

8-Week Dumbbell-Kettlebell Programme

Descriptions and images coming soon!

Pressing exercise		single arm KB chest press	seated shoulder press	KB pullovers	feet raised push ups	KB skullcrusher	KB kickbacks
Higher Volume. Longer Rest Periods	Week 1	4 sets of 8	3 sets of 8 & 1 set of 3	3 sets of 8	4 sets of 10	2 sets of 8	2 sets of 10-12
	Week 2	4 sets of 8	3 sets of 8 & 1 set of 3	3 sets of 8	4 sets of 10	2 sets of 8	2 sets of 10-12
	Week 3	4 sets of 8	3 sets of 8 & 1 set of 3	3 sets of 8	4 sets of 10	2 sets of 8	2 sets of 10-12
	Week 4	4 sets of 8	3 sets of 8 & 1 set of 3	3 sets of 8	4 sets of 10	2 sets of 8	2 sets of 10-12
Decreased Volume. Shorter Rest Periods	Week 5	5 sets of 6	4 sets of 6	3 sets of 8	3 sets of 15	3 sets of 6	3 sets of 8-10
	Week 6	5 sets of 6	4 sets of 6	3 sets of 8	3 sets of 15	3 sets of 6	3 sets of 8-10
	Week 7	5 sets of 6	4 sets of 6	3 sets of 8	3 sets of 15	3 sets of 6	3 sets of 8-10
	Week 8	5 sets of 6	4 sets of 6	3 sets of 8	3 sets of 15	3 sets of 6	3 sets of 8-10
Legs / Core exercise		KB goblet squat	Sumo KB deadlift	walking lunges	crunches	KB windmill	Plank to side-plank
Higher Volume. Longer Rest Periods	Week 1	4 sets of 10	3 sets of 12	15 / 12 / 10 (steps) drop set. rest in between	3 sets of 10	3 sets of 6	30sec holds
	Week 2	4 sets of 10	3 sets of 12	15 / 12 / 10 (steps) drop set. rest in between	3 sets of 10	3 sets of 6	30sec holds
	Week 3	4 sets of 10	3 sets of 12	15 / 12 / 10 (steps) drop set. rest in between	3 sets of 10	3 sets of 6	30sec holds
	Week 4	4 sets of 10	3 sets of 12	15 / 12 / 10 (steps) drop set. rest in between	3 sets of 10	3 sets of 6	30sec holds
Decreased Volume. Shorter Rest Periods	Week 5	5 sets of 8	4 sets of 8	12/10/8/6 drop set	4 sets of 8	3 sets of 6	60sec holds
	Week 6	5 sets of 8	4 sets of 8	12/10/8/6 drop set	4 sets of 8	3 sets of 6	60sec holds
	Week 7	5 sets of 8	4 sets of 8	12/10/8/6 drop set	4 sets of 8	3 sets of 6	60sec holds
	Week 8	5 sets of 8	4 sets of 8	12/10/8/6 drop set	4 sets of 8	3 sets of 6	60sec holds
Pulling exercise		KB swings	single arm KB rows	KB upright row	standing KB hammer curls	band face-pulls ...or KB halo's if not owned	
Higher Volume. Longer Rest Periods	Week 1	3 sets of 20	3 sets of 12	2 sets of 10	3 sets of 10	3 sets of 20	
	Week 2	3 sets of 20	3 sets of 12	2 sets of 10	3 sets of 10	3 sets of 20	
	Week 3	3 sets of 20	3 sets of 12	2 sets of 10	3 sets of 10	3 sets of 20	
	Week 4	3 sets of 20	3 sets of 12	2 sets of 10	3 sets of 10	3 sets of 20	
Decreased Volume. Shorter Rest Periods	Week 5	4 sets of 15	4 sets of 8	3 sets of 8	4 sets of 8	4 sets of 15	
	Week 6	4 sets of 15	4 sets of 8	3 sets of 8	4 sets of 8	4 sets of 15	
	Week 7	4 sets of 15	4 sets of 8	3 sets of 8	4 sets of 8	4 sets of 15	
	Week 8	4 sets of 15	4 sets of 8	3 sets of 8	4 sets of 8	4 sets of 15	

Exercise safely - Please remember to ensure you are safe and only take part in classes that are at your own ability level. If you have any injuries or health conditions please consult your doctor before taking part in any physical activity.