE



**We have a number of programs (3-5 day/week)
depending your specific goals.**

Let's find the right fit for you after you complete BASECAMP!

BASECAMP

INTRO TO KETTLEBELLS

45-60 MINUTES. 4 LIFT DAYS.
OPTIONAL ACTIVE RECOVERY DAY

Basecamp is our most popular training program guaranteed to help you master your form and technique so that you become confident with kettlebells. Over the course of 12 weeks you will be introduced to swings, cleans, snatches, get ups & so much more to unlock the most versatile tool in the industry!

Expect to become stronger and more mobile so that everyday life becomes easier.

INTRO TO KETTLEBELL SWING

1 ROUND WARM UP CIRCUIT

- CAT COW (6 in each direction)
- YOGA PUSH UP (5 reps, 5" hold at the top)
- ADDUCTOR ROCK (5 each side, 3" hold at end range)
- BRIDGE WITH MARCH (5 reps, bring bottom down after you march each leg)
- KB GOODMORNING (5 reps, light-moderate resistance)

2 ROUNDS DRILL THE SKILL

- BANDED PULL DOWN (5 reps, 3" hold)
- DRAG DRILL (6 reps, Lock in your LATS)
- HIKE DRILL (5 reps, strong and fast hike)
- GOBLET MARCH (30" keep your ribs stacked over your pelvis)

4 ROUNDS SWING PRACTICE SUPERSET

- DEADLIFT (Fast up, Slow down) 6 reps, mod-heavy resistance. Use this to prep your hips to POWER the bell on your swings
- 2H DEADSTOP SWING (5 reps, RESET after every rep)

1 ROUND COOL DOWN

- OPEN BOOK STRETCH (5 each side)
- SHOULDER STRETCH (30" each side)
- FOAM ROLL - UPPER BACK (60")

RESILIENCE

SINGLE KETTLEBELL FUNCTIONAL ATHLETE

45-75 MINUTES. 4 LIFT DAYS.
OPTIONAL ACTIVE RECOVERY

RESILIENCE is our second most popular program guaranteed to introduce you to all that kettlebells have to offer. Be prepared to break out of the box and explore what you can do with a single kettlebell.

RESILIENCE is for the intermediate kettlebell athlete who is confident with the fundamentals of kettlebell training. Most of our members transition to RESILIENCE after completing BASECAMP.

Expect to build muscle, improve your strength and mobility from head to toe, and fall in love with your movement practice!

SWEATY BELLS (SKILLS EMOM)

1 ROUND

WARM UP

- CAT COW (5 each directions, 3" hold in each position)
- PUSH UP ROTATION (6-8 + 6-8)
- LOW HANG COSSACK SQUAT (10 + 10 light resistance)
- HALO KANG SQUAT (5 reps, moderate resistance)

2 ROUNDS

PRE-FATIGUE SUPERSET

- SA DEADLIFT, ROW, CLEAN COMPLEX (3 + 3, moderate resistance)
- POGO JUMPS (30")

5 ROUNDS

20 MINUTE EMOM

- SA SWING (6-8 + 6-8, moderate resistance)
- GOBLET SQUAT (10 reps, moderate resistance)
- SA CLEAN (6 + 6, moderate resistance)
- PLANK PULL THROUGH (5 + 5, moderate resistance)

1 ROUND

COOL DOWN

- FOAM ROLL - UPPER BACK (60")
- FOAM ROLL - LATS (60" each side)
- FOAM ROLL - GLUTES (60" each side)
- PIGEON STRETCH (60" each side)

LONGEVITY

ADVANCED SINGLE & DOUBLE KETTLEBELL FUNCTIONAL TRAINING

45-75 MINUTES. 4 LIFT DAYS.
OPTIONAL ACTIVE RECOVERY.

LONGEVITY is our advanced single kettlebell program designed to help you move well for the rest of your life. Our advanced athletes who want to train with single kettlebells transition to LONGEVITY. LONGEVITY guarantees you will become and stay an athlete for life.

Expect to become strong by working on key biomarkers of strength associated with longevity such as grip, leg, and push up strength. Most importantly, you are going to have a ton of fun along the way.

I LIKE MY WEIGHTS HEAVY AND MY SQUATS DOWN LOW

1 ROUND WARM UP

- CAT COW - (5 reps)
- PLANK SCAPULAR PUSH UP - (10 reps)
- SHOULDER CARS - (10 + 10)
- BANDED PULL APARTS - (10 reps, 5" hold)
- HIP 90/90 ROTATION WITH EXTENSION - (5 + 5, 5" hold at end range)

2 ROUNDS PRE-FATIGUE SUPERSET

- A - SKIP - (30")
- SQUAT & PRY LOADED - (30")

3 ROUNDS STRENGTH SUPERSET

- HEEL ELEVATED GOBLET SQUAT - (6-8 reps, TEMPO: 3231)
- TEMPO PUSH UPS - (5-10)

3 ROUNDS STRENGTH SUPERSET

- SA CLEAN SQUAT LONG PRESS OH MARCH - (3-5 + 3-5 moderate resistance)
- PLANK PULL THROUGH - (6 + 6 moderate resistance)

3 ROUNDS STRENGTH SUPERSET

- CURTSEY LUNGE TO PRESS - (6-8 + 6-8 moderate resistance)
- DOUBLE CHEST PRESS BRIDGE - (8-10 reps moderate resistance)

1 ROUND COOL DOWN

- QUADRUPED SCAPULAR CARS - (60")
- NECK CARS - (60")
- PIGEON STRETCH - (60" each leg)

FUNCTIONAL KETTLEBELL PHYSIQUE

SINGLE & DOUBLE KETTLEBELL ATHLETE

45-75 MINUTES. 4 LIFT DAYS. OPTIONAL ACTIVE
RECOVERY. OPTIONAL CONDITIONING CIRCUIT

FUNCTIONAL KETTLEBELL PHYSIQUE is our advanced double bell program that most of our athletes work towards after graduating from RESILIENCE. Functional Kettlebell Physique is guaranteed to get you looking, moving, and FEELING your best with a blend of functional kettlebell training and hardstyle kettlebell training.

Expect to become stronger than you've ever been, enhance your performance in all areas of life, and become a kettlebell badass! Create a body that not only looks good but feels good.

GO BALLISTIC!

CIRCUIT 1

WARM UP

- CAT COW MOBILITY - 30"
- WALK OUT PUSH UPS - 6 reps
- BANDED PULL APARTS - 5 reps 5" hold
- ADDUCTOR ROCK + HALO - 3 + 3, moderate resistance

2 ROUNDS

PRE FATIGUE SUPERSET

- GET UP + WINDMILL AT TOP - 1 + 1, moderate-heavy
- 2H SWING - 10, moderate

4 ROUNDS

STRENGTH & CONDITIONING CIRCUIT

- DOUBLE DEADSTOP SWING - 5 reps moderate resistance
- SL RDL & ROW - 6 + 6, Moderate resistance
- DOUBLE SWING - 3-5 reps, moderate resistance
- PRONE ROWS WITH BENCH - 6-8 reps, moderate

1 ROUND

COOL DOWN CIRCUIT

- QUADRUPED SCAPULAR CARS - 60"
- NECK CARS - 60"
- SHOULDER CARS - 10 + 10
- PIGEON STRETCH - 60" each side



LOVE THESE WORKOUTS?

**THE FUN DOESN'T HAVE TO STOP HERE!
OUR WORKOUTS AND COMMUNITY AT KETTLEBELL
ATHLETES IS WHERE THE MAGIC HAPPENS!**

It is a privilege to be able to share our passion for health and fitness with athletes all around the globe! Our evidence based kettlebell programs and supportive community create a space for our members to simplify their fitness and truly fall in love with their movement practice.

The way you express movement and fuel your body should provide you the freedom to enjoy your life! Kettlebell training has opened our eyes to a whole new way of approaching fitness. You can have FUN while working hard. You can get STRONG with minimal equipment. Exercise should BUILD YOU UP not break you down. We believe your training should allow you to live a healthy and adventurous life!

We want you to experience this for yourself. If you enjoyed these training sessions we've got thousands more for you.



We want to gift you A FREE WEEK!

Elevate your experience on our app, get instant access to all of our programs and coaching & get to know us and our community!

- DR. BIJAN AND COACH GAB



JOIN THE KETTLEBELL ATHLETES FAMILY

WWW.KETTLEBELLATHLETES.COM/MEMBERSHIP