Kettlebell Bodyweight WODs

Only kettlebell required | RX weight = 24/16kg and RX KB Swing = American (Overhead)

20 Min AMRAP 4 Pistols 4 HSPU 16 KB Swings	5 RFT 5+5 KB Push Press 10 KB Swings 10 KB Goblet Squats	5 RFT 30 Burpees 30 KB Swings
FT 50-40-30-20-10 KB Goblet Squats KB Swings	7 RFT 15 KB Swings 15 Tuck Jumps	FT 21-15-9 KB Swings Burpees
For Time 100 KB Snatches EMOM 5 Burpees First burpees at 0:00	10 RFT 6 KB Swings 6 HSPU 6+6 KB OHS	8 RFT 12 KB Swings 3 Wall Climbs
For Time 70 Burpees 60 Sit Ups 50 KB Swings 40 HSPU	5 RFT 22 Burpees 22 KB Swings 44 Air Squat	15 Min AMRAP 15 KB Swings 10 Tuck Jumps 5 HSPU
FT 21-15-9 Left Arm KB Snatch Right Arm KB Snatch KB Swings	5 RFT 12 KB Goblet Squats 18 KB Swings	FT 50-40-30-20-10 KB Swings Sit Ups
7 RFT 10 Push Ups 15 KB Swings 20 Air Squats	3 RFT 21 Burpees 21 KB Swings 12 HSPU	For Time 66 Pistols 66 KB Swings 66 Push Ups 66 KB Snatches 66 Burpees
Max unbroken sets of KB Swings 3 minute rest KB Swings	5 RFT 30 KB Swings 30 Burpees 30 Sit Ups	5 RFT 12 KB SDHP 9 KB Swings 6+6 KB Jerks
5 RFT 28 Pistols 14 KB Snatches	5 RFT 30 Push Ups 20 KB Swings 10 Burpees	3 RFT 60 Sit Ups 30 KB Swings

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Max Reps 3-2-1 Min of KB Snatches 3-2-1 Min of Push Ups	For Time 50 Burpees 100 KB Swings 200 Push Ups 300 Air Squat 50 Burpees	For Time 75 KB Swings 75 KB Goblet Squats 75 KB Snatches
Not For Time Work on technique Do 100 TGU In 1 training session	20 Min AMRAP 10 Air Squat 10 Pistols 15 KB Swings	FT 21-18-15-12-9-6-3 KB Thrusters KB Facing Burpees
Tabata 8x 20s ON/10s OFF KB Snatches	Tabata 8x 20s ON/10s OFF KB Goblet Squats	Tabata 8x 20s ON/10s OFF KB Swings
15 Min AMRAP 6 Strict HSPU 9 Burpees 12 KB Goblet Squats	For Time 100 KB Swings 75 Push Ups 50 KB Swings 75 Push Ups 100 KB Swings	For Time 150 KB Swings
For Time 21-15-9 KB Goblet Squat 21-15-9 KB SDHP	Death By KB Swings 1. Min 1 KB Swings 2. Min 2 KB Swings ... X. Min X KB Swings	Death By KB Snatches 1. Min 1 KB Snatches 2. Min 2 KB Snatches ... X. Min X KB Snatches
For Time 20 HSPU 30 KB Swings 40 Burpees	For Time 20 KB SDHP 20 Burpees 10+10 KB OHS 20 Burpees 20 KB SDHP	For Time 20 KB Pistols 40 KB Sit Ups 60 KB Swings
For Time 60-40-20 KB SDHP 30-20-10 KB Sit Ups	For Time 400 Front R. KB Lunges	3 RFT 8 KB Pistols 12 KB Goblet Squats 16 Front R. KB Lunges
6 Min AMRAP 6 KB Thrusters 12 KB Swings	8 Min AMRAP 4 HSPU 8 KB Swings 12 KB Sit Ups	For Max Reps 4 Min Burpees 1 Min Rest 3 Min KB Swings 1 Min Rest 2 Min KB Goblet Squats

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For Time 50 Burpees 100 KB Snatches 50 Burpees	For Time 100 KB Swings 100 KB Goblet Squats 100 KB Snatches	15 Min AMRAP 20 HSPU 30 KB Swings
20 Min AMRAP 100 Sit Ups 75 KB SDHP 50 OverH. KB Lunges	10 RFT 15 Push Ups 15 KB Swings 15 Air Squats	For Time 150 KB Swings 125 Push Ups 100 OverH. KB Lunges
26 Min AMRAP 10 HSPU 15 KB Swings 20 Pistols	4 RFT 15 Burpees 25 KB SDHP	5 RFT 15 KB Swings 15 HSPU
5 RFT 20 KB Sit Ups 20 KB SDHP	For Time 20 Burpees 40 KB Snatches 60 Push Ups 40 KB Snatches 20 Burpees	For Time 400m OverH. KB Lunges EMOM 5 Burpees
For Time 75 KB Swings 75 Burpees 75 KB Swings	For Reps 7x Max Set of KB Swings Rest 3 min between sets	7 Min AMRAP 2-4-6-8-... KB Swings 5 Burpees
For Time 50x 1 KB Swing + 1 KB SDHP + 1 KB Goblet Squat + 1 KB Thruster	For Time 45-30-15 KB Swings 45-30-15 Air Squats	5 RFT 24 Pistols 12 KB SDHP
For Time 104 KB Goblet Squats 52 KB Swings	5 RFT 20 Burpees 20 KB Swings	20 Min AMRAP 8 Burpees 10 KB Swings 12 Air Squats
35 Min AMRAP 40 Air Squats 35 KB SDHP 30 Push Ups	3 RFT 100 Lunges 50 KB Swings	12 Min AMRAP 4-8-12-... KB Snatches 4-8-12-... Pistols

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For Time	For Time	For Time
125 KB Swings	27-21-15-9 KB Thrusters	21-15-9 Burpees
EMOM 5 HSPU	27-21-15-9 KB Swings	21-15-9 KB Swings
		21-15-9 Jump Squats
10 Min AMRAP	15 Min AMRAP	3 RFT
21 KB Swings	25 KB Swings	42 KB Swings
15 Burpees	50m Bear Crawl	42 Pistols
9 KB Sit Ups		
5 RFT	5 RFT	For Max Reps
15+15 KB OHS	6 KB SDHP	1 Min KB Thrusters
15 HSPU	6 Burpees	2 Min KB Snatches
	6 KB Goblet Squats	3 Min Air Squats
	6 KB Swings	2 Min KB Snatches
	6 KB Snatches	1 Min KB Thrusters
3 RFT	5 RFT	For Time
42 Jump Squats	5 HSPU	21-15-9 KB Swings
21 KB Swings	10 KB Snatches	21-15-9 Push Ups
12 HSPU	15 Burpees	
	20 Pistols	
	25 KB Swings	
12 Min AMRAP	For Time	7 RFT
5 Push Ups	45-30-15 KB Swings	7 HSPU
10 KB Swings	45-30-15 KB Goblet Squats	10 Pistols
15 Sit Ups	45-30-15 Push Ups	14 KB Snatches
For Time	7 Min AMRAP	25 Min AMRAP
50 KB SDHP	10 KB Swings	75 Air Squats
40 HSPU	10 Tuck Jumps	50 KB Swings
30 KB SDHP		25 Push Ups
20 HSPU		
10 KB SDHP		
2 RFT	6 RFT	Get as far as possible
30 KB Swings	10 Burpees	5-10-15-...-45-50-55-...
30 Pistols	10 KB Swings	Unbroken sets of KB Swings
30 Burpees	10 Tuck Jumps	Rest as needed
2 RFT	3 RFT	6 Min AMRAP
50 Burpees	25 KB Goblet Squats	Max Reps KB Snatches
100 OverH. KB Lunges	25 KB Swings	