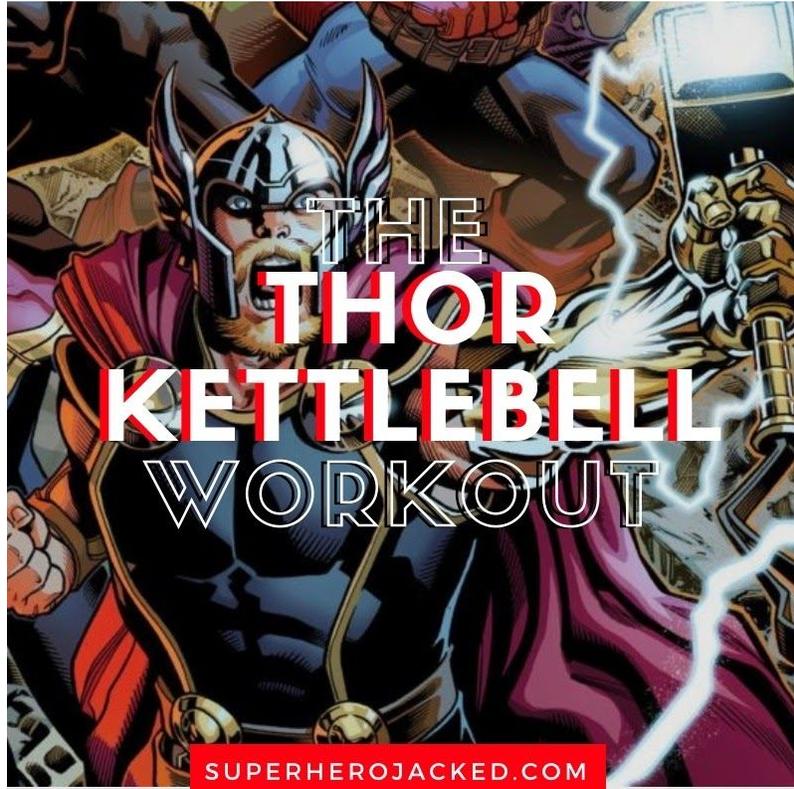


# THOR [KETTLEBELL] WORKOUT ROUTINE



Bonus PDF File  
By: Mike Romaine

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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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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