



# THE GAUNTLET

KETTLEBELL  
PROGRAM

# THE GAUNTLET

© [darebee.com](http://darebee.com)



## REST TIMES

30 seconds between sets

2 minutes after each exercise



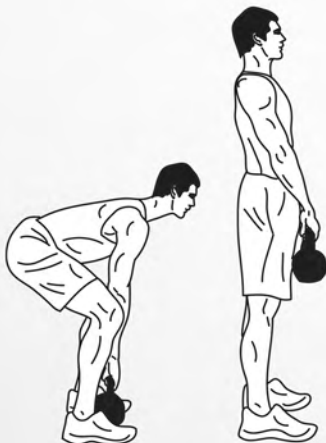
### 4 sets squats

reps: 10, 8, 8, 6



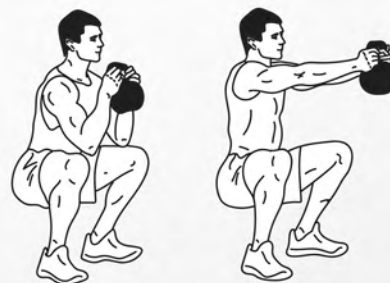
### 4 sets reverse lunges

reps: 5, 4, 4, 3 (per leg)



### 4 sets deadlifts

reps: 10, 8, 8, 6



### 4 sets squat hold chest press

reps: 5, 4, 4, 3

# THE GAUNTLET

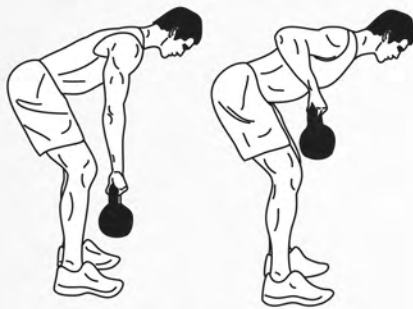
© [darebee.com](http://darebee.com)



## REST TIMES

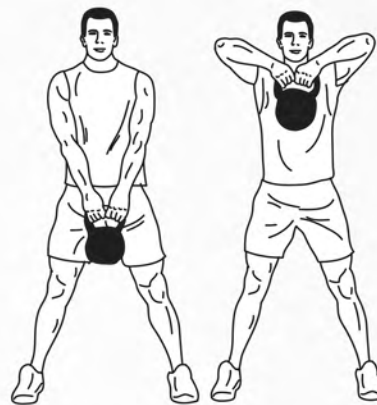
30 seconds between sets

2 minutes after each exercise



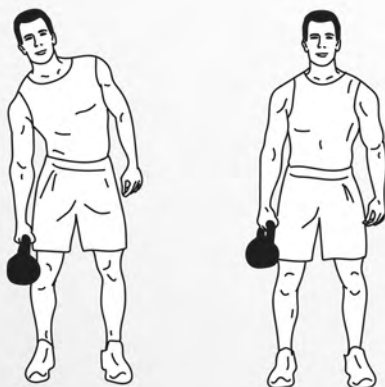
### 4 sets bent over rows

reps: 10, 8, 8, 6



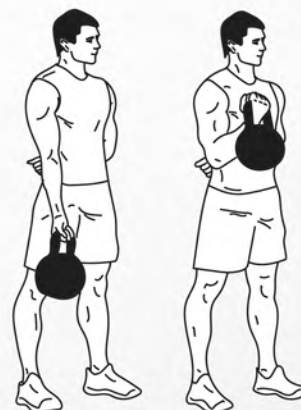
### 4 sets upright rows

reps: 5, 4, 4, 3



### 4 sets side bends

reps: 5, 4, 4, 3 (per side)



### 4 sets bicep curls

reps: 5, 4, 4, 3 (per arm)

# THE GAUNTLET

© [darebee.com](http://darebee.com)



## REST TIMES

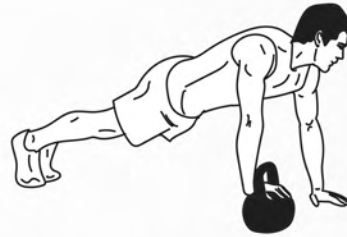
30 seconds between sets

2 minutes after each exercise



### 4 sets climbers

reps: 10, 8, 8, 6



### 2 sets uneven plank hold

30 seconds



### 4 sets sitting twists

reps: 10, 8, 8, 6



### 2 sets raised legs hold

30 seconds



# THE GAUNTLET

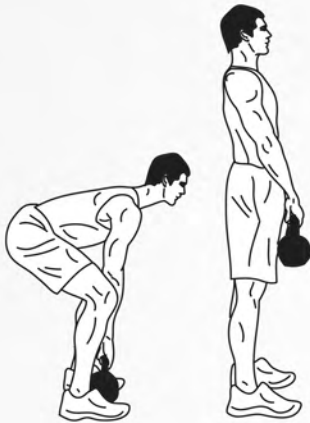
© [darebee.com](http://darebee.com)



## REST TIMES

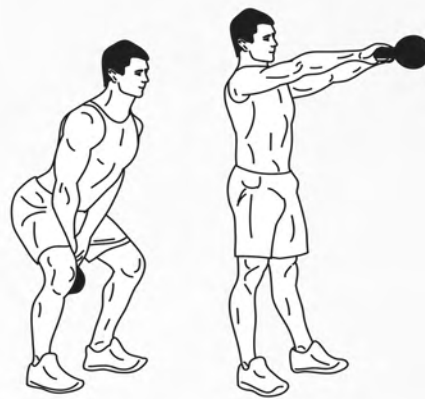
30 seconds between sets

2 minutes after each exercise



### 4 sets deadlifts

reps: 10, 8, 8, 6



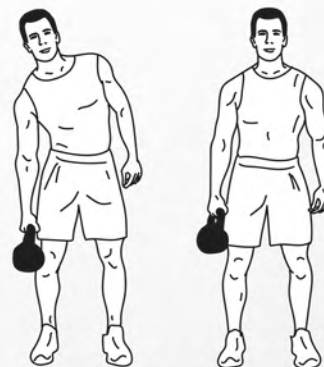
### 4 sets swings

reps: 5, 4, 4, 3



### 4 sets snatch

reps: 5, 4, 4, 3 (per arm)



### 4 sets side bends

reps: 5, 4, 4, 3 (per side)

# THE GAUNTLET

© darebee.com



5 SETS IN TOTAL

2 minutes rest between sets



**10** uneven push-ups  
change sides with each rep



**10** bicep curl into shoulder press  
change arms with each rep



**10** side bends  
change arms with each rep



**10** squats into bent over row

# THE GAUNTLET

© [darebee.com](http://darebee.com)



## REST TIMES

30 seconds between sets

2 minutes after each exercise



### 4 sets reverse lunges

reps: 5, 4, 4, 3 (per leg)



### 4 sets forward lunges

reps: 5, 4, 4, 3 (per leg)



### 2 sets squat hold

30 seconds

# THE GAUNTLET

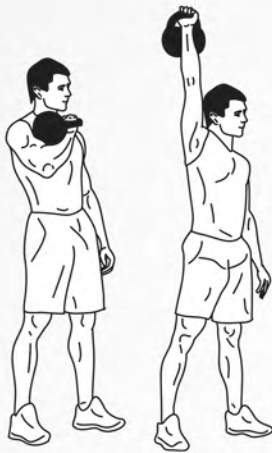
© [darebee.com](http://darebee.com)



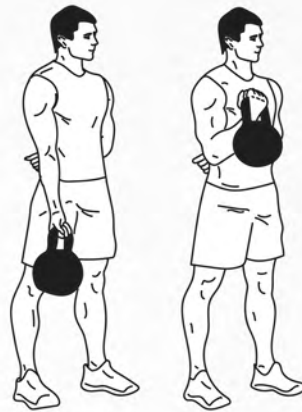
## REST TIMES

30 seconds between sets

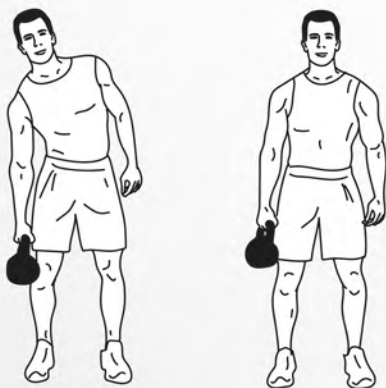
2 minutes after each exercise



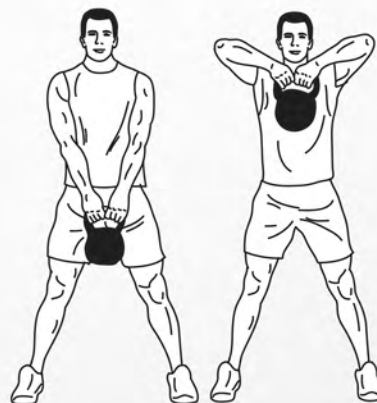
**4 sets shoulder press**  
reps: 6, 5, 5, 4 (per arm)



**4 sets bicep curls**  
reps: 6, 5, 5, 4 (per arm)



**4 sets side bends**  
reps: 6, 5, 5, 4 (per side)



**4 sets upright rows**  
reps: 6, 5, 5, 4



# THE GAUNTLET

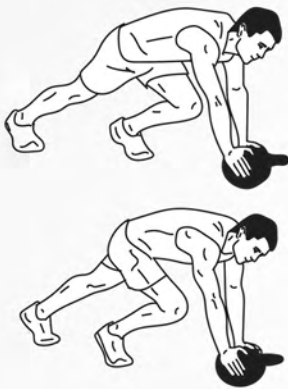
© [darebee.com](http://darebee.com)



## REST TIMES

30 seconds between sets

2 minutes after each exercise



### 4 sets climbers

reps: 12, 10, 10, 8



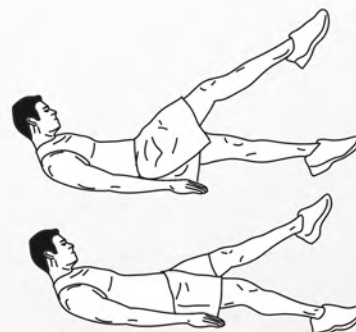
### 4 sets tricep dips

reps: 6, 5, 5, 4 (per side)



### 4 sets sitting twists

reps: 12, 10, 10, 8



### 4 sets flutter kicks

reps: 12, 10, 10, 8

# THE GAUNTLET

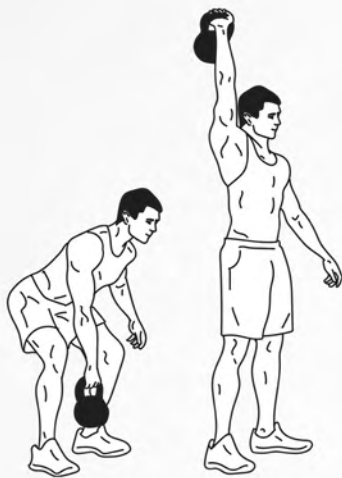
© [darebee.com](http://darebee.com)



## REST TIMES

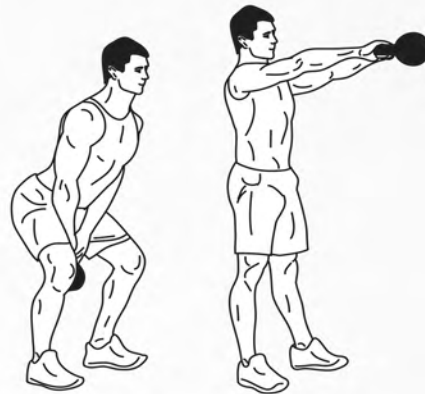
30 seconds between sets

2 minutes after each exercise



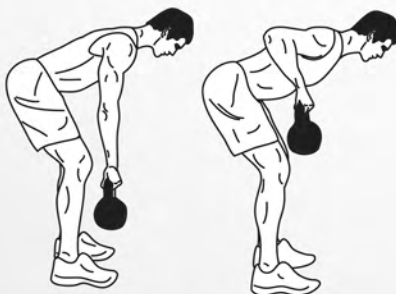
### 4 sets snatch

reps: 6, 5, 5, 4 (per arm)



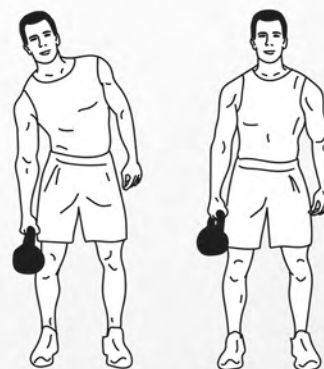
### 4 sets swings

reps: 6, 5, 5, 4



### 4 sets bent over rows

reps: 11, 10, 8, 6



### 4 sets side bends

reps: 6, 5, 5, 4 (per side)

# THE GAUNTLET

© [darebee.com](http://darebee.com)



5 SETS IN TOTAL

2 minutes rest between sets



**10** uneven push-ups  
change side with each rep



**10** side bends into bicep curl  
change arms with each rep



**10** full get-ups

# THE GAUNTLET

© [darebee.com](http://darebee.com)



## REST TIMES

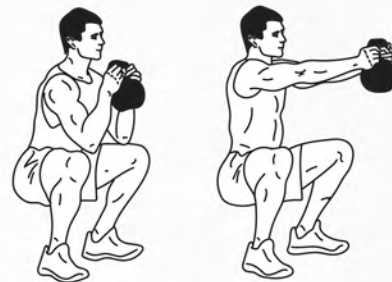
30 seconds between sets

2 minutes after each exercise



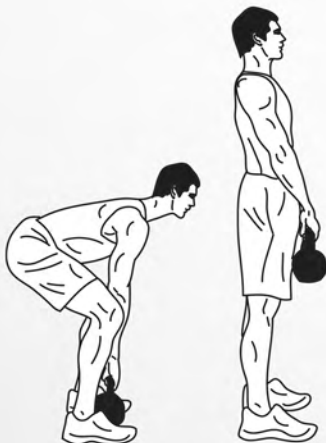
### 4 sets squats

reps: 11, 10, 8, 6



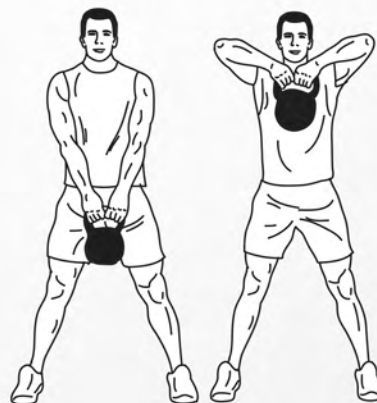
### 4 sets squat hold chest press

reps: 6, 5, 5, 4



### 4 sets deadlifts

reps: 11, 9, 9, 7



### 4 sets upright rows

reps: 7, 6, 6, 5



# THE GAUNTLET

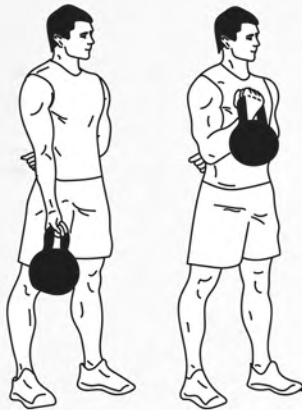
© [darebee.com](http://darebee.com)



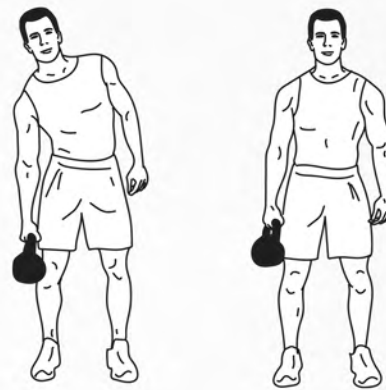
## REST TIMES

30 seconds between sets

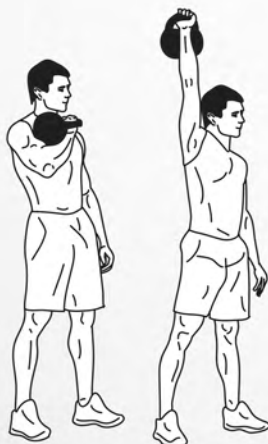
2 minutes after each exercise



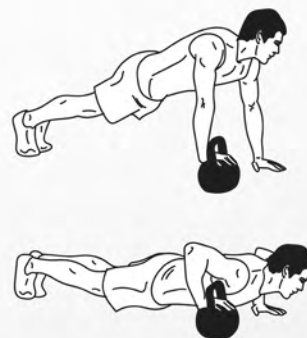
**4 sets bicep curls**  
reps: 7, 6, 5, 4 (per arm)



**4 sets side bends**  
reps: 7, 6, 5, 4 (per side)



**4 sets shoulder press**  
reps: 7, 6, 5, 4 (per arm)



**4 sets uneven push-ups**  
reps: 7, 6, 5, 4 (per arm)

# THE GAUNTLET

© [darebee.com](http://darebee.com)



## REST TIMES

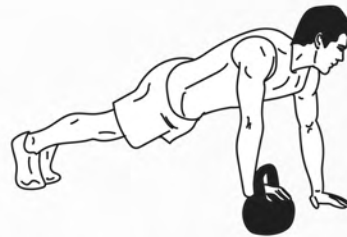
30 seconds between sets

2 minutes after each exercise



### 4 sets climbers

reps: 14, 12, 12, 10



### 2 sets uneven plank hold

40 seconds



### 4 sets sitting twists

reps: 14, 12, 10, 8



### 2 sets raised legs circles

reps: 12, 10

# THE GAUNTLET

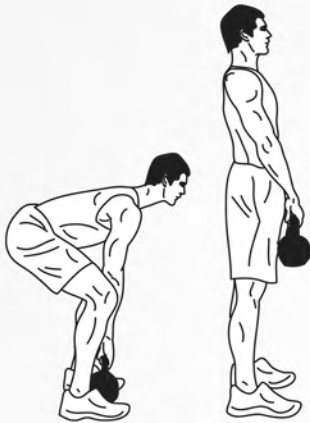
© [darebee.com](http://darebee.com)



## REST TIMES

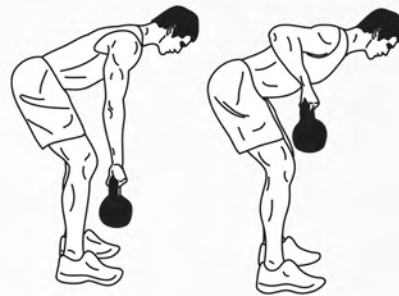
30 seconds between sets

2 minutes after each exercise



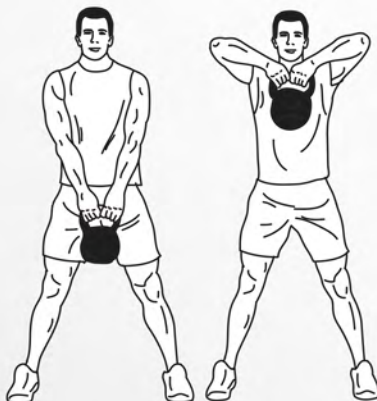
### 4 sets deadlifts

reps: 11, 9, 9, 7



### 4 sets bent over rows

reps: 11, 11, 9, 7



### 4 sets upright rows

reps: 8, 7, 7, 5



### 2 sets upright row hold

30 seconds

# THE GAUNTLET

© darebee.com

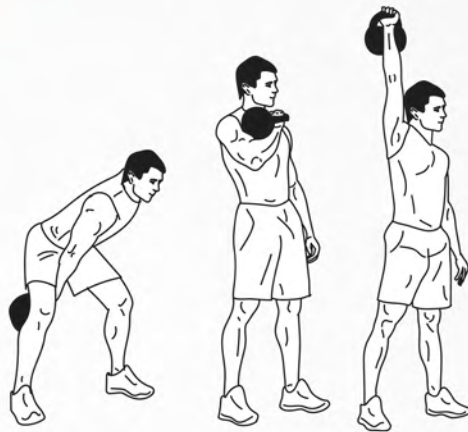


5 SETS IN TOTAL

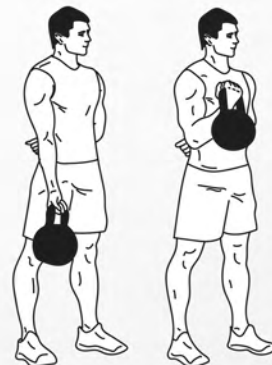
2 minutes rest between sets



**10** uneven push-ups  
change sides with each rep



**10** swing into shoulder press  
change arms with each rep



**10** push-up into bicep curl - change arms with each rep



# THE GAUNTLET

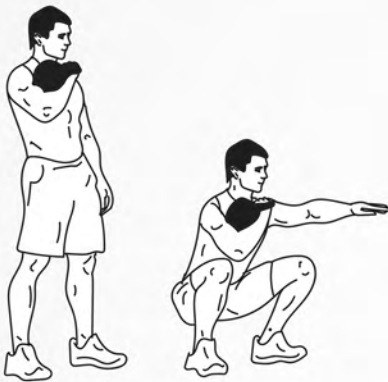
© [darebee.com](http://darebee.com)



## REST TIMES

30 seconds between sets

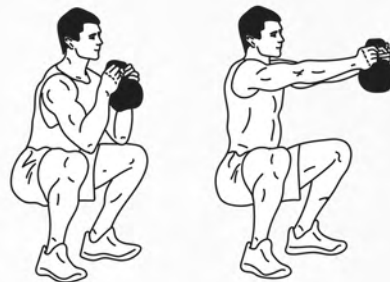
2 minutes after each exercise



### 4 sets squats

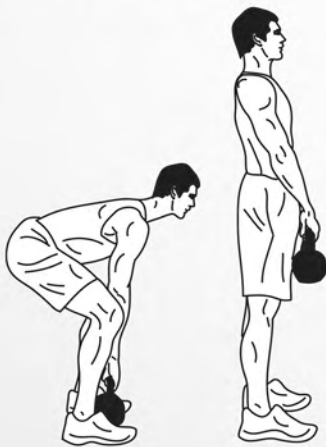
reps: 11, 10, 8, 6

change arms with each set



### 4 sets squat hold chest press

reps: 7, 6, 6, 5



### 4 sets deadlifts

reps: 11, 10, 10, 7



### 4 sets forward lunges

reps: 7, 6, 6, 5 (per leg)

# THE GAUNTLET

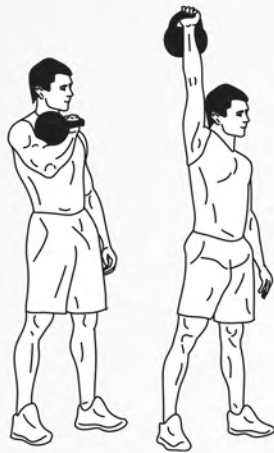
© [darebee.com](http://darebee.com)



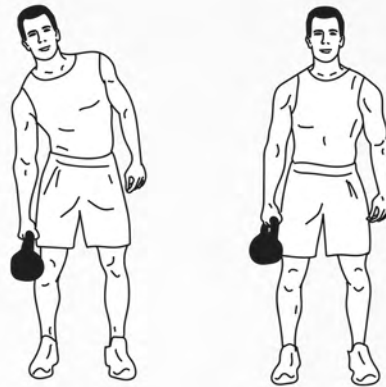
## REST TIMES

30 seconds between sets

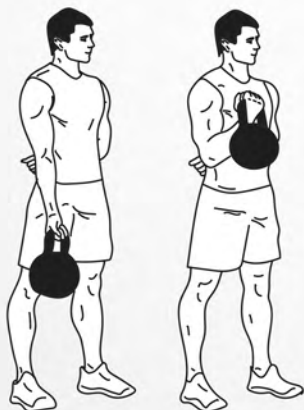
2 minutes after each exercise



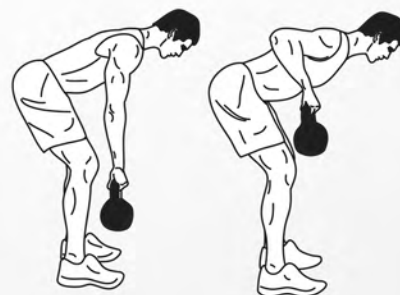
**4 sets shoulder press**  
reps: 7, 6, 6, 5 (per arm)



**4 sets side bends**  
reps: 7, 6, 5, 4 (per side)



**4 sets bicep curls**  
reps: 7, 7, 6, 5 (per arm)



**4 sets bent over rows**  
reps: 12, 12, 10, 8

# THE GAUNTLET

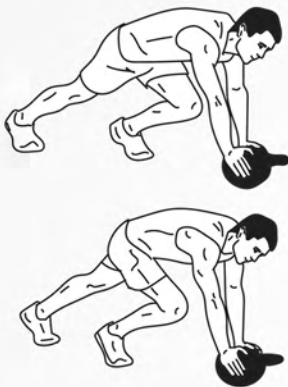
© [darebee.com](http://darebee.com)



## REST TIMES

30 seconds between sets

2 minutes after each exercise



### 4 sets climbers

reps: 16, 14, 14, 12



### 4 sets tricep dips

reps: 7, 6, 6, 5 (per side)



### 4 sets sitting twists

reps: 14, 14, 12, 8



### 2 sets hollow hold

30 seconds

# THE GAUNTLET

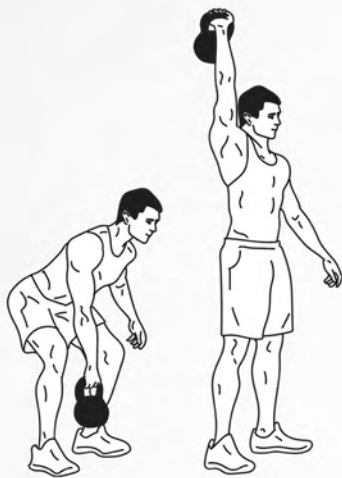
© [darebee.com](http://darebee.com)



## REST TIMES

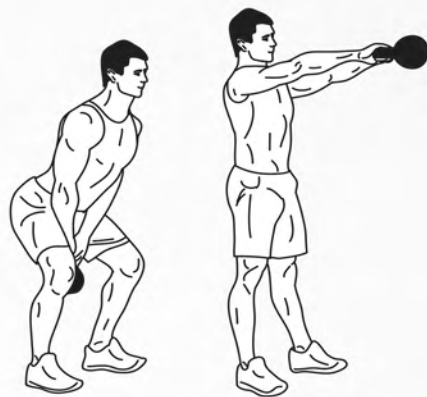
30 seconds between sets

2 minutes after each exercise



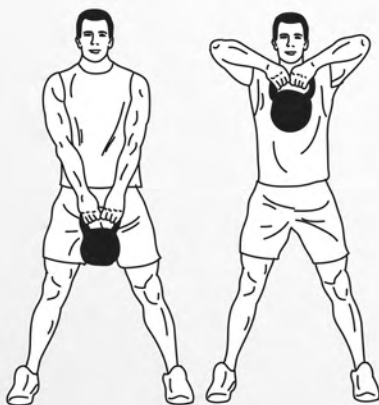
### 4 sets snatch

reps: 6, 5, 5, 4 (per arm)



### 4 sets swings

reps: 6, 5, 5, 4



### 4 sets upright rows

reps: 9, 8, 8, 6



### 2 sets bent over row hold

20 seconds



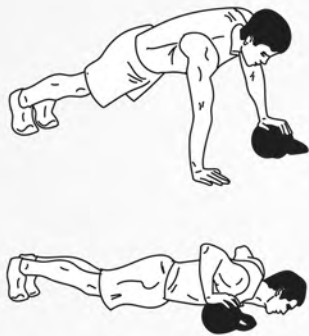
# THE GAUNTLET

© [darebee.com](http://darebee.com)

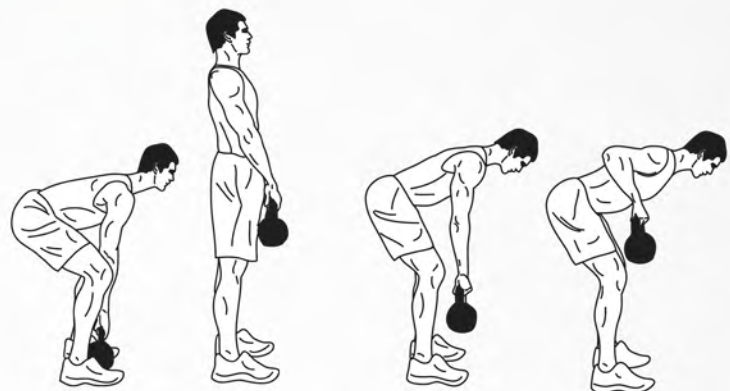


5 SETS IN TOTAL

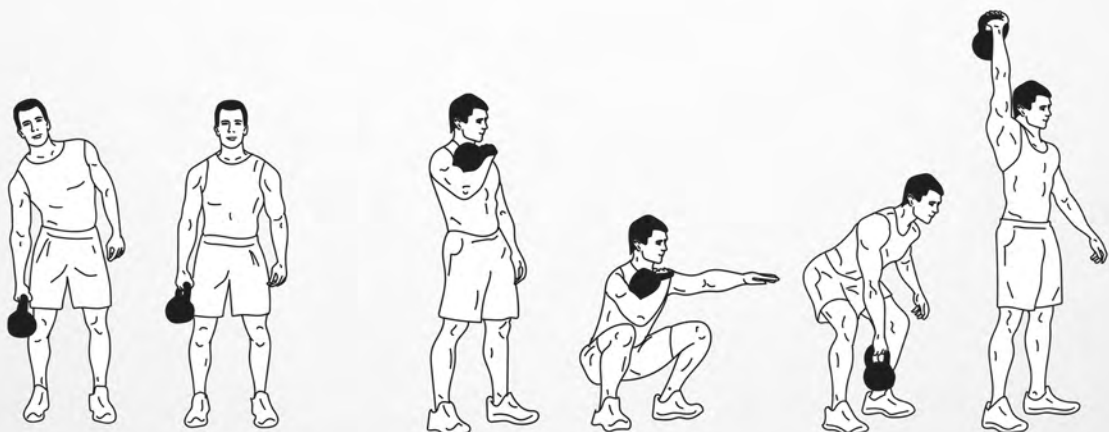
2 minutes rest between sets



**12** uneven push-ups  
change sides with each rep



**10** deadlifts into bent over row



**12** side bends  
change arms with each rep

**12** squats into shoulder press  
change arms with each rep

# THE GAUNTLET

© [darebee.com](http://darebee.com)



## REST TIMES

30 seconds between sets

2 minutes after each exercise



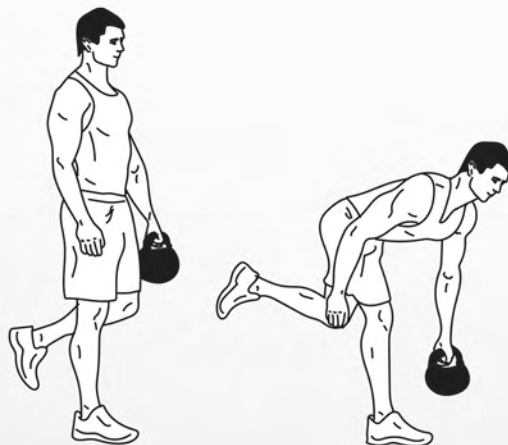
### 4 sets reverse lunges

reps: 6, 5, 5, 4 (per leg)



### 4 sets forward lunges

reps: 7, 6, 6, 5 (per leg)



### 4 sets single leg deadlifts

reps: 5, 4, 4, 3 (per leg)

# THE GAUNTLET

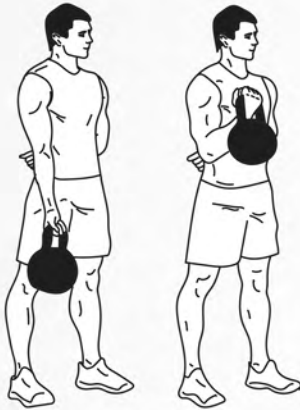
© [darebee.com](http://darebee.com)



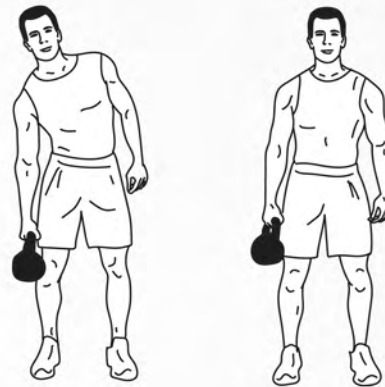
## REST TIMES

30 seconds between sets

2 minutes after each exercise



**4 sets bicep curls**  
reps: 8, 7, 7, 6 (per arm)



**4 sets side bends**  
reps: 8, 7, 6, 5 (per side)



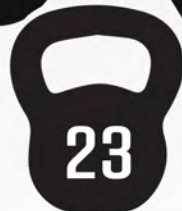
**4 sets tricep dips**  
reps: 8, 7, 7, 6 (per side)



**4 sets uneven push-ups**  
reps: 8, 7, 6, 5 (per arm)

# THE GAUNTLET

© [darebee.com](http://darebee.com)



## REST TIMES

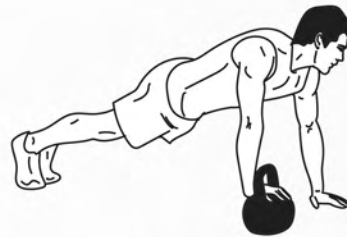
30 seconds between sets

2 minutes after each exercise



### 4 sets climbers

reps: 18, 16, 16, 14



### 2 sets uneven plank hold

60 seconds



### 4 sets sitting twists

reps: 16, 14, 14, 8



### 4 sets leg raises

reps: 12, 10, 10, 8



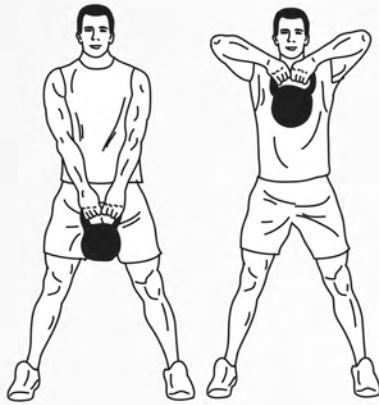
# THE GAUNTLET

© [darebee.com](http://darebee.com)



## REST TIMES

30 seconds between sets  
2 minutes after each exercise



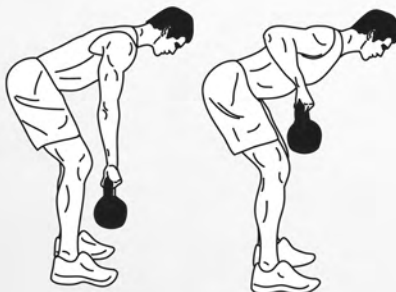
### 4 sets upright rows

reps: 10, 9, 9, 7



### 2 sets upright row hold

30 seconds



### 4 sets bent over rows

reps: 13, 12, 11, 8



### 2 sets squat hold

30 seconds

# THE GAUNTLET

© [darebee.com](https://darebee.com)

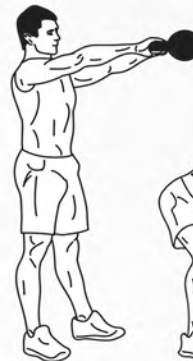


**5 SETS IN TOTAL**

2 minutes rest between sets



**12** uneven push-ups  
change sides with each rep



**12** swing and snatch  
change arms with each rep



**12** push-up into bicep curl - change arms with each rep

# THE GAUNTLET

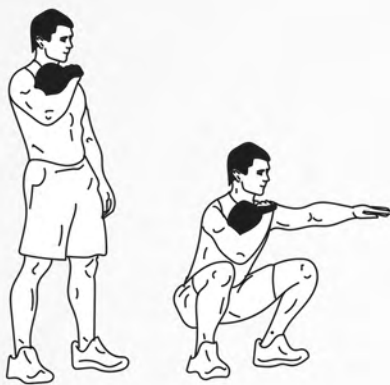
© [darebee.com](http://darebee.com)



## REST TIMES

30 seconds between sets

2 minutes after each exercise



### 4 sets squats

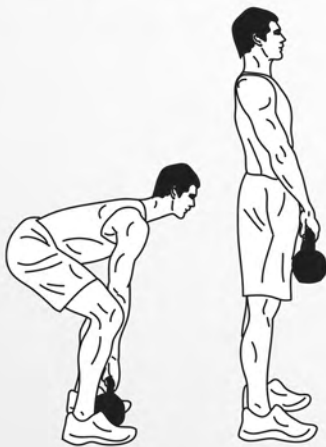
reps: 12, 12, 10, 8

change arms with each set



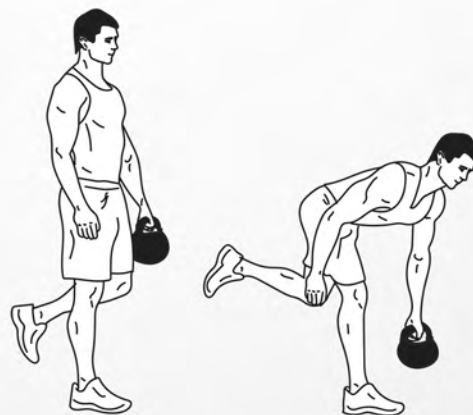
### 4 sets forward lunges

reps: 8, 8, 6, 6 (per leg)



### 4 sets deadlifts

reps: 12, 11, 10, 7



### 4 sets single leg deadlifts

reps: 6, 5, 5, 4 (per leg)

# THE GAUNTLET

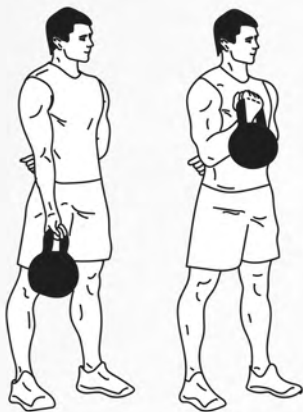
© [darebee.com](http://darebee.com)



## REST TIMES

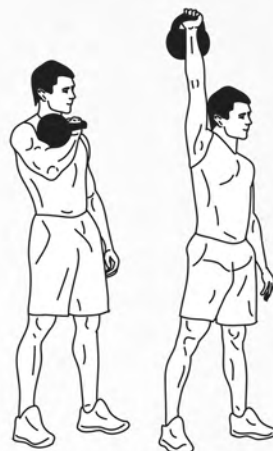
30 seconds between sets

2 minutes after each exercise



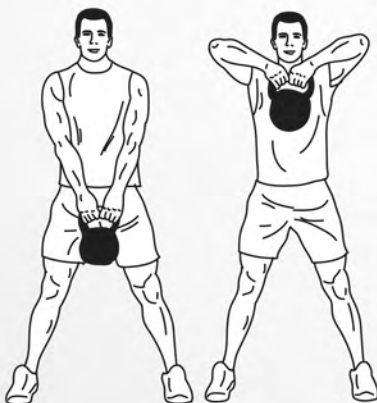
### 4 sets bicep curls

reps: 8, 8, 7, 7 (per arm)



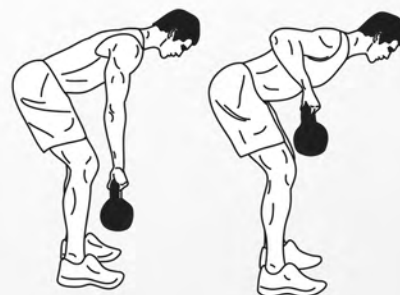
### 4 sets shoulder press

reps: 7, 7, 6, 6 (per arm)



### 4 sets upright rows

reps: 10, 10, 9, 8



### 4 sets bent over rows

reps: 13, 13, 11, 9



# THE GAUNTLET

© [darebee.com](http://darebee.com)



## REST TIMES

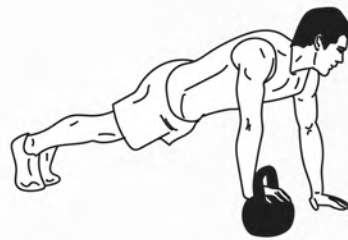
30 seconds between sets

2 minutes after each exercise



### 4 sets climbers

reps: 20, 18, 18, 16



### 2 sets uneven plank hold

60 seconds



### 4 sets sitting twists

reps: 16, 16, 14, 10



### 4 sets tricep dips

reps: 9, 8, 8, 7 (per side)

# THE GAUNTLET

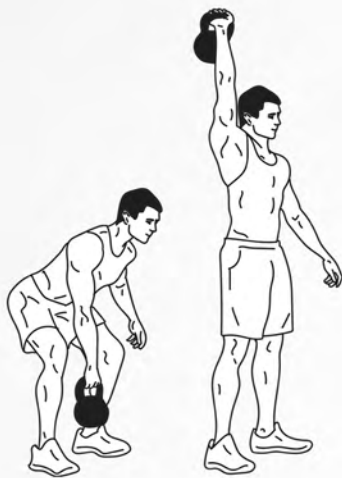
© [darebee.com](http://darebee.com)



## REST TIMES

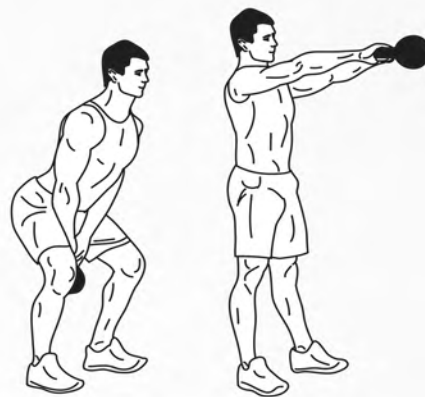
30 seconds between sets

2 minutes after each exercise



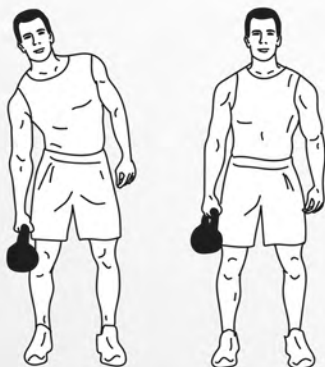
### 4 sets snatch

reps: 8, 6, 6, 5 (per arm)



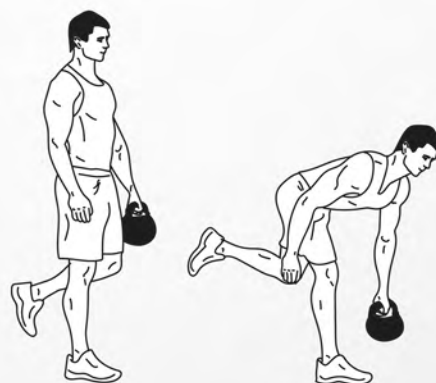
### 4 sets swings

reps: 7, 6, 6, 5



### 4 sets side bends

reps: 8, 7, 6, 5 (per side)



### 4 sets single leg deadlifts

reps: 7, 6, 6, 5 (per leg)

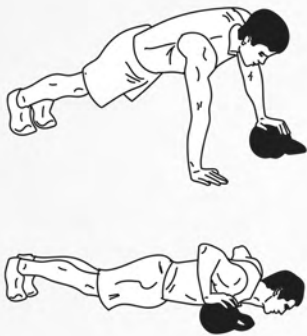
# THE GAUNTLET

© [darebee.com](http://darebee.com)

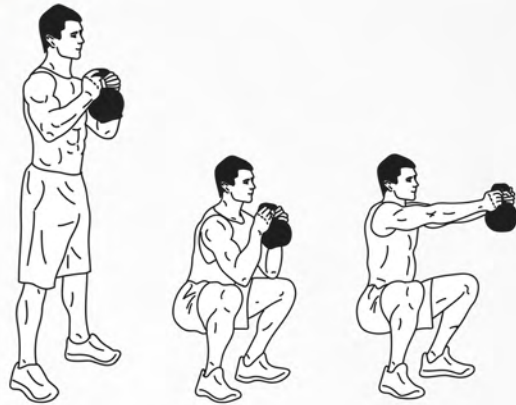


5 SETS IN TOTAL

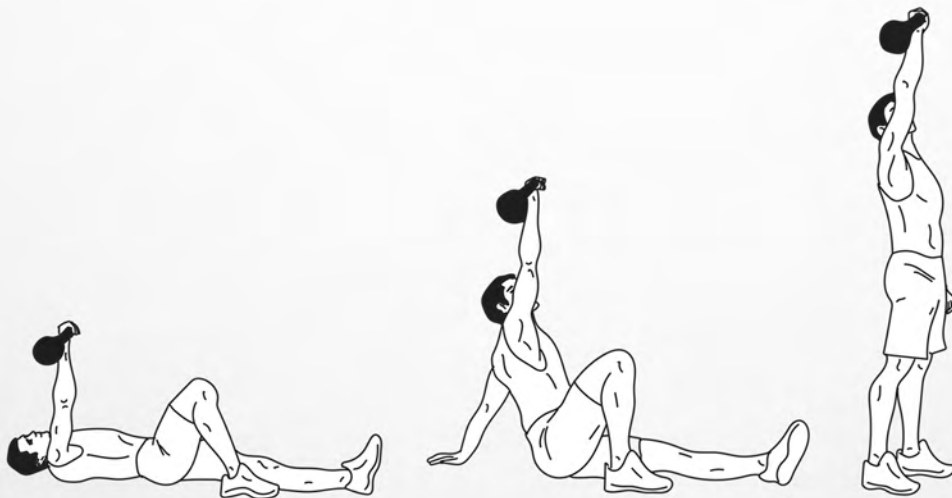
2 minutes rest between sets



**14** uneven push-ups  
change sides with each rep



**14** squats into squat hold chest press



**14** full get-ups  
change arms with each rep

visual workouts and fitness programs at  
**DAREBEE | darebee.com**

This project is supported exclusively via donations  
and every dollar makes a difference.

Whatever you feel comfortable giving  
it will be greatly appreciated and it will make a difference  
in this project's future.

**donate \$1**  
and help to keep this project up

***PayPal***



+ other options