

ERIC LEIJA PRIMAL SWOLEDIER



PRIMAL KETTLEBELL WORKOUT PROGRAM

Welcome to the FREE Primal Kettlebell Workout Program! In this program, Eric will guide you through a series of workouts ranging from joint mobility and movement preparation to a series of body weight exercises & kettlebell flows/complexes. At the end of each day, you will follow Eric through a decompression and cool down series to help you recover. By performing these 5 daily workouts and repeating them for 4 weeks you will feel your mobility and strength begin to transform.

The workouts I included should be performed every other day (example: Monday, Wednesday, Friday). I recommend performing some type of cardio or active recovery on the days in between your workouts (days 2&4) to get the best results. Each workout includes a warm-up, kettlebell and bodyweight circuits, flow finishers, and decompression cooldowns. Repeat these workouts every week for 4 weeks and focus on improving your technique and once you've nearly perfected your technique you can increase the weight used and attempt to increase your rep ranges while decreasing your rest time in between sets to make workouts more challenging. There is a public group for this workout so be sure to ask questions and engage with the community about this workout there as we're all here for the same purpose, let's get it!

Follow each day of this 4-Week workout program and after you complete the first week then repeat days 1-5 for the remaining 3 weeks.

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DAY ONE

MOBILITY WARM-UP

Perform the mobility warm up at the beginning of EACH workout.

[Mobility Warm-Up Follow Along](#)

MOVEMENT	REPS/TIME
Pelvic Tilt	10 Forward & 10 Back
Lateral Hip Root	10 Reps Each Side
Hip Circles	5 Reps Each Side
Lateral Spine Glides	10 Each Direction
Spine Lateral Flexion / Reaches	10 Each Direction
Spine Flexion & Extension	10 Each Direction
Arm Screws	10 Reps Each Arm
Back & Front Stroke	10 Back & Front Strokes - Each Arm
Wrist Waves	10 Each Direction
Wrist Rolls	10 Each direction
Lateral Lunges	5 Lateral Lunges In Each Direction
Leg Extension & Curl	10 In Each Direction
Ankle Flexion & Extension	10 In Each Direction - Both Legs
Tai Chi - Full Body Twist	10 In Each Direction

MOVEMENT PREPARATION CIRCUIT

Perform the preparation circuit following your joint mobility warm-up.

3 ROUNDS

MOVEMENT	REPS/TIME
Split Mountain Climbers w/ Reach	10 Reps
Beast to Leg Through with Reach	10 Reps
Scapula Push Up	10 Reps

CIRCUIT ONE

5 ROUNDS

MOVEMENT	REPS/TIME
Double Kettlebell Racked Squat	10 Reps
Beast Press to Alternating Leg Through	10 Reps
Scapula Push Up	10 Reps

CIRCUIT TWO

5 ROUNDS

MOVEMENT	REPS/TIME
Alternating Step Ups	20 Reps
Alternating Single Kettlebell Halo	10 Reps - Each Side
Feet Elevated Push Up	10 Reps

FINISHER KETTLEBELL FLOW

(5 Rounds as fast as possible - Record Time)

FLOW - 5 ROUNDS

MOVEMENT	REPS/TIME
Push Up	10 Reps
Clean	10 Reps
Squat	10 Reps
Press	10 Reps

DECOMPRESSION & COOL DOWN

1 ROUND

[Decompression & Cool Down - Follow Along](#)

MOVEMENT	REPS/TIME
Standing Spinal Flexion & Extension	10 Reps
Twisting Angle Child Pose	10 Reps
Kneeling Arm Thread	10 Reps
Frog Hold	10 Reps
Alternating Floor Scorpion	10 Reps
Floor Pigeon Hold	10 Reps

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DAY TWO

ACTIVE RECOVERY

Perform some sort of Active Recovery exercises to help your body stay loose and mobile in between your lifting days.

[About Active Recovery](#)



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DAY THREE

MOBILITY WARM-UP

Perform the mobility warm up at the beginning of EACH workout.

[Mobility Warm-Up Follow Along](#)

MOVEMENT	REPS/TIME
Pelvic Tilt	10 Forward & 10 Back
Lateral Hip Root	10 Reps Each Side
Lateral Spine Glides	10 Each Direction
Spine Flexion & Extension	10 Each Direction
Spine Lateral Flexion / Reaches	10 Each Direction
Arm Screws	10 Reps Each Arm
Back & Front Stroke	10 Back & Front Strokes - Each Arm
Wrist Waves	10 Each Direction
Wrist Rolls	10 Each direction
Lateral Lunges	5 Lateral Lunges In Each Direction
Leg Extension & Curl	10 In Each Direction
Ankle Flexion & Extension	10 In Each Direction - Both Legs
Full Body Twist	10 In Each Direction

MOVEMENT PREP CIRCUIT

1 ROUND

MOVEMENT	REPS/TIME
Knee Plank to Push Up	10 Reps
Alternating Crab Reach	10 Reps
Squat Burpee Sprawl	10 Reps

CIRCUIT ONE

3 ROUNDS

MOVEMENT	REPS/TIME
Alternating Bent Over Rows	20 Reps
Push Ups on Kettlebells	10 Reps
Double Kettlebell Clean	10 Reps

CIRCUIT TWO

5 ROUNDS

(As fast as possible - Record Time)

MOVEMENT	REPS/TIME
Shinbox Extension with Halo	10 Reps
Dynamic Alternating Mountain Climber	20 Reps
Double Kettlebell Clean to Reverse Lunge & Press Alternating Sides	10 Reps

SUPERSET

4 ROUNDS

MOVEMENT	REPS/TIME
Double Kettlebell Clean to Press	10 Reps
Alternating Skater Jumps	20 Reps

DECOMPRESSION & COOL DOWN

1 ROUND

[Decompression & Cool Down - Follow Along](#)

MOVEMENT	REPS/TIME
Standing Spinal Flexion & Extension	10 Reps
Kneeling Spine Wave	10 Reps
Kneeling Arm Thread	10 Reps
Frog Hold	10 Reps
Alternating Floor Scorpion	10 Reps
Floor Pigeon Hold	10 Reps

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DAY FOUR

ACTIVE RECOVERY

Perform some sort of Active Recovery exercises to help your body stay loose and mobile in between your lifting days.

[About Active Recovery](#)



Follow each day of this 4-Week workout program and after you complete the first week then repeat days 1-5 for the remaining weeks.

DAY FIVE

MOBILITY WARM-UP

Perform the mobility warm up at the beginning of EACH workout.

[Mobility Warm-Up Follow Along](#)

MOVEMENT	REPS/TIME
Pelvic Tilt	10 Forward & 10 Back
Lateral Hip Root	10 Reps Each Side
Lateral Spline Glides	10 Each Direction
Spine Flexion & Extension	10 Each Direction
Spine Lateral Flexion / Reaches	10 Each Direction
Arm Screws	10 Reps Each Arm
Back & Front Stroke	10 Back & Front Strokes - Each Arm
Wrist Waves	10 Each Direction
Wrist Rolls	10 Each direction
Lateral Lunges	5 Lateral Lunges In Each Direction
Leg Extension & Curl	10 In Each Direction
Ankle Flexion & Extension	10 In Each Direction - Both Legs
Full Body Twist	10 In Each Direction

MOVEMENT PREP CIRCUIT

3 ROUNDS

MOVEMENT	REPS/TIME
Mountain Climber to Cossack Squat	5 Reps Each Side
Scapula Pull Ups	10 Reps
High Hip Ape	20 Reps (2 At a Time)

CIRCUIT ONE

4 ROUNDS

MOVEMENT	REPS/TIME
Kettlebell Swing	15 Reps
Kettlebell High Pull	5 Reps Each Side
Beast to Leg Through with Reach	10 Reps

CIRCUIT TWO

4 ROUNDS

MOVEMENT	REPS/TIME
Single Kettlebell Push Press	10 Reps Each Arm
Ballistic Row	20 Reps
Squat, Burpee to Sprawl	10 Reps

CIRCUIT THREE

4 ROUNDS

(As fast as possible - Record Time)

MOVEMENT	REPS/TIME
Close Grip Kettlebell Push Up	10 Reps
Explosive Deadlift	10 Reps
Double Kettlebell Hike Swing	10 Reps

DECOMPRESSION & COOL DOWN

1 ROUND

[Decompression & Cool Down - Follow Along](#)

MOVEMENT	REPS/TIME
Standing Spinal Flexion & Extension	10 Reps
Kneeling Spine Wave	10 Reps
Kneeling Arm Thread	10 Reps
Frog Hold	10 Reps
Alternating Floor Scorpion	10 Reps
Floor Pigeon Hold	10 Reps

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