7 Kettlebell Fat Furnace Workouts

Torch Fat, Sculpt and Strengthen Your Whole Body With These Innovative Workouts

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About The Author

Sam O’Sullivan is a highly qualified Personal Trainer and Health Activist. He has great passion for health, fitness and nutrition.

Sam hates seeing people wasting time in the gym, which has given him the motivation to produce this simple, yet fantastic e-book – ‘7 Kettlebell Fat Furnace Workouts’
Introduction

This book is designed to maximise your time and efforts of training all with one piece of kit – a set of kettlebells. Having been in the industry for a long time I see people on a daily basis doing the same boring workouts with no reward. It drives me mad!

I see gym members doing monotonous cardiovascular routines day in and day out. Most days these people spend over an hour on a single treadmill, X trainer or bike and for what – nothing!!

This book will provide innovative kettlebell routines that will condition and transform your body shape and fitness levels. It will provide you with 7 different challenging workouts so you will never have an excuse not to train effectively again.

It is designed around ‘shocking the body’ and making sure we maintain and increase lean muscle mass and make your body a fat burning machine with just 7 varied workouts.
How It Will Change Your Body Shape?

With fat loss, you need to maximize muscle-mass retention to keep your metabolism at its maximum. This is why excess cardio is forbidden in my opinion. Cardio is catabolic and long term exposure will lead to a decrease in muscle mass and a subsequent decrease in metabolism.

So there is no monotonous cardio with these workouts. However you will still be heavily out of breath, while doing the routines.

This routine ensures that the kettlebell exercises that we do; give you ‘the most bang for your buck’. These are the exercises that work the larger muscle groups such as KB squats, KB deadlifts and challenging bodyweight exercises to ensure maximal calorific output.

We aim to structure these sessions in a way that get’s you in and out of the gym in minimal time but with maximum results.
Metabolic Conditioning

In a nutshell, Metabolic Training involves performing structural and compound exercises with very little or no rest in between sets/rounds. This maximizes calorie burn and increases the metabolic rate before, during and after working out.

The idea is that metabolic training uses a variety of large muscle groups which require the maximum amount of energy output. This is simply because multiple joints are used and multiple muscles are working at the same time or back-to-back with no rest. This can include anything from a squat press to a burpee.

This type of workout is high intensity anaerobic exercise that makes you breathless. Throughout this entire eBook, if you are not breathless and sweating, you are doing it wrong!! Ideally you should be lifting as heavy as is safe and comfortable for your abilities and you should rest as little as possible between sets / rounds.

When training, you should most definitely ‘Feel the Burn’. Although in terms of muscle stimulation, metabolic training is not quite as deep as a bodybuilding programme; you should still be hitting those muscles hard. In a ‘Beach Body’ or ‘Body Building’ programme you would be working one specific muscle group at one time. Metabolic training incorporates more muscles in one workout and hits those cardio zones too.
Exercise Selection

We have chosen each exercise based on you getting the maximum benefits. We have therefore eliminated seated work from the program all together. The problem with seated work is that you’re inviting trouble by eliminating structural work for the lower back, so during this program we aim to maximise your time in the gym by doing exercises in the most challenging way. Standing will help you build a more synergistic, stable and injury proof body. Also in today’s society where a large proportion of the population are seated for most of the day, we really do need to try to stand and train. Kind of makes sense, don’t you think?

Please be sure to contact your doctor before taking part in any exercise programme.
Equipment

During the ‘7 Kettlebell Fat Furnace Workouts’ we will simply use a set of kettlebells and your body weight. It’s that simple!

If you put me on a dessert island with just one piece of kit I would 100% choose a set of kettlebells. I am a huge fan due to their diversity and ability to provide a strength and cardio workout simultaneously.

A pair Kettlebells is all you need to get the most from these workouts

So it’s time to get started. You can use these workouts either as part of your current gym routine or as complete training sessions.

For beginners I recommend aiming for two of these sessions a week and building up from there. Intermediate athletes shoot for three sessions a week and advanced gym goers can aim for four of these types of sessions per week.

If you do two days in a row, take a rest day before hitting another workout. These sessions are very taxing on the body, so optimal recovery is important to maximise adaptations.
Session One

20 Minute AMRAP

(Perform As Many Rounds as Possible in 20 minute period)

- 12 Kettlebell Deadlifts
- 12 Kettlebell Swings
- 12 Press Ups
- 6 Burpee
- Shuttle Run

Finisher: 5 Minute Plank

*Richy Michaels demonstrating the finishing position of a Kettlebell Swing during an SOS Athletic Excellence Workout*
Session Two

5 Rounds for Time

(Perform five rounds in as little as time possible)

- 12 KB Goblet Squats
- 6 Burpee
- 12 Kettlebell Squat Pulls
- 6 Burpee
- 12 Kettlebell Swings
- 6 Burpees

Finisher: 1 Mile Run as Fast as Possible

*Depth on squats is essential for glute activation. Check out Sam ensuring Bex has optimal depth while maintaining a straight back.

Jo one of our SOS Athletic Excellence members demonstrating the goblet position perfectly.*
Session Three

Complete As Fast as Possible

(Complete each exercise as quickly as possible. Rest 1 minute and repeat for 3 rounds)

- 12 Double KB Thruster
- 12 Double KB Swings
- 12 Double KB Squat
- 300 m Run
- 12 Double KB Lunges (KB’s in rack Position)
- 12 Double KB Squat + Pull
- 12 Double KB Burpee

Finisher: 50 Body Weight Squats
Session Four

Perform as Many reps as Possible

(Perform as many reps as possible in 60 seconds on each of the exercises below. Rest 1 minute after all exercises are completed before repeating the sequence three times)

- 1 Minute of KB Swings
- 1 Minute of Press Ups
- 1 Minute of KB Squat Pulls
- 1 Minute of Sit Ups
- 1 Minute of Double KB Push Press

Finisher: 30 Burpees as Fast as Possible

Sam demonstrating the start position of the Double Kettlebell Push Press

Sam demonstrating the finishing position of the Double Kettlebell Push Press
Session Five

Four Rounds for Time

(Complete 4 rounds of the following exercises as fast as possible with limited rest in between)

- 15 right arm KB Swing
- 15 left arm KB Swing
- 15 Press Ups
- 15 right arm KB Squat Pull
- 15 left arm KB Squat Pull
- 15 Press Ups
- 400 metre Run

Finisher: Max Rep Press Ups in 3 minute Time Period

*Laura demonstrating the start of a press up. If these are too advanced then drop to your knees.*

*Technique is critical, so if you’re unsure about any exercises then please speak to an exercise professional*
Session Six

15 Minute AMRAP:

(Complete as many rounds as possible in a 15 minute time period)

- 15 KB Push Press Right Arm
- 15 KB Swings
- 15 KB Push Press Left Arm
- 30 KB Goblet Squats
- 100 metre Sprint

Finisher: Max Rep Burpee Tuck Jumps in 2 minutes
Session Seven

Complete the following as fast as possible:

- 20 KB Swings
- 8 Burpees
- 20 KB Squat Pull
- 7 Burpees
- 20 Double KB Thruster
- 6 Burpees
- 20 Double KB Lunges (10 each leg)
- 5 Burpees
- 20 KB Push Press (right arm)
- 4 Burpees
- 20 KB Push Press (left arm)
- 3 Burpees
- 20 KB Long Lever Crunches (10 each arm)
- 2 Burpees
- 20 KB Russian Twists
- 1 Burpees
- 20 KB Goblet Squats

Finisher: 50 Sit Ups as Fast as Possible

Sam coaching his members at SOS Athletic Excellence through the starting position of the Goblet Squat

Sam demonstrating the Kettlebell Swing from the side.

Helen demonstrating a perfect sit-up with the help of Sam during an SOS Athletic Excellence training session

I hope you have found this resource useful.

**Remember results come from implementation and action!**

So don’t just sit on this book, put it to great use by performing these workouts. Aim for a minimum of three of these sessions a week and watch the results come.

If these workouts are combined with a healthy lifestyle and sensible diet, you will notice both fitness and body composition results.

If results are slow then speak to a fitness professional who can take a closer look at your technique, lifestyle and nutrition.

Keep your eye out for more eBooks coming from the SOS Athletic Excellence team soon.

In the mean time you can follow us on:

Facebook: SOS Athletic Excellence
Twitter: @SOS_AthEx
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Thank you for taking the time out to read this!!

*Healthy Thanks*

*Sam O’Sullivan*