



FIELD MANUAL · ONE KETTLEBELL · FOUR WEEKS

# Kettlebell Starter Blueprint

This is a roadmap, not a personality test. If you already picked a sane first bell (when in doubt, lighter), use the next month to own the hinge, earn the swing, and keep overhead work calm enough to repeat tomorrow.

Educational only — not medical advice. If something sharp or neurologic shows up, stop loading and get evaluated. "Tired muscles" and "angry joints" are not the same conversation.

## BEFORE WEEK ONE

- **Equipment:** one kettlebell you can rack without turning it into a neck exercise, floor space you trust, flat shoes or barefoot if your gym allows.
- **Sessions:** three non-consecutive days in week one (example: Mon / Wed / Sat). Add a fourth day only when sleep and soreness say yes.
- **Session template:** 8–12 minutes of easy movement (below), then the main work, then 2–3 minutes walking.

### Easy warm-up (repeat most days)

Easy breathing cadence, then 10–15 hip hinges with hands on thighs, 10 bodyweight squats to a comfortable depth, 30–45s plank on elbows, 5–8 light good mornings with an invisible bar. Keep the neck long and the ribs stacked.

## WEEK 1 — HINGE LITERACY

**Theme:** the swing is a hike, not a squat-to-front-raise. Priority is a crisp finish with a standing plank — hips and knees lock together at the top, quads working, glutes not on vacation.

DAY	PRACTICE	SETS × REPS / TIME	STOP IF...
A	Dead-stop two-hand swings from a hiking height	8–10 sets of 6–8, resting as needed	Low back stiffness migrates or elbows bend to "help"
B	Goblet squat to box or pause squat	4×8–12 at controlled tempo	Knees cave and you cannot correct with a lighter breath
C	Dead-stop swings + short farmer carry (swap hands)	Swings 6×6; carries 3×20–40m each arm	Grip opens the wrist angle into an ugly hook

**Quality bar:** every rep ends with breath steady enough to speak a short sentence. If you cannot, slow down or trim reps before you add load.

## WEEK 2 — CONTINUOUS SWINGS, PATIENT HANDS

**Theme:** link reps without rushing the hike. The handle should float to chest height because the hips finished the job, not because you stood up early and yanked.

DAY	PRACTICE	SETS × REPS / TIME	NOTES
A	Two-hand swings continuous	10–12 min total work, broken into repeats of 10–15 swings	Reset foot pressure each set
B	Rack march or rack hold + walking	3–5 rounds: 20–30s rack march per arm	Elbow heavy on ribs, wrist neutral
C	Two-hand swings + suitcase carry	Swings 8×10–12; carries 4×30–50m	Do not side-bend to “balance” a heavy bell

If your hands threaten to rip, keep chalk sane, trim total swings, and favour dead-stop days until skin adapts — torn palms teach nothing useful in week two.

### WEEK 3 — ONE-HAND EXPOSURE, STRICT PRESS HOMEWORK

**Theme:** one-hand swings are still swings, not lateral salsa. Introduce them small. Pressing stays strict: no dive under the bell to save a bad line.

DAY	PRACTICE	SETS × REPS / TIME	NOTES
A	Mixed two-hand and short one-hand swing sets	Example: 8 rounds — 8 two-hand, then 4+4 one-hand	Switch hands every hand-change like you mean it
B	Strict one-arm press from rack (lighter if needed)	5×3–5 per arm, 60–90s between sides	If lumbar arches hard, reduce weight or range
C	Turkish get-up to elbow or tall sit + wedge steps	3–5 laps per side, light bell	No heroic overhead yet — map the path

**Shoulder reality check:** presses and get-up pieces should feel like skill work. Burning deltoids are fine; pinching arcs inside the joint are not.

## WEEK 4 — CONSOLIDATE AND AUDIT

**Theme:** keep the plan boring on purpose. You are collecting repeatable sessions, not chasing a story for Instagram.

DAY	PRACTICE	SETS × REPS / TIME	GOAL
A	Two-hand swings + short one-hand finishers	10–14 min density, smooth heart rate	No grip rescue with a tighter hook
B	Goblet squat + rack hold complex	4–5 rounds easy breathing	Depth you own without a forward collapse
C	Get-up practice + easy carries	20–25 min technique-first	Film one rep if you can — coach the silhouette, not the drama

#### End-of-month audit (honest checklist):

- Can you hold the top plank for a slow exhale without rushing the next backswing?
- Does the downswing feel like “hips meet arms” instead of “arms jerk hips”?
- Can you stop the set while you still own the arch, or only after technique ghosts out?

Two honest yes answers is a fine first month. The third shows up when you stop negotiating mid-set.

#### AFTER WEEK FOUR

Repeat week three–four templates with small volume nudges (one more round, slightly shorter rest) before you chase a heavier bell. If you want sport-style density later, earn it with shoulders wrists and hands intact — the internet already has enough cautionary tales.

Share this PDF with anyone who needs a calm structure. Technique rewards generosity.



#### Pascal Fourtoy

Founder, Raw Kettlebell

Built for lifters who prefer metal and silence to marketing fairy tales.