

Kettlebell Total Body Program – 4 Weeks

Week 1 – Base & Volume

Allenamento A	Esercizio	Serie x Reps
1	Goblet Squat	4×10
2	Kettlebell Floor Press	4×10
3	One Arm Row	4×10 per lato
4	Deadlift	3×12
5	Plank	3×30–40"
Allenamento B		
1	Romanian Deadlift	4×10
2	Overhead Press	4×8–10
3	Front Rack Reverse Lunge	3×10 per lato
4	Renegade Row	3×8 per lato
5	Hollow Hold	3×30"
Allenamento C		
1	Clean to Front Squat	4×8
2	Push Press	4×8
3	Bent Over Row	4×10
4	Kettlebell Swing	4×15
5	Side Plank	3×20" per lato

Week 2 – Strength & Intensity

Allenamento A	Esercizio	Serie x Reps
1	Front Squat	5×6
2	Floor Press	5×6
3	One Arm Row	4×8 per lato
4	Romanian Deadlift	4×8
5	Farmer Hold	3×30"
Allenamento B		
1	Deadlift	5×5
2	Strict Press	5×5
3	Reverse Lunge Front Rack	4×8 per lato

4	Renegade Row	4×6 per lato
5	Ab Rollout / Plank lungo	3×10
Allenamento C		
1	Clean & Squat	5×6
2	Push Press	5×5
3	Bent Over Row	4×8
4	Heavy Swing	5×10
5	Side Plank + Reach Through	3×20" per lato

Week 3 – Density & Pump

Allenamento A	Superset	4×12 / 10
1	Goblet Squat + Push Press	
2	One Arm Row + Romanian Deadlift	
Finisher	Swing 30" + Plank 30" × 3	
Allenamento B	Superset	4×12 / 10
1	Front Rack Lunge + Floor Press	
2	Bent Over Row + Overhead Press	
Finisher	Clean+Squat×8 + Push Press×8 ×3 giri	
Allenamento C	Tri-set	4 giri
1	Deadlift ×10 + Swing ×15 + Push Up ×12	
Core Finisher	Hollow Hold + Side Plank	

Week 4 – Peak Week

Allenamento A	EMOM 20'	
1	Front Squat ×6 / min 1	
2	Floor Press ×8 / min 2	
3	Row ×8 per lato / min 3	
4	Swing ×15 / min 4	
Allenamento B	Circuito Forza & Pump	4 round
1	Deadlift ×6 + Push Press ×8 + Lunge ×10 + Row ×10	
Allenamento C	AMRAP 15'	
1	Clean & Squat ×6 + Press ×6 + Swing ×12 + Row ×8/lato	