

# DFW Kettleballs Remix

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WEEK 1</b>						
	<b>Clean &amp; press/FS</b> Sets of 1, 2, 3	200 swings 10 sets of rows or pullups	<b>Clean &amp; press/FS</b> Sets of 1	200 swings 10 sets of rows or pullups	<b>Clean &amp; press/FS</b> Sets of 2	200 swings 10 sets of rows or pullups
<b>WEEK 2</b>						
	<b>Clean &amp; press/FS</b> Sets of 1, 2, 3	200 swings 10 sets of rows or pullups	<b>Clean &amp; press/FS</b> Sets of 1	200 swings 10 sets of rows or pullups	<b>Clean &amp; press/FS</b> Sets of 3	200 swings 10 sets of rows or pullups
<b>WEEK 3</b>						
	<b>Clean &amp; press/FS</b> Sets of 1, 2, 3, 4	200 swings 10 sets of rows or pullups	<b>Clean &amp; press/FS</b> Sets of 2	200 swings 10 sets of rows or pullups	<b>Clean &amp; press/FS</b> Sets of 3	200 swings 10 sets of rows or pullups
<b>WEEK 4</b>						
	<b>Clean &amp; press/FS</b> Sets of 1, 2, 3, 4, (5)	200 swings 10 sets of rows or pullups	<b>Clean &amp; press/FS</b> Sets of 2	200 swings 10 sets of rows or pullups	<b>Clean &amp; press/FS</b> Sets of 3-4	200 swings 10 sets of rows or pullups
<b>WEEK 5</b>						
	<b>Clean &amp; press/FS</b> 3 sets of 3	Swings and rows as desired	<b>Clean &amp; press/FS</b> Find a new 1RM or rep max			

## NOTES

This is intended to be done with a pair of kettlebells at your 5RM press weight.

C&P/FS days: Do a set of clean & press, cleaning each rep, then rest. Then a set of front squats, then rest. Repeat for a total of 30 minutes. Doing more is strongly encouraged!

Original "Dry Fighting Weight" program: <https://www.strongfirst.com/dry-fighting-weight/>

Kettleballs: <https://www.reddit.com/r/Kettleballs/wiki/index>

Thank you to /u/Bethskw for putting this spreadsheet together!