

# 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
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 PREPARATION CIRCUIT

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

## 3 ROUNDS

MOVEMENT	REPS/TIME
<a href="#">Split Mountain Climbers w/ Reach</a>	10 Reps
<a href="#">Beast to Leg Through with Reach</a>	10 Reps
<a href="#">Scapula Push Up</a>	10 Reps

## CIRCUIT ONE

## 5 ROUNDS

MOVEMENT	REPS/TIME
<a href="#">Double Kettlebell Racked Squat</a>	10 Reps
<a href="#">Beast Press to Alternating Leg Through</a>	10 Reps
<a href="#">Scapula Push Up</a>	10 Reps

## CIRCUIT TWO

## 5 ROUNDS

MOVEMENT	REPS/TIME
<a href="#">Alternating Step Ups</a>	20 Reps
<a href="#">Alternating Single Kettlebell Halo</a>	10 Reps - Each Side
<a href="#">Feet Elevated Push Up</a>	10 Reps

# FINISHER KETTLEBELL FLOW

(5 Rounds as fast as possible - Record Time)

## FLOW - 5 ROUNDS

MOVEMENT	REPS/TIME
<a href="#">Push Up</a>	10 Reps
<a href="#">Clean</a>	10 Reps
<a href="#">Squat</a>	10 Reps
<a href="#">Press</a>	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 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

## 1 ROUND

MOVEMENT	REPS/TIME
<a href="#">Knee Plank to Push Up</a>	10 Reps
<a href="#">Alternating Crab Reach</a>	10 Reps
<a href="#">Squat Burpee Sprawl</a>	10 Reps

## CIRCUIT ONE

### 3 ROUNDS

MOVEMENT	REPS/TIME
<a href="#">Alternating Bent Over Rows</a>	20 Reps
<a href="#">Push Ups on Kettlebells</a>	10 Reps
<a href="#">Double Kettlebell Clean</a>	10 Reps

## CIRCUIT TWO

### 5 ROUNDS (As fast as possible - Record Time)

MOVEMENT	REPS/TIME
<a href="#">Shinbox Extension with Halo</a>	10 Reps
<a href="#">Dynamic Alternating Mountain Climber</a>	20 Reps
<a href="#">Double Kettlebell Clean to Reverse Lunge &amp; Press Alternating Sides</a>	10 Reps

# SUPERSET

## 4 ROUNDS

MOVEMENT	REPS/TIME
<a href="#">Double Kettlebell Clean to Press</a>	10 Reps
<a href="#">Alternating Skater Jumps</a>	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 3 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
<a href="#">Mountain Climber to Cossack Squat</a>	5 Reps Each Side
<a href="#">Scapula Pull Ups</a>	10 Reps
<a href="#">High Hip Ape</a>	20 Reps (2 At a Time)

## CIRCUIT ONE

## 4 ROUNDS

MOVEMENT	REPS/TIME
<a href="#">Kettlebell Swing</a>	15 Reps
<a href="#">Kettlebell High Pull</a>	5 Reps Each Side
<a href="#">Beast to Leg Through with Reach</a>	10 Reps

## CIRCUIT TWO

## 4 ROUNDS

MOVEMENT	REPS/TIME
<a href="#">Single Kettlebell Push Press</a>	10 Reps Each Arm
<a href="#">Ballistic Row</a>	20 Reps
<a href="#">Squat, Burpee to Sprawl</a>	10 Reps

# CIRCUIT THREE

## 4 ROUNDS (As fast as possible - Record Time)

MOVEMENT	REPS/TIME
<a href="#">Close Grip Kettlebell Push Up</a>	10 Reps
<a href="#">Explosive Deadlift</a>	10 Reps
<a href="#">Double Kettlebell Hike Swing</a>	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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