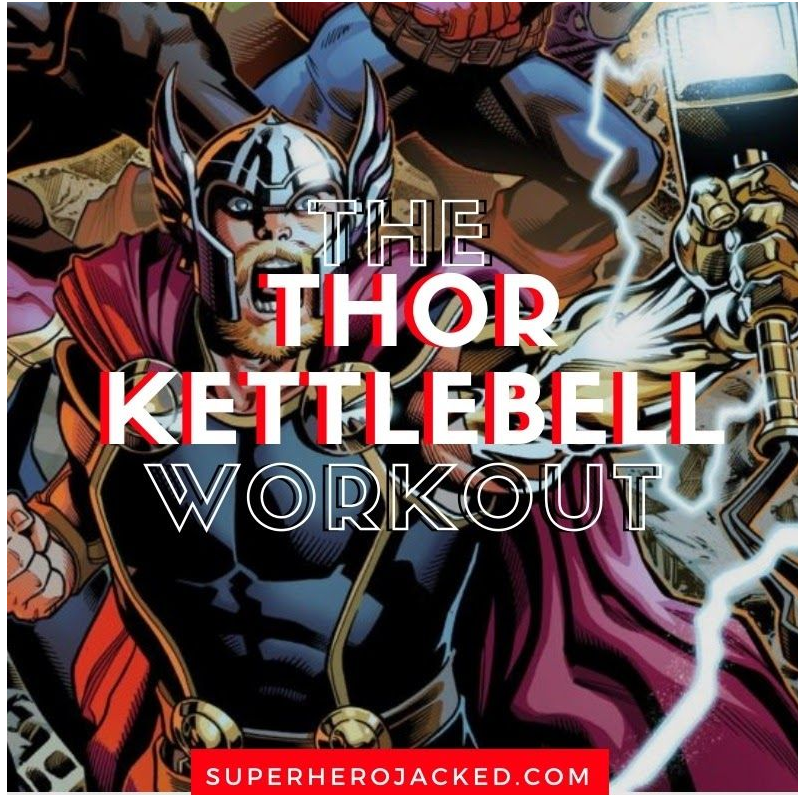


THOR [KETTLEBELL] WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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THOR [KETTLEBELL] WORKOUT ROUTINE

Training Volume:

4 days per week

Explanation:

This workout is to be completed 4 days per week. The entire workout is done with just a kettlebell!

This is also created in conjunction with sourcing movements and ideas from Stack.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Thor's Kettlebell Workout Sample Schedule

Monday: Training Day

Tuesday: Training Day

Wednesday: Off Day

Thursday: Training Day

Friday: Training Day

Saturday: Off Day

Sunday: Mandatory Rest Day

Thor's Kettlebell Workout: Day One

Two-Handed Kettlebell Swings:

3×8-12

Goblet Squats:

3×8-12

Kettlebell Romanian Deadlifts:

3×8-12

Push-Ups (hands gripping kettlebells):

3×Max

Prone Kettlebell Rows:

3×8-12 each arm

Standing Kettlebell Press:

3×8-12 each arm

Thor's Kettlebell Workout: Day Two

Kettlebell Snatch:

3×6-10 each arm

Kettlebell Clean:

3×6-10 each arm

Kettlebell Push Jerk:

3×6-10 each arm

Thor's Kettlebell Workout: Day Three

Rest Day!

Take a break. Let the hammer rest.

Thor's Kettlebell Workout: Day Four

One-Handed Kettlebell Swings:

3×8-12 each arm

Kettlebell Overhead Lunges:

3×12-15 each leg

Kettlebell Step-Ups (hold the kettlebells at your sides):

3×12-15 each leg

Single-Leg Squats:

3×12-15 each leg

Kettlebell Deadlifts:

3×12-15

Kettlebell Single-Leg Romanian Deadlifts:

3×12-15 each leg

Thor's Kettlebell Workout: Day Five

Kettlebell Overhead Squats:

3×6-10 each arm

Dips:

3×12-15

Pull-Ups:

3×12-15

Kettlebell Bentover Rows:

3×12-15

Kettlebell Clean + Press:

3×12-15