

## Kettlebells & Pilates 6 Week Program

**Recommended Equipment:** 1 light/medium kettlebell, 1 heavier kettlebell, [6 foot theraband](#) OR [resistance band tubing](#), [36 inch foam roller](#), [2 lb hand weights](#) OR small soup cans, large bath towel, [yoga block](#) OR large book, [8 to 10 inch inflatable ball](#), jumpstretch band in [light](#) and/or [medium resistance](#)

*Note: Many of the props listed above have links to where you can purchase them!*

**Directions:** Take each of the classes outlined below on non consecutive days. On your days off, you may elect to rest or perform some form of restorative work or cardio. You may also substitute some workouts with alternative workouts from the site.

### Week 1: Nov 30 - Dec 6

**Class 1:** [Kettlebell Mobility Express](#)

**Class 2:** [Pilates Functional Training](#)

**Class 3:** [Creative Kettlebell Meets Core](#)

### Week 2: December 7-13

**Class 1:** [Total Body Kettlebells](#)

**Class 2:** [Girls Got Balls](#)

**Class 3:** [Strong & Stable Kettlebell Circuit](#)

### Week 3: December 14 - 20

**Class 1:** [KB Functional Strength Challenge](#)

**Class 2:** [Pilates Abs & Booty Burn](#)

**Class 3:** [Kettlebells & Bands | Greatest Hits](#)

## **Week 4: December 21-27**

**Class 1:** [Kettlebell & Bands | Full Body Blast](#)

**Class 2:** [Primal Inspired Pilates Mat](#)

**Class 3:** [Bands & Bells | Total Body Strength](#)

## **Week 5: Dec 28 - Jan 3**

**Class 1:** [Kettlebells & Banded Strength](#)

**Class 2:** [Pilates Functional Training Fusion](#)

**Class 3:** [Bands & Bells | Progressive Strength](#)

## **Week 6: Jan 4 - 10**

**Class 1:** [KB Training Club | Progressive Flows](#)

**Class 2:** [Precision Pilates Flow](#)

**Class 3:** [KB Training Club | Creative Strength](#)