# THE RKC BOOK OF STRENGTH AND CONDITIONING

**45 Powerful Kettlebell Workouts and Training Programs —to Inspire You in Your Quest for Athletic Excellence**

**Brought to you by leaders of the RKC community**

Collated, edited and with an introduction by Master RKC, Geoff Neupert

# THE RKC BOOK of Strength and Conditioning

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# Introduction
# Why Kettlebells?

## By Geoff Neupert, Master RKC

I have always been fascinated by the many forms of strength. Whether it was testing myself against my neighbor on Pull-Ups hanging from the clothesline at the tender age of 4, or training college athletes as a Strength and Conditioning Coach, or helping a 69-year old grandmother conquer osteoarthritis, strength has been a constant part of my life.

Kettlebells first appeared on my radar somewhere around 1997 when I was training wrestlers at Rutgers University. I saw a "kettle-stack" or something like that in an ***IronMind*** advertisement. I thought to myself, *"These would be so much easier to teach and use than the barbell versions of the Olympic lifts for these guys. Plus, I could make them do lots of reps for specific conditioning…"* Then I laughed one of those evil movie laughs.

By the time I bought my first set of kettlebells in 2002, I had moved on from Rutgers and was running my own personal training business. My clients instantly noticed the changes in their physiques and performances after introducing them to kettlebells.

Personally, I love kettlebells because they remind me of Olympic weightlifting, my sport of obsession, *um…choice*. They allow you (and me) to replicate many of the amazing benefits of Olympic weightlifting (strength, speed, flexibility, power…) without all the time, effort, and specialized equipment. Kettlebells, says Pavel in the original ***Russian Kettlebell Challenge*** book,

> **"offer a 'peoples alternative' to… barbell Olympic lifts…and almost anyone can master the skills in a short period of time…" (p.26)**

Others have their own reasons for training with kettlebells. They help the weak become strong, the overweight to become lean, and the skinny to become muscular. They literally forge the human body into something else—something almost heroic. And therein lies their attraction, I suspect.

Since 2001 and the first ***Russian Kettlebell Challenge*** Instructor Certification, thousands of individuals—martial artists, first responders, military, and fitness and strength professionals, have learned how to use kettlebells quickly and safely and in turn train others with them. No longer relegated to the basements of strongmen and the "Courage Corners" of the Russian Military, kettlebells, thanks to Pavel and the RKC have transformed the way the Western world views and obtains strength and fitness. Now everyone from elite athletes to grandmothers has access to the easy strength and conditioning gains of the kettlebell.

And those individuals have gone on to create very effective workout programs for their clients, customers, teams, and units.

Which brings us to the meat of this book and a very, very important question…

# "How Do I Use Kettlebells to Get The BEST Results Possible?"

That's a common question these days. It seems everyone has an opinion, from how "not" to use them, to what they are good for (strength-endurance tool only), to who shouldn't use them and what to do with them when.

Apparently everybody has an opinion and especially it seems those who are least qualified.

So, we decided to ask those *who are qualified*, qualified by the RKC, those who use kettlebells every day with their private clients, their classes, their units, their teams, and their patients.

We decided to ask RKC Instructors to submit their workouts so you can not only see, but also use programs that have been successfully used by experts.

What follows are time-tested, results-producing kettlebell workouts from some of the RKC's best instructors.

Some workouts are used to develop strength. Some are used for conditioning. All have produced results either for the instructors themselves, their clients, or both.

## *A Word About The Structure of The Workouts in This Book*

One of the hardest things about being an editor is to divine people's intent. It reminds of a story my Dad taught me when I was a little boy about "assuming" and aircraft mechanics and airplane crashes and the devastating consequences assumptions can have. Fortunately, we are only dealing with kettlebells here…

You will notice that some of these workouts are just that—one-time workouts that can be added, substituted, or used repeatedly. Others are literally fully detailed programs containing different days or even weeks' worth of workouts.

Where I felt clarifications were needed, I contacted the authors for such. If you should need further clarifications on the workouts or how to adapt them from where they stand, please contact the workouts' creators.

That being said, this book is divided into two major sections: "Programs" and "Workouts."

## *How Should I Use Them?*

Pick a workout that fits with your goal.

If you want a quick one-off workout, there are many to choose from. You may decide to turn it into a program. Great idea.

You may want something "more"—a long-term cycle or plan. There are some of those in here too.

But be sure you do the workouts as they are written. Don't pick and choose, for then the intent and purpose behind the workout will be lost.

Obviously, if you change around a workout's design, then you are no longer doing that workout. You are doing your own workout. And that's fine. But just so you understand that if you do tweak these workouts to suit your means, then you have lost all objectivity to judge the effectiveness of these workouts.

Why?

Because you are no longer doing the workouts as they were written—as intended by their designers—which means you can no longer be certain of achieving the results intended by the workouts' authors.

So, pick a workout that suits your goals.

Do it to the letter.

Stick with it until complete.

Repeat until you've reached your stated goals.

Then reset your goals and repeat the process.

RKC
TM

# The Programs

# 1. "The Percentage Approach to Swing Training"

Mark Reifkind
Master RKC

As all of you must know by now I think the Swing is The Thing. THE Best exercise for almost everyone—beginners to Elite athletes, youngsters to the Elders. I just can't find another exercise that is so easy on the body and makes one work so hard than the RKC Kettlebell Swing. One that strengthens the body at the same time it heals it.

"The Swing is the Center of the Kettlebell Universe" is the phrase I used to describe my respect for this amazing exercise that will burn the most calories, work the most muscles and be the easiest on ALL the joints of your body. I wrote an article for the RKC Manual about just this. Nothing else allows such an intense metabolic workout along with such serious muscle building and toning as the Kettlebell Swing and all its variations.

Nothing else builds work capacity like this most basic approach to opposing gravity and producing force. Nothing else creates so much resistance in the extension position. But there are many roads to Rome.

My wife Tracy is known as the "Queen of the Kettlebell Swing" for her incredible ability to do thousands upon thousands of Swings for various lengths of time with very short rest periods almost daily. Her work capacity is legendary.

I ain't her.

I come from a gymnastics and powerlifting background and I like my rest. I prefer to start my next set when my HR has come down a bit and I can put my all into the next set. I also have to mention I was a competitive bodybuilder for a long time and I like intensity as well. It's hard to be intense on the next set when you are still out of breath.

So my way of training the Swing is looking at the volume and intensity and not worrying so much about the rest interval. That will naturally diminish as your work capacity and fitness improves.

Even with "longer" rest periods. It just lets you handle more weight and go harder. And that ain't easy.

Total number of sets determines the volume of the workout, regardless of how long it takes to complete the task. The weight used determines the intensity. Believe me, after a certain point a longer rest doesn't make things easier, it just drags things out. And 32kg one arm Swings are WAY harder than 24kg one arm Swings, no matter how long I rest between sets. That's the intensity. Both volume and intensity need to be approached systematically.

This type of workout is for everyone: The out of shape person who wants to build strength, increase tone and burn serious calories at the same time. The athlete who needs to increase his or her overall work capacity and not beat up his or her body any more than the chosen sport is already doing; The powerlifter that needs to drop some bodyfat but not lose any strength by doing "cardio;" The Girevik that wants to work up to being able to handle the next size up bell but doesn't know how to approach it.

I use the one arm Swing but any kettlebell ballistic can be used: 2-Hand Swing, KB Cleans, Double KB Swings, Transfers, High pulls, or even Snatches. Pick your poison. The key is to set a Personal Best, then train progressively; increasing load each week as you approach your old PR. The last workout IS your old PR and then the next week you test and reset your New PR. Rinse and Repeat.

Remember, this is called training not playtime.

Simple. But not easy. We will take the percentage approach to cycling the loads and intensity which means we will start by getting a baseline—your personal best TODAY. What you could do two years ago is irrelevant. All percentages are based on this Personal Best. As it increases, so does your workload.

The exercise of choice is the One Arm Swing. The One Arm Swing activates more muscle than any other Swing. 150 % of lat strength—even more than the 100% lat activation of the Two-Hand Swing. This is according to spinal biomechanist Dr. Stuart McGill.

How? The same workload (face value of weight on the bell) is handled by just one side. You are building SERIOUS spinal stability at the same time as really asking your shoulders and arms to do LOTS of real work keeping the bell traveling in the correct arc. Good stuff. Especially for people with 'glass backs'. Counterintuitive I know, but the One Arm Swing is much better than the Two-Arm Swing for people with touchy backs. Trust me on this.

This cycle is done over the course of 7 weeks.

# Week one is Testing.

You start off with a weight where you can do 10 reps on the right and 10 reps on the left strongly. Perfect RKC Hardstyle reps. Crisp hip snap, overspeed eccentric, easy shoulder pack, etc.

Shoulder in the socket, arm locked out and forced projected forwards. Set the bell down and rest until you feel your HR is about 110-120 BPM, or until you feel ready. Rinse and repeat until you come to a 'comfortable stop' as the Chief Instructor would say. This might be 10 sets or 20 sets. Or more. My PR with the 24 kg was 600 reps. 400 with the 32 kg in less than an hour. Nothing monumental but I can't do those numbers now. But I will again soon. And so can you. So after you test, you have your current best and the PR your percentages will be based on. You will train this lift once per week and each week you will go up in volume according to the percentage jump. The weight (the intensity) will stay the same throughout the cycle.

Each week your numbers will increase by 5 % until you hit week six and attempt a new Personal Best.

This becomes the new number from which to start your next cycle. The "Bigger the Base the Higher the Peak." There is no way around it. You have to go *through*, not around. You have to earn it and numbers don't lie.

Marathon runners don't train 100 miles+ per week because they want to. It's because they have to have the base they need to really do the numbers they want. The same is true with gymnasts, or cyclists or most endurance or strength-endurance athletes. The bigger the base…

For the average person that wants to get in incredible shape in the shortest time possible this is a great way to start. This workout and another day devoted to high-tension work (Get-Ups or Presses or Naked Warrior techniques will go a long, long way if one is consistent and progressive in their approach).

# Here's what to do:

### Week one:

Test the One arm Swing:
Maximum sets of 10/10 to a comfortable stop. This is the PR
(eg. 300 Swings with the 16 kg bell= 100%)

### Week two:

70 % of 300
(eg 10-11 sets of 10/10 )
220 reps
7,920 lbs work

### Week Three:

75% of 300
11-12 sets of 10/10
220-240 reps
7,940-8,640 lbs work

### Week Four:

80% of 300
12-13 sets of 10/10
240-260 reps
8,640-9,360 lbs work

### Week Five:

85% of 300
13-14 sets of 10/10
260-280 reps
9,360-10,080 lbs

### Week Six:

90% of 300
14-15 sets of 10/10
280-300 reps (current PR)
10,080-10,800 lbs.

**Week Seven:**

Retest and shoot for 101-105% of last Personal Best.

This approach to increasing workloads and intensity is classic and has stood the test of time in both powerlifting and Olympic lifting. Is it the "best" way to build a solid strength and conditioning foundation? Who knows? How old are you? What are your short-term and long-term goals? Are you a competitive athlete or a desk jockey trying to live as long as possible as strong as possible?

Regardless of the answer, this workout should be a staple in your training toolbox, in my opinion—nothing more basic and less invasive on your structure.

What I do know is that this allows the average person to do superhuman workloads and progressively increase their work capacity systematically and with just one workout per week. Hard to beat.

One can do other things on other days or do special exercises to increase their weak points in the Swing. One could work KB deadlifts to increase their ability to handle a bigger weight or Presses with an Enter the Kettlebell approach to cover both strength and conditioning at the same time.

One can also work with a heavier bell and just adjust the numbers downward.

What is the goal for how many total Swings per workout? That's individual, IMO. My wife can do 2,000 Swings in an hour. I'm very happy if I can do 600 one arm Swings with the 24 in that same time period.

To me the key is to set your goal according to where you are RIGHT NOW in your conditioning, and what you think is a REALISTIC goal 6 weeks from now. If you keep total training time from 45 minutes to 60 minutes the total numbers will take care of themselves.

And, as your condition improves with consistent workouts your rest periods will naturally come down. I always start off with longer rest periods than I finish with. It takes me a long time to get warmed up but once I do I can do a lot of work with little rest. And so can you.

Train the One Arm Swing like the basic, classic hardcore compound movement it is and see the benefits. Remember it's not what the program is for the next six weeks as it is how many planned workouts you have missed in the last six months. Consistent progression is the KEY!

Enjoy!

Mark Reifkind, Master RKC Instructor, Owner, Girya Kettlebell Training, 136 Hamilton Ave, Palo Alto, CA. Rif can also be reached through is website at ***www.giryastrength.com***. Learn more about Mark in these DVDs available at DragonDoor.com: ***Restoring Lost Physical Function***, ***Lats, the Super Muscles***, and ***Mastering the HardStyle Kettlebell Swing***.

Photo courtesy of Tanya Lee, Eden Photography

# 2. "The Strong And Fast Running Program"

Keith Weber
PT, BSc, RKC, CK-FMS

To preface this training plan, I do have to admit that I love running. It is difficult to describe in words the feeling of freedom, mental clarity, endorphin-infused overwhelming joy, and ultimately peace one can derive from running. Recent research on the biomechanics of the human gait suggest that we possess a specific series of traits unique to our anatomy that indicate we are adapted for running and for jogging over long distances. Our ability to shed heat quickly via millions of sweat glands and lack of fur, big spring-like Achilles tendons which we share with other running animals, and our uniquely large gluteus muscles compared to other primates are only a few of the anatomical features which imply that we are born to run.

I realize that in the weight-training community, the term running and/or particularly jogging inevitably conjures up some strong, unsavory images. I myself have many times witnessed the gangs of bagel-munching, spandex-wearing skinny-fat people plodding along the roadside at breakneck speeds of 2.3 mph loaded down with waist-straps containing various sport gels, electrolyte replacements and enough energy bars to live on for a week, endlessly fiddling with the oversized GPS on their wrists, the heart rate monitor around their torsos, and the i-Pod in their

sleeve. Similarly, at the mention of weight-training many runners envision a large fluorescent-lit room filled with complicated machines, recycled air, and angry, disproportioned men who can barely climb a flight of stairs without supplemental oxygen. This is a shame because these misconceptions act to prevent each group from becoming not only better at their respective pursuits but also ultimately healthier by crossing over and dabbling in each other's interests a bit.

The bridge across troubled waters exists in the form of Russian Kettlebell training. Bodybuilders can do cardio without the dreaded fear of losing hard-earned muscle while runners can actually gain strength, improve their VO2 maxes, regain flexibility, and develop speed. In my clinical experience as a orthopedic physical therapist who has had the good fortune of treating hundreds of runners, I firmly believe that you can not run to get in shape, you must get in shape to run. To run well you need to be strong or you will doom yourself to perpetual mediocrity and a less than maximal enjoyment of the whole experience.

The following program has been through many stages of evolution over the past several years. My training as an RKC, my clinical observations as a physical therapist, and my own ambitions as a runner have all contributed to the various elements of the plan. Also my dissatisfaction with the similarity and mind-numbing repetitiveness of the various training programs available to runners through conventional publications and various other forums also provided the impetus I needed to formulate this into a user-friendly plan. Most importantly I have tried to make this program extremely challenging yet fun to do because of the infinite variety afforded by training with kettlebells.

Follow this plan for 8 to 12 weeks and enjoy the dramatic improvement in both your results at the next race and your physique.

The program is suitable for any distance by adjusting the long run accordingly.

# Day 1

### Strength Circuit Day
### or
### Double Clean and Press Day

Alternate these 2 sessions from week to week

### Strength Circuit Day

This session is designed to improve core strength while keeping the heart rate elevated with KB Swings. One-legged deadlifts are great for strengthening the feet and preventing injury along the posterior chain. Rows strengthen the back preventing the slouch often seen when a runner fatigues.

**5 circuits consisting of:**

Swings x20-25 reps
One-armed rows 5x5/side
OH Squats 5x5/side
One-legged deadlift 5x5/leg

Finish training with 10 minute Swing or Snatch test; record totals and try to increase number each session

Move from one exercise to the next with minimal rest while maintaining proper form

Use a kettlebell heavy enough to leave you winded after 20 -25 Swings
Utilize variations of the Swings (2-handed, alternating, single-handed, Snatches, high pulls; keep it fun)

### Double C&P Day

This is a great exercise for improving your ability to breathe while running as the weight of the bells compresses the ribcage.

5 to 10 sets of double KB Clean and Presses
Use 2 KBs of the same size (12kg to 24 kg bells)
Progressively increase length of sets from one workout to the next (by increasing reps) while maintaining rest periods at 30 seconds
Make the Clean and Press sets at least 30 seconds long and lengthen sets/increase reps up to 1 minute as strength endurance improves
Skip rope or jog on spot between C&P sets

Finish session with 10 Turkish Getups per side, alternating singles with heavy KB

# Day 2

### Hill Repeats
### or
### 100m Sprints

Alternate these sessions from week to week

### Hill Repeats

Hills should be a staple in every runners training program

Find a hill with a road, trail, or sidewalk at least 500m in length with steep grade (6% is perfect)

A treadmill set at max incline will also work.

The goal is to find a hill that takes 2.5 to 3 minutes to run up as fast as you can

- Run up then jog down to recuperate
- Start with 3 repeats adding one per week until you reach a maximum of 10
- Keep track of your time; if your time to the top is more than 10 seconds slower than your best repeat call it quits for that day

If doing repeats on a treadmill, run at full incline for 2.5 to 3 minutes at the most speed you can handle (Aim for at least 6 mph)

Skip or jog on treadmill at 0 incline for same time you ran to recover

### 100 m intervals

This session is used to improve running speed

Sprint from one end of a football field to another then jog slowly back to recover

Repeat 10 to 20 times

As you improve jog faster back to start

# Day 3

### Active recovery

Windmills are vital for running as they stretch and strengthen the hamstrings, shoulder girdle, mobilize the thoracic and lumbar spine, and reinforce the connection between the trunk and hip girdle, not to mention strengthen the core.

Janda situps are great for core strength and help to keep the lumbar region from stiffening up.

Janda situps 5x5
Windmills 5x5

Use a moderately heavy KB for windmills; for example, use the same weight you would utilize for getups

# Day 4

### KB Smoker Day

KB "smokers" could be defined as brief, intense routines lasting 4 to 10 minutes using a variety of kettlebell exercises to provide an extreme cardiovascular stress.

Work up to 30 to 45 minute session taking brief rests between each series of exercises.

My ***Extreme Kettlebell Cardio Workout*** DVDs available from Dragondoor.com have a series of these types of routines.

The following are a few examples:

Using a single KB (12 to 20 kg)
- 10 Snatches per side
- 10 OH Squats per side
- 10 Swings per side
- 10 Clean and Presses per side
- 10 Thrusters per side

- 10 Thrusters per side
- 10 OH lunges per side
- 10 OH Squats per side
- 10 Squat kicks per side
- 10 Swings per side

Alternate 10 hot potatoes between sets of:
- 10 Swings per side
- 10 Snatches per side
- 10 Clean and Presses per side
- 10 Cleans per side
- 10 Tactical Lunges per side

Start with 5 reps of each exercise and increase to 10 as fitness improves

# Day 5

## Active recovery

5x5 Janda situps
5x5 windmills

# Day 6

## Long Run

Run at steady pace for at least 30 minutes progressively increasing time of run depending on race distance you are training for.

For distances up to a half marathon the long run should be no longer than 1 hour.

If following a marathon-training program, use long-run guidelines and taper according to program.

# Day 7

## Rest Day

Walk, stretch, relax

I initially discovered quite by accident how much brief cardiovascular routines using KBs improved my running when I started teaching KB classes a few years ago. I was teaching two 1-hour classes per week and running only once per week on weekends. The classes consisted of several rounds of various KB exercises with the goal of eliciting an extreme anaerobic debt load, aka "smokers". My ***Extreme KB Cardio*** DVD is basically identical to a typical class and was initially created for people who were unable to continue attending classes due to scheduling conflicts.

I entered a race I usually go in annually despite not really training as per normal. The race is a half marathon distance (13 miles or 21.1 km) so I was a bit concerned as I had not ran for longer than 45 minutes at one time for close to a year. As it turned out I broke my previous PR of 1 hour and 30 minutes by nearly 2 minutes! The best thing was that I had no pain during the run, my wind was steady throughout, and I actually enjoyed the race. That was when I realized that the "what the hell" effect of KB training even applied to running. Participants in my KB classes (mostly women) have reported similar results and look like fitness models as opposed to typical runners. They also no longer require my services as a physical therapist as they are now strong and injury resistant.

During a race there are many times throughout where the runner hits their respective anaerobic threshold and must recover while continuing to run. This usually occurs towards the top of a hill or after accelerating to pass another runner. The beauty of training with KBs is that the runner is able to reproduce the same anaerobic debt several times during a relatively brief span of time. By changing sides of the body and varying exercises, the trainee can continue working while placing a tremendous load on the respiratory and postural muscles, which are usually the first to fatigue and the limiting factor in performance. In many ways running is easier relative to this type of KB training as there is no load on the body while running. Furthermore, the psychological toughness one develops from anaerobic training is a major asset during sections of a race when the runner must overcome acute bouts of extreme fatigue.

This is a demanding program but keep in mind that if performed properly, the training sessions should not last longer than 45 minutes with the exception of the longer weekend run. Also, each training session can be modified depending on how you feel. For example, if you had an amazing run on Saturday and are still tired on Monday, fall back and do fewer circuits or go lighter on the Swings and use them for active recovery for your legs. If you feel tired on hill training day cut back on the number of repeats on that day. If you hit a plateau drop the volume but keep the intensity for a few sessions.

Also keep in mind that compared to most other running programs, you will not be running much. This is to ensure that when you do run you will be doing quality training and increasing your speed along with endurance. The intensity of the KB training will make up for the reduced running.

This program demands that you eat and rest properly in order to allow your body to adapt to the progressive demands placed on it. The ***Super Joints*** and ***Relax into Stretch*** style routines must be practiced daily.

For those who wish to do longer races such as marathons, simply adjust the length of the long run. Many of the participants in my classes run marathons and do classes right up to the week prior to the race.

Following the above program I have continued to improve my running and have placed top 3 in my age category in the past several races I've entered. I recently improved my best time in the half marathon to 1:25:10. My recent PR in the 10 km is 37 minutes.

The best part about all of this is that I am no longer burdened by nagging overuse injuries commonly seen in runners, I am continuing to improve my running speed, and the training sessions are short enough that I am able to fit them in before the kids are even out of bed in the morning. The best part is that the training sessions are so varied and fun that I never feel burned out and I look forward to each workout. Another bonus is this type of training will improve your muscularity without adding size—so you not only feel better but look better as well.

Keith Weber, PT, BSc, RKC, is a Physical Therapist in Red Deer, Alberta, Canada. He is the creator of the popular workout DVDs, ***The Extreme Kettlebell Cardio Workout***, and ***The Extreme Kettlebell Cardio Workout 2***, available through DragonDoor.com.

Photo courtesy of Teal Tree Photography Studio

# 3. "Getting 'Back' Into The Press"

Karen Smith
Senior RKC

Dec 26th, 2009, I was in a minor car accident, where I injured my back. I was instructed to take three months off training while going through physical therapy and chiropractic. So, NO "Heavy" lifting for such a long time was quite difficult for me. After I was released to train again, I started testing all my kettlebell skills to find my starting point and design a program. I began with light bells to re-pattern my technique and form. Ballistics were challenging, so I had to continue with light weights and low reps for some time. Once I achieved a good foundation and was able to return to snatching a 12kg for 10 reps right /10 reps left, I was ready to move on to a true strength program and set my goal to achieve the **Iron Maiden Challenge** no matter how long it took. The following program is one of my favorites.

** Individuals must take into account their base of strength and skill level before starting a new training program. You should have a good base and understanding of the following skills prior to attempting this workout. When selecting bell sizes, think about your strength and do not start with the bells listed below. I had a good foundation of strength prior to the accident and spent time building my technique and strength back up before starting this program.

# Stats:

Female, 5'4" 124lbs

Starting weights were selected by choosing a bell that I could comfortably snatch 10 reps r/l for 5 sets. Then one bell up for push press and another bell up for cleans.

# Week 1 & 2

(2x per week)

20kg cleans x 5r/l, 16kg push press x 5r/l, 12kgsnatch 10r/l, 5 BW Tactical Pull Ups - (5 sets)

# Week 3 & 4

(2x per week)

24kg cleans x 5r/l, 20kg push press x 5r/l, 16kgsnatch 10r/l, 1 12kg Pull up and 4 BW Tactical Pull Ups - (5 sets)

# Week 4 & 5

(2x per week)

28kg cleans x 5r/l, 24kg push press x 5r/l, 20kgsnatch 10r/l, 1 16kg Pull Up and 4 Tactical Pull Ups - (5 sets)

# Week 6

**Test (this was last week)**

Feeling strong - TGU r/l with 24kg, snatch24kg 5r/l, Dbl 20kg C&J for sets of 5, 20kg press for 1r/1l

Rest periods were "by feel" and I allowed my heart rate to come down before I started my next set.

My strength seemed to return fairly quickly, so I began focusing on my goal for the Iron Maiden. Goal setting is extremely important. If you do not set a goal you will not reach your desired destination. It is like leaving on a road trip but not knowing where you are going. The Iron Maiden is a challenge within the RKC. It is only completed at the RKC certification or specific Dragon Door workshops. Ladies must complete 1 tactical pull up, 1 Military press and 1 Pistol all with a 24kg kettlebell. I had accomplished the pistol, so the next step was the Military

press. My training consisted of pressing a lot. You have probably heard once or twice in the RKC "you must press a lot in order to press a lot!" I regularly train 3x per week and my training session may look something like this:

1. 24kg TGU 1r/l x 3sets

2. Pressing Ladder:
   20kg 1r/l, 16kg 3r/l, 12kg 5r/l -x 3 sets

3. Pull Up Ladder:
   16kg x 1, 12kg x2, 18lb x3 - x 3 sets

4. Pistol Ladder:
   12kg 3r/l, 18lb 5r/l, BW 7r/l –x3 sets

Once I achieved the 24kg Military Press, my approach changed to maintaining the Pistol and the Press and achieving the Pull up. This was a long journey that led me to successfully achieve my goal of Iron Maiden.

Karen Smith, Senior RKC, is the owner of "Kettlebell-Elite," the first and only kettlebell specific studio in Virginia Beach, VA. After transforming her own physique with kettlebell training, Karen became an RKC. She can be contacted through her website, ***www.kettlebell-elite.com***.

# 4. "Kettlebell Recomposition"

Delaine Ross
RKC Team Leader

## Aimed at:

Fitness Competitors

## Goals:

Fat loss, defined abs, and cardio stamina

### Mon/Wed/Sat

Adjust weight according to how you feel that day. And feel free to switch weights in the middle of a set if needed. The fitness diet and training can really take a toll on your body, so listen to yourself and train smart!

**2KB Military Press** x 3,4,5 reps (two 12kg or 16kg)

**Renegade Rows** x 5,5,5 reps each side (two 16kg or 20kg)

**Sumo Deadlift** x 5, 5, 5 reps as heavy as possible (two 32kg or 40kg)

**Swings** 50%-100% longer than your routine. For example, my routine this season is 2 minutes long, so I do 3-4 minutes of continuous Swings. Rest 10-15 seconds when needed on days when you don't feel 100%.

## Tues/Fri

**5-10 min SSST** (12kg or 16kg)

**Presses:** One rep as heavy as you can Press for 3 sets on each side—I chose to add this in because last season, I over-dieted and lost the ability to Press the 20kg. It took me 6 months to get it back, so I decided to Grease the Groove throughout competition prep this season to not lose strength.

## Six days a week

Work on routine and drilling strength moves for 30-45 minutes (including GTG one-arm push-ups)

This workout proves that by using the PTTP protocol of 3-5 reps for 3-5 sets, ladies can lift very heavy and not get bulky.

Delaine Ross, RKC Team Leader, is the founder of Condition Kettlebell Gym in Atlanta, GA (***www.gymcondition.com***.) The efficiency of kettlebell training is what attracted her to the system and she specializes in working with people in the city who don't have a lot of time. Her DVD, ***Kettlebells for the Busy Professional***, is available through Dragon Door.

# 5. "Fighter Workouts for Fat Loss"

Josh Hillis
RKC II

## Audience:

Intermediate and Advanced Fat Loss Clients

### Week One: Workout One - Strength

Single Leg Deadlifts 2 x 8L+8R
Floor Press 2 x 8
Pistols or Split Squats 2 x 8L+8R
Bent Over Rows 2 x 8L+8R

### Week One: Workout Two - Strength

Single Leg Deadlifts 2 x 8
Military Press 2 x 8L+8R
Pullups 2 x 8
*(pullups should be done with assistance or extra weight as appropriate)*
Double Kettlebell Front Squats 2 x 8

### Week One: Workout Three – Strength

Renegade Rows 2 x 8L+8R
Double Kettlebell Squat + Push Press 2 x 8
Swings 2 x 20

### Week Two: Workout One – Strength

Bent Over Rows 3 x 8L+8R
Pistols or Split Squats 3 x 8L+8R
Single Leg Deadlifts 3 x 8L+8R
Floor Press 3 x 8

### Week Two: Workout Two – Strength

Pullups 3 x 8
*(pullups should be done with assistance or extra weight as appropriate)*
Double Kettlebell Straight Leg Deadlifts 3 x 8
Military Press 3 x 8L+8R
Double Kettlebell Front Squats 3 x 8

### Week Two: Workout Three – Hybrid Lifts

Double Kettlebell Squat + Push Press "Long Push Press" 3 x 8
Renegade Rows 3 x 8L+8R
Swings 3 x 20

### Week Three: Workout One – Strength

Pistols or Split Squats 4 x 8L+8R
Bent Over Rows 4 x 8L+8R
Floor Press 4 x 8
Single Leg Deadlifts 4 x 8L+8R

### Week Three: Workout Two – Strength

Single Leg Deadlifts 4 x 8L+8R
Military Press 4 x 8L+8R
Kettlebell Front Squats 4 x 8
Pullups 4 x 8
*(pullups should be done with assistance or extra weight as appropriate)*

### Week Three: Workout Three – Strength

Renegade Rows 4 x 8L+8R
Double Kettlebell Squat + Push Press "Long Push Press" 4 x 8
Swings 4 x 20

## Week Four: Workout One – Fighter Workout

1. Kettlebell Swings
2. Burpees
3. Kettlebell Swings
4. Burpees
5. Kettlebell Swings

## Week Four: Workout Two – Fighter Workout

1. Pullups *(assisted if necessary)*
2. Burpees
3. Pullups *(assisted if necessary)*
4. Burpees
5. Pullups *(assisted if necessary)*

## Week Four: Workout Three – Strength

Single Leg Deadlifts 2 x 8+8R
Floor Press 2 x 8
Pistols or Split Squats 2 x 8L+8R
Bent Over Rows 2 x 8L+8R

## Week Five: Workout One – Fighter Workout

1. Swings
2. Renegade Rows
3. Split Squats
4. Renegade Rows
5. Swings

## Week Five: Workout Two – Fighter Workout

1. Pullups
2. Push Press
3. Split Squats
4. Push Press
5. Swings

## Week Five: Workout Three – Strength

Single Leg Deadlifts 3 x 8L+8R
Military Press 3 x 8L+8R
Pullups 3 x 8
*(pullups should be done with assistance or extra weight as appropriate)*
Double Kettlebell Front Squats 3 x 8

### Week Six: Workout One – Fighter Workout

1. Kettlebell Swings
2. Push Presses
3. Squats
4. Pushups
5. Burpees

### Week Six: Workout Two – Strength

Straight Leg Deadlifts 4 x 8
Floor Press 4 x 8
Pistols or Split Squats 4 x 8L+8R
Bent Over Rows 4 x 8L+8R

### Week Six: Fighter Workout Test

1. Kettlebell Swings
2. Pushups
3. Kettlebell Swings
4. Pushups
5. Kettlebell Swings

# The Strength Workouts

The strength workouts are pretty straightforward. Each workout you're going to get a push, pull, squat, and deadlift.

If it says 3 x 8, that means that you are going to do sets of 8 repetitions, three times.

There is going to be three minutes rest between each set. We're working the opposite end of the spectrum from the fighter workouts, so there's no reason to compress rest.

We want to lift as heavy as possible, so we rest as much as possible.

# The Fighter Workouts

The Fighter Workouts are going to consist of three rounds. Each round is going to be five minutes.

Each five-minute round has have a different movement every minute.

You are going to enjoy three minutes rest between rounds.

You'll need some kind of timer. Either a stopwatch that chimes every minute, or a round timer. You can get a Gym Boss interval timer for $20 and you're set. http://www.gymboss.com/

You'll also want to keep a workout log where you write down all the sets and reps (your score).

1. **Squats**
2. **Pushups**
3. **Squats**
4. **Pushups**
5. **Squats**

In this workout, you'd do squats for one minute. At the end of that minute, you'd immediately (no rest) do pushups for the following minute. The third minute would be squats. The fourth minute would be pushups. The fifth minute would be squats.

You'd then rest for three minutes. After three minutes rest, you repeat the round a second time. Rest again, and then repeat the round a third and final time.

# Fighter Workout Test: The Score is Everything

The score is going to tell you everything you need to know about your fitness level. If you compare your score on this test vs. your last test, you'll boil down all of the variables like strength, endurance and power into one measurable number: Your score.

The fighter workout *test* is **ONLY ONE ROUND**. Your score on the fighter workout test is simple:

**( Total Reps *Swings* + Total Reps *Pushups* )**
**x the *weight of the kettlebell***
**that you used for the Swings**
**÷ *Your Body Weight***

# Wham, Bam, Thank You, Ma'am

This workout challenge is the complete opposite end of the spectrum from challenges like The **300 Workout**, which was a relatively long strength-endurance challenge.

This is five intense, hard-hitting minutes.

This test directly rewards you for increasing strength—the quickest way to up your score is to lift a heavier kettlebell.

And the difference between doing this workout with a 25 pound kettlebell and a 35 pound kettlebell is drastic.

Taking this workout on with a 53 pound kettlebell or a 70 pound kettlebell is a completely different world.

Wicked-strong, advanced athletes can even take on the challenge of doing the Fighter Workout Test with the 88lb "Bulldog" Kettlebell or the 106lb "Beast" Kettlebell.

The kettlebell Swing is very form intensive. DO NOT muscle the weight up with your arms. Use your hips. Drive with your glutes and hamstrings.

**Just like a punch, the kettlebell Swing is about generating power with your whole body, from the ground up. It's not about your arms.**

Use the heaviest weight you can use with perfect form, but NO HEAVIER. **Any rep performed with incorrect form doesn't count**.

Plus, if it's done wrong you'll jack up your lower back. We're about creating stronger athletes, not injured athletes, so do it right.

## *Example Fighter Workout Test Scores:*

| Total Reps Swings | Total Reps Pushups | Total Reps Pushups + Swings | Kettlebell Weight (in pounds) | Body Weight | Fighter Workout Score |
|---|---|---|---|---|---|
| 75 | 40 | 115 | 26 | 140 | 21 |
| 90 | 60 | 150 | 35 | 140 | 38 |
| 90 | 90 | 180 | 53 | 140 | 68 |
| 90 | 90 | 180 | 70 | 140 | 90 |
| 75 | 50 | 125 | 35 | 180 | 24 |
| 90 | 60 | 150 | 53 | 180 | 44 |
| 90 | 75 | 165 | 70 | 180 | 64 |
| 75 | 100 | 175 | 106 | 180 | 103 |

# Success Stories

## *Kendra lost TWO INCHES off of her waist.*

Kendra dropped from a very fit 23% bodyfat down to a truly rockstar fit 19% in the first 8 weeks in these pictures.

She got her ***"Jessica Alba Flat Stomach"*** right after her wedding, getting to an even more lean and toned 16.5% bodyfat.

On top of that, Kendra also did pull ups, totally unassisted, for the first time in her life.

## *Hilary got the Abs Every Girl Wants*

"Hey Josh, I've emailed you a few times since buying your e-book. I wish I had a proper before picture... I was about 120 lbs. and 23% bodyfat... NOW I'm 135 lbs. and 17%.

...As a woman/girl I was never really encouraged to lift weights before and holy cow do I ever love it!

Thank you so much!" —Hilary

Josh Hillis, RKC II, is the author of three e-books: ***The Stubborn Seven Pounds, Fighter Workouts for Fat Loss***, ***System Six: Easy Fat Loss,*** and ***Fighter Workouts for Fat Loss for Women***. Josh is the head coach of Denver Kettlebell Bootcamp, and has been featured in *USA Today* and *The Denver Post*. Josh in an expert in helping men and women lose stubborn fat. ***www.LoseStubbornFat.com.***

NASHVILLE
BOOT CAMP
HVILLE

# 6. "Blurring the Line"

David Whitley
Master RKC

**"What muscle does that work?"**

**"What do you do for cardio?"**

I frequently tell people who ask these sorts of questions that I do my best to blur the line between the commonly understood "modes" of exercise. The strength training is cardio and the cardio is strength training.

If you don't understand, just follow the directions below and you will. Over the course of 4 weeks we'll ramp up and back off. We'll hit every movement angle possible, work your strength, mobility, your heart and lungs. You'll be better for it.

# Workout One:

**A1:** C&P 5 reps per side
**A2:** Pullup 5 reps
Alternate between the two exercises, complete as many rounds as possible in 10:00
Rest 3:00
**B1:** Deck Squat
**B2:** Pushup on gymnastic rings
Alternate between the two exercises, complete as many rounds as possible in 10:00
Rest 3:00
**C1:** Renegade Row
**C2:** Swing
Alternate between the two exercises, complete as many rounds as possible in 10:00

# Workout Two

Getup
Alternate hands each rep
Complete as many reps as possible in 15:00
Rest 5:00
Snatch:
Use a heavy kettlebell, one that you can get a maximum of around 10 reps with either hand. Do sets of 4 reps per hand.
Complete as many sets of four as possible in 15:00

# Workout Three

Complex:
30 seconds of each exercise, no rest between, all done with the same arm, kettlebell doesn't touch the ground.

High pull
Squat and Press
Squat
Press
Swing

Rest 30 seconds, repeat on the other side. Do a total of 5 rounds per side.

## *David Whitley's Example 4 Week Program:*

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| Off | Workout 1 | Off | Workout 2 | Off | Workout 3 | Off |
| Off | Workout 2 | Workout 2 | Off | Workout 3 | Workout 1 | Off |
| Off | Workout 2 | Workout 3 | Workout 1 | Workout 2 | Workout 3 | Off |
| Off | Workout 1 | Off | Workout 2 | Off | Workout 3 | Off |

David Whitley, Master RKC, CK-FMS, aka, "The Iron Tamer," is a Professional Old Time Performing Strongman and kettlebell instructor in Nashville, TN. He is owner of "Nashville Kettlebell," Nashville's first Kettlebell Boot Camp. Contact him at ***irontamerdave@hotmail.com***.

He is the creator of the popular workout DVDs, ***Lessons of hte Old-Time Strongmen***, and ***Full Body Power***, available through Dragon Door.com.

# 7. "Sports-Specific Sprint Training"

Thomas Phillips
Senior RKC

Tyrone Ross came to me in the late Spring as a 29-year old, highly accomplished 400-meter sprinter with aspirations of making it into the 2008 Olympics. Pressed for time I put together an exercise program based mostly on his Functional Movement Screen results. I also put together a diet that got his weight down about 10 lbs. without sacrificing his strength (he was still the heaviest guy on the track by a good 2-3 lbs.). Despite all his hard work it was too little too late and unfortunately Tyrone just barely missed the time he needed in the June trials. The good news is I now have a full year with him as we work on getting ready for the World Games in Berlin next Summer.

The plan from July 2nd – September 23rd (12 weeks which is block #1 of his yearly training regimen) is fairly straightforward and will be the topic of this article; here are the goals:

1. Increase Tyrone's level of general physical preparedness while getting Tyrone as strong as possible.

2. Increase calories in order to build muscle and fire up metabolism (goal is to put on about 20 lbs by the end of the 12 weeks). This would be from 188 to 205-208 while maintaining his lean physique.

3. Avoid injuries by re-screening Tyrone every 12 weeks (using the FMS).

4. Teach Tyrone perfect technique in the various exercises.

5. At the end of the 12 weeks hit the 400-meter in under 50 seconds despite the extra body weight.

I only chose one exercise as the benchmark "test" for strength before we started this program. Well-known strength coach Joe DeFranco has shown a strong correlation with his athletes doing the 40-meter dash and the number of chin-ups they can perform. It's a simple test and Joe has shown it to be quite reliable. When we started on July 2nd Tyrone weighed just under 190 lbs. and hit 20 chin-ups. For purposes of the deadline of this article I retested him on August 24th [2008] at a body weight of 206 and he ripped 27. That is a 35% increase at a 17% higher body weight in less then 8 weeks of work!

Tyrone's program is designed around more than a full year of training with each block having very different goals.

- **Block 1** (about 12 weeks) is to increase GPP, size and strength while maintaining his speed; block 1 is mostly strength training and light track work.

- **Block 2** (about 12 weeks) is designed to bring his weight back down while maintaining his strength; block 2 is moderate strength training and moderate track work.

- **Block 3** is for competition. Tyrone will run several weeks of indoor track while continuing to lose a small amount of body weight each week (until he gets to about 178-180 lbs). The goal is for Tyrone to qualify for World Games in Berlin August of 2009 during the Winter track season. Block 3 is light strength training and heavy track work.

- We are hoping to end the track work around the end of February and move into blocks 4, 5, and 6, which will repeat the process of blocks 1, 2, and 3.

- Tyrone will not get heavier than 190 after block 4 and will be even lighter in body weight for the World's in August (about 174-175 lbs.).

Here is the program I designed for Tyrone for his first 12 weeks of training (designed for size and strength while upping his General Physical Preparedness):

The block is broken into 4 three-week cycles. Each three-week cycle has a light volume week, a moderate volume week, and a heavy volume week. We kept the light week to 3 sets of most

exercises. The 3rd set would be a moderately heavy set. The moderate week we would add another set (of that moderately heavy set). Finally, on the heavy week we would add a third set of the moderately heavy set (making 5 sets in all).

After each three-week cycle we changed the exercises slightly by adding in more kettlebell complexes (to up the heart rate) and started over with a light volume week, moderate volume week and heavy volume week. The intensity never got more than moderately heavy; except on sled day where Tyrone would push himself as fast as possible for the prescribed number of sprints. Tyrone would do strength training with me on Wednesday nights (legs), Saturday afternoon (sled work) and Sunday afternoon (upper body) then do light track work on Monday and Thursday nights. Here is an example of one of Tyrone's 3-week blocks:

*** Note: A very important part of Tyrone's training was using the principles from *Fast and Loose* in between sets and after his workouts. For example, Tyrone would always do his pre-race warm-up before and after his strength training and in between sets he would always loosen up his muscles by shaking them out. After his cool down Tyrone spent another 10 minutes doing sport specific stretching.**

# Week 1 (light volume week)

## Wednesday night:

- Heavy KB Swings: 70 x 12, 88 x 12, 106 x 12
- Single leg KB deadlifts: 53 x 5, 62 x 5, 70 x 5
- Bulgarian Split Squats holding KB in the rack of non-working leg: 26 x 8 (each side) 35 x 8 (each side) 44 x 8 (each side)
- Weighted step-ups onto a 15 inch box holding a kettlebell in the rack of non-working leg: 35 x 10 (each side) 44 x 10 (each side) 53 x 10 (each side) *this was done as fast as possible while staying tall.

## Saturday afternoon:

- 100 meter sled sprinting with 90 lbs on sled x 3
- Backward sled dragging (walking) 50 meters with 225 lbs x 3

## Sunday afternoon:

- Chin-up ladders 10,9,8,7,6 (bodyweight only)
- Double KB Clean and Press 44 lbs x 3 sets x 8 reps
- KB Snatches 35 lbs. 10 R / 10 L each minute for 5 minutes
- KB Windmills (kept this light weight for 3 sets of 5 each side)

# Week 2 (moderate volume week)

### Wednesday night:

- Heavy KB Swings: 70 x 12, 88 x 12, 106 x 12, 106 x 12
- Single leg KB deadlifts: 53 x 5, 62 x 5, 70 x 5, 70 x 5
- Bulgarian split Squats holding KB in the rack of non-working leg: 26 x 8 (each side) 35 x 8 (each side) 44 x 8 (each side) 44 x 8 (each side)
- Weighted step-ups onto a 15 inch box holding a kettle bell in the rack on the non-working leg: 35 x 10 (each side) 44 x 10 (each side) 53 x 10 (each side) 53 x 10 (each side) *this was done as fast as possible while staying tall.

### Saturday afternoon:

- 100 meter sled sprinting with 90 lbs on sled x 4
- Backward sled dragging 50 meters with 225 lbs x 4

### Sunday afternoon:

- Chin-up ladders 10, 9,8,7,6 (add 15 lbs.)
- Double KB Clean and Press 44 lbs x 4 sets x 8 reps
- KB Snatches 44 lbs. 10 R / 10 L each minute for 4 minutes
- KB windmills (kept this light weight for 3 sets of 5 each side)

# Week 3 (heavy volume week)

### Wednesday night:

- Heavy KB Swings: 70 x 12, 88 x 12, 106 x 12, 106 x 12, 106 x 12
- Single leg KB deadlifts: 53 x 5, 62 x 5, 70 x 5, 70 x 5, 70 x 5
- Bulgarian split Squats holding KB in the rack of non-working leg: 26 x 8 (each side) 35 x 8 (each side) 44 x 8 (each side) 44 x 8 (each side) 44 x 8 (each side)
- Weighted step-ups onto 15 inch box holding a kettle bell in the rack on the non-working leg: 35 x 10 (each side) 44 x 10 (each side) 53 x 10 (each side) 53 x 10 (each side) 52 x 10 (each side) *this was done as fast as possible while staying tall.

### Saturday afternoon:

- 100 meter sled sprinting with 90 lbs on sled x 5
- Backward sled dragging 50 meters with 225 lbs x 5

### Sunday afternoon:

- Chin-up ladders 10, 9,8,7,6 (add 26 lbs.)
- Double KB Clean and Press 44 lbs x 5 sets x 8 reps
- KB Snatches 44 lbs. 10 R / 10 L each minute for 5 minutes
- KB windmills (kept this light weight for 3 sets of 5 each side)

After this 3 week cycle I would change the exercises slightly by changing the bar Tyrone was using for chin-ups, change the sled Tyrone was using for sprinting (e.g. using the Prowler poles instead of the chest harness) and I added more KB complexes to the movements he was already doing (example: single arm Swing into a single arm Clean, then drop into a Squat). All the other principles remained the same. Light, moderate and heavy volume weeks followed by another 3 week cycle that changed the exercises again (still adding even more sophisticated KB complexes including what Tyrone affectionately named "the spirit breaker".)

**"SPIRIT BREAKER": Renegade row with 2x53 lb. bells into a double KB Clean into a step–up (while the bells remain in the rack position) onto a 15 inch box with the left leg, then step off and do another step up with the right leg, then set the bells back down and repeat the process for 8 reps. This does not sound as hard as it is... give it a try; I dare you!**

On Labor Day weekend we retested Tyrone's 400-meter time and he nailed it in a blistering 48.5 seconds at 206lbs body weight. Combine this success with the results from his chin-up test and we see that Tyrone has had a very successful training block. He looks and feels incredible and we are both very excited to see what happens as the Winter approaches as we start to take the pounds off. The goal is to have Tyrone at 45.5 or less by mid-February at a body weight of about 180 lbs. His current best is 45.9 and we are more than confident he will beat that within his first couple of races in the winter season.

Follow Tyrone's progress and some of his workouts along with pictures and summaries at: ***www.ThomasPhillipsFitness.com***

[Follow-Up, 2010] - If you would like to see how Tyrone is doing now, you can check out the results from the latest *Tactical Strength Challenge* on April 17th where he nailed an EASY 540 lb. deadlift, 22 tactical pull-ups and 133 KB Snatches at a bodyweight of over 200 pounds. Out of season he is running the 200-meter in under 22 seconds. We look forward to seeing more great things from Tyrone as he continues to evolve as an athlete.

Thomas Phillips, Senior RKC, is the 2002 Body For Life Grand Master Champion, an AAU Master Class Powerlifter, Tactical Strength Challenge 1st Place Finisher, and owner of "Fit For Life Marlboro," a private personal training studio in Marlboro, NJ. To contact him, email him at ***FitforLifeMarlboro@yahoo.com***.

INSTRUCTOR

# 8. "Powerful Pistols"

Brian Copeland
RKC

## Audience:

- Anyone wanting to take their pistols to the next level, The Beast Tamer Challenge or even jumping pistols
- Must be able to perform rock bottom pistols on both legs

## Goals:

- Increase Pistol strength and control
- Reduce sticking points and perfect your groove
- Turn your legs into a force to be reckoned with

## Benefits:

- By focusing on technical proficiency at different heights of the pistol, you will help to eliminate sticking points.
- Using this program, I improved my pistol groove and evened out the strength and technique on both legs

- Took my pistols from a challenging rep with the 53 to a rep each leg with the 88 in a matter of months. I expect the Beast to be right around the corner.
- Took several of my male clients from bodyweight pistols to 62 lbs and females from zero to 44 lbs in a matter of months.
- With my new found control, I developed the ability to do jumping pistols, even with weight.

# Overview:

- Ideally train 3 days per week on non-consecutive days. Example: Monday, Wednesday and Friday.
- Alternate between Day A and Day B. Example: Day A on Monday, Day B on Wednesday, Day A on Friday and then Day B on Monday, Day A on Wednesday, etc.
- If you must miss a day, just pick up where you left off. So if you miss your Friday session and it was supposed to be Day B, then on Monday do Day B. Or you can do Day B on Saturday to avoid missing a training session (my preference!)
- You will perform a normal pistol on Day A and a specialized pistol on Day B

## *Brian Copeland's Example Training Program:*

| DAY A | |
|---|---|
| **Warm Up:** Joint Mobility | |
| **Stability:** Get Ups, alternate sides for 5 minutes | |
| **Strength:** | |
| A Pistols | 3 sets of 5 |
| B1 Vertical Press | 3 sets of 5 |
| B2 Vertical Pull | 3 sets of 5 |
| **Cardio:** | |
| Snatch | 5 minute RKC-style |

| DAY B | |
|---|---|
| **Warm Up:** Joint Mobility | |
| **Stability:** | |
| Windmills | 3 sets of 3 |
| **Strength:** | |
| A Dynamic Isometric Pistols | 3 sets of 3 |
| B1 Horizontal Press | 3 sets of 5 |
| B2 Horizontal Pull | 3 sets of 5 |
| **Cardio:** | |
| Snatch | 5 minute RKC-style |

# Guidelines:

- I shouldn't have to say this but, stay away from failure. Leave 1 to 2 reps left in the bank and don't ever do sloppy reps. Pavel explains this in several of his books including the must-read book *Power to the People*.
- This is a strength program, go heavy, but only so heavy that you can keep the integrity of your reps.

- 3 sets of 5 reps is a ballpark figure. If you do no other exercise and want to put on some size then feel free to do 5 sets of 5 or 8 sets of 3. If you are an athlete who has lots of other physical activity then keep the volume as low as you can while still able to make progress. You only have a limited ability to recover physically. Athletes think more is better… it isn't; deal with it! I have been known to do just one set of pistols and make progress of at least 1-2 reps per session or even move up to a new bell size. If you can make progress with less then why not do it?
- For your dynamic isometric pistols, keep the reps low or else you will have to drastically reduce the weight and we don't want that!
- It is ideal to cycle 1 month of 6-7 reps, 1 month of 4-6 reps and 1 month of 1-3 reps before returning to 1 month of 6-7 reps and starting over. This keeps things fairly fresh and is a tried and true method of cycling used by powerlifters for a long time.
- Rest between sets is up to you. I recommend you wait till you feel recovered and let that be your guide. When in doubt, rest longer since strength and technical skill is our goal. 1 minute may be enough rest between the 1st and 2nd sets and then as fatigue kicks in you may take a 2 or 3-minute rest between additional sets.
- Remember, the pistol is a high skill drill, training under fatigue as you would with Swings is counter productive to strength increases.

# Program Details:

## What is a Dynamic Isometric Pistol?

That is a mouthful. You already know what a normal pistol is, now imagine arbitrarily stopping and holding a position right in the middle of the pistol and doing an isometric hold. Yes, it is agonizing! Yes, it builds amazing control and reduces sticking points.

You should hold the isometric position for 2-3 seconds and then move on. I usually will go all the way down, then on the way back up I will stop at a predetermined point and do my isometric hold. You may experiment with stopping on the way down, but I found that stopping on the way down and up was too taxing on my legs and the rep count dropped dramatically.

## The Three Positions for Dynamic Isometric Holds

1. **Rock bottom –** This is where people tend to want to relax and fall backward on their bums. There is no doubt some nervous system reflex that thinks we are sitting or wants to keep us out of danger, so it makes us relax. Well, time to reprogram that! Rock bottom sit for a 2-3 count before moving on.

2. **3 Inches above rock bottom –** Ok, no need to pull out the measuring tape, think just above rock bottom where it gets hard. This should be where you feel your first sticking point.

3. **Half way up –** This is usually the final sticking point, right at parallel or slightly above. The ability to start from a dead stop here and build speed is the difference between a jumping pistol and a bunny hop.

## Organizing Your Training Session

Here are two options that have worked really well for me. You could either have a different height for your isometric hold for each set; i.e. set #1 is rock bottom, set #2 is just above rock bottom and set #3 is half way. Or you could do each of your three reps to a different height on every set; i.e. rep #1 rock bottom, rep #2 is just above rock bottom and rep #3 is half way. Do this for each set. Which is better? Neither, nothing works forever; here is some variety for you to play with.

## Misc Details

- Be aware of technical discrepancies between legs. For instance, do you feel stronger on one leg? Does your groove change between legs? Do you externally rotate your extended leg on one side and internally rotate on the other? Do you lean to the side on one leg and not the other? How is your posture and spine from each leg? Get these discrepancies ironed out during this process. Dynamic Isometrics with a light weight really allow you to see what you are doing so you can fix bad habits.
- The groove will vary somewhat based on your build but the pistol is a cousin of the front Squat more than it is of the back Squat. As such your knee can travel forward as you try to sit on your heal, rather than sitting back reaching for a chair. Make sure to keep your heel planted and drive through the heel. You knee will move forward based on how flexible your ankles are.
- Always try to lengthen your spine. Imagine the crown of your head and your tailbone are moving away from each other as you descend rock bottom.
- Try looking at a spot on the floor that is exactly your height in front of you. This will keep the neck in a neutral position affording you better mechanics. Don't look up as this will crank your neck and pinch nerves, which will make your body go into a protective mode and limit your strength output. It may feel strange at first but trust me on this one.
- Once you have a really good idea of where your neck is, a cool trick to give you a little strength boost is to look down with your eyes only, not your head, on the way down and look up with your eyes only on the way up.
- Try to practice pistols barefoot; you will get incredibly strong healthy feet.

## Jumping Pistols

When you can do a pistol holding a kettlebell that is at least 30% of your bodyweight, then you are ready to try jumping pistols. Initially, I recommend you just try to catch air on the way up and land on both feet. Hold a lighter bell, or no bell, and go rock bottom. Now, on the way up, pick up speed as you come up and launch yourself into the air. When you get good at landing on both feet you can try landing on just one foot. When you have been doing this long enough… **did I mention doing this long enough?** You may try landing rock bottom and then jumping up again. You may want to try going rock bottom first and doing a series of low bouncing jumps to get proficient at catching yourself and bouncing back up.

Next, pick a low stable box and jump onto it! Please make sure there is nothing around you that would be unpleasant to land on if you were to fall!

Now enjoy your newfound Pistol Power!

Brian Copeland, RKC, is a Denver, Colorado-based Performance Coach and Z-Health (Level 2) Movement Reeducation & Integration Specialist. He is also owner of Denver's first kettlebell training studio, Copeland's Core Fitness in Aurora, CO. Brian specializes in pain-relief, injury prevention, functional strength and athletic training, conditioning for martial artists, kettlebell lifting, fat loss and muscle gain and general fitness for living a healthy life.

# 9. "Fitter, Faster: A 4-Week Program for Motivated Beginners"

Andrea U-Shi Chang
RKC Team Leader

This workout is geared to the motivated but de-conditioned beginner kettlebeller. In 4 short weeks, if you follow the steps outlined in the workout, you will see a marked difference in your stamina, endurance and strength. Coupled with simple dietary adjustments, this workout is guaranteed to get you the results you desire—a fitter and more resilient body, and fast.

Each workout should begin with an active mobility warm up. The one that we typically do at the *Kettlebility* studio can be found on our website here: http://kettlebility.com/content/mobility-warm-upwarm-down

The workouts should begin with whatever size kettlebell that you can use to get through the week without needing to change weight—so most likely a lighter kb to start with, and as the weeks progress, a heavier kb can be substituted for certain or all exercises as the lifter gains confidence and stamina. With each week, you will find that the progressions gradually add volume so that by the end of the 4th week, the lifter is capable of doing much more that when they started!

At the *Kettlebility* studio, we use these types of gradual progressions in our beginner classes and our Body Transformation Boot Camps with great success.

# Week 1:

**Monday/Wednesday/Friday**

| Exercise | Reps | Comments |
|---|---|---|
| Dead lift | 5 | 3 sec down - 1 sec up |
| Slingshot | 5 right/left | feet together, glutes pinched |
| Swings | 10 double hand | |
| Halo | 5 right/left | feet together, glutes pinched |
| 2-Hand Clean and Press | 5 right/left | |
| Figure 8 | 10 | |
| 1min - 2 min rest | repeat 1 time | |

**Tuesday/Thursday**

| Exercise | Reps | Comments |
|---|---|---|
| Hot potato + Press | 10 + 5 | both hands on kb for the Press, feet together glutes pinched |
| 1/2 TGU with body weight | 5 right/left | 5 count hold on top |
| Push up negatives | 5 | good form going down on knees/ get up any old way |
| 30 sec - 1 min rest | repeat 2 times | |
| Swings | 10 double hand | |
| Slingshot | 10 right/left | feet together, glutes pinched |
| 1min - 1min rest | repeat 1 time | |

**Saturday**

| Exercise | Reps | Comments |
|---|---|---|
| Swings | 15 double hand | |
| Slingshot | 10 right/left | feet together, glutes pinched |
| 1min - 2min rest | repeat 1 time | |

**Sunday rest day**

# Week 2:

**Monday/Wednesday/Friday**

| Exercise | Reps | Comments |
|---|---|---|
| Suit case lift | 5 right/left | 3 sec down - 1 sec up, shoulders parallel to ground |
| Slingshot | 10 right/left | feet together, glutes pinched |
| Swings | 15 double hand | |
| Halo | 10 right/left | feet together, glutes pinched |
| Hot potato + Press | 10 + 5 | both hands on kb for the Press, feet together glutes pinched |
| Figure 8 | 15 | |
| 1min rest | repeat 2 times | |

**Tuesday/Thursday**

| Exercise | Reps | Comments |
|---|---|---|
| Clean and Press | 5 right/left | alternating |
| 1/2 TGU with bodyweight | 10 right/left | 5 count hold at top |
| Push up negatives | 5 | good form going down on knees/ get up any old way |
| 30sec - 1 min rest | repeat 3 times | |
| Swings | 15 double hand | |
| Slingshot | 10 right/left | feet together, glutes pinched |
| Dead lift | 10 | 3 sec down - 1 sec up |
| 1min - 2min rest | repeat 1 time | |

**Saturday**

| Exercise | Reps | Comments |
|---|---|---|
| Swings | 20 double hand | |
| Slingshot | 10 right/left | feet together, glutes pinched |
| Clean | 5 right/left | |
| 30sec - 1min rest | repeat 2 times | |

**Sunday rest day**

# Week 3:

**Monday/Wednesday/Friday**

| Exercise | Reps | Comments |
|---|---|---|
| Swings | 10 double hand, 5 right/left single hand | |
| Slingshot | 15 right/left | feet together, glutes pinched |
| Dead lift | 15 | |
| Halo | 10 right/left | feet together, glutes pinched |
| Clean and Press | 5 right/left | |
| Figure 8 | 20 | |
| 1min rest | repeat 3 times | |

**Tuesday/Thursday**

| Exercise | Reps | Comments |
|---|---|---|
| Hot potato + Press | 15 + 5 | both hands on kb for the Press, feet together glutes pinched |
| 1/2 TGU with light kb | 5 right/left | |
| Push up negatives | 5 | |
| 30sec rest | repeat 3 times | |
| Swings | 10 double hand, 5 right/left single hand | |
| Slingshot | 10 right/left | feet together, glutes pinched |
| Suitcase lift | 10 right/left | 3 sec down - 1 sec up, shoulders parallel to the ground |
| 1min - 2min rest | repeat 3 times | |

**Saturday**

| Exercise | Reps | Comments |
|---|---|---|
| Swings | 25 double hand | |
| Slingshot | 15 right/left | feet together, glutes pinched |
| Clean | 10 right/left | |
| 30sec | repeat 3 times | |

**Sunday rest day**

# Week 4:

**Monday/Wednesday/Friday**

| Exercise | Reps | Comments |
|---|---|---|
| Swings | 20 double hand, 10 right/left single hand | |
| Slingshot | 20 right/left | feet together, glutes pinched |
| Suitcase lift | 10 right/left | 3 sec down - 1 sec up, shoulders parallel to the ground |
| Halo | 10 right/left | feet together, glutes pinched |
| Hot potato + Press | 20 + 5 | both hands on kb for the Press, feet together glutes pinched |
| Figure 8 | 25 | |
| 30sec - 1min rest | repeat 4 times | |

**Tuesday/Thursday**

| Exercise | Reps | Comments |
|---|---|---|
| Clean and Press | 5 right/left | |
| 1/2 TGU with light kb | 10 right/left | |
| Push up negatives | 5 | good form going down on knees/ Get Up any old way |
| 30sec rest | repeat 4 times | |
| Swings | 10 double hand, 10 right/left single arm | |
| Slingshot | 10 right/left | feet together, glutes pinched |
| Dead lift | 25 | 3 sec down - 1 sec up |
| 30sec - 2min rest | repeat 3 times | |

**Saturday**

| Exercise | Reps | Comments |
|---|---|---|
| Swings | 30 double hand | |
| Slingshot | 20 right/left | feet together, glutes pinched |
| Suitcase lift | 10 right/left | 3 sec down - 1 sec up, shoulders parallel to the ground |
| Clean and Press | 5 right/left | |
| 30sec - 1min | repeat 3 times | |

**Sunday rest day**

Andrea U-Shi Chang, RKC Team Leader, CK-FMS (Certified Kettlebell and Functional Movement Specialist) and Z-Health Certified Instructor, has been training with kettlebells since 2005 and still loves every minute! She started kettlebell training because she discovered she was obese—195lbs and 34% body fat despite going to the gym. Now, being stronger and in better shape then ever (she is now 140lbs, 15% body fat, and comfortably stable at that weight) has allowed Andrea to be a great role model and motivator for others. Her passion led her to open the first kettlebell gym in the Northwest, the *Kettlebility* Studio in January of 2010.

RKC
TM

# The Workouts

Photos of Gus courtesy of John De La Rosa

# 10. "Viking Salute Workouts"

Gus Petersen
RKC

This workout consists of combining a Snatch, reverse lunge, and shoulder Press from a kneeling position into an intense, highly effective full-body workout that burns calories, increases muscular endurance, and translates to meeting real-life physical demands.

The workout is appropriate for intermediate to advanced kettlebell practitioners. It is designed as a blueprint, so you can add or take away elements, personalizing the workout to suit your fitness level and goals.

## Half Viking Salute

The 53-pound kettlebell is a good weight to start with for the Half Viking Salute if you're a male who is in good shape, experienced, and weighs between 165 and 195 pounds. If you're over 195 and mean, start with a 62-pound kettlebell. Hard women will want to start with a 26-pound kettlebell; others will be plenty challenged with an 18-pounder.

Take a kettlebell in your right hand and do a Snatch. With the bell still in the overhead position, elbow locked, step back in a reverse lunge onto your left knee. From the kneeling position, left knee and right foot grounded, lower the kettlebell to the rack position, hit your power breath, and Press the bell. At the top of the Press, take another power breath and stand up, stepping forward with your left foot until it's even with your right, all the while with the kettlebell arm locked out overhead. This entire sequence counts as one rep. With your feet shoulder width apart, repeat the entire sequence for the desired number of reps (see workout variations section below for suggestions) with the same hand. Then switch seamlessly to the left hand and match the number of reps.

Note: When performing this technique, we lunge backward onto the knee that's opposite the Snatch arm, so that the forward, grounded foot is the same side as the Pressing arm, because this supports the core optimally.

# Full Viking Salute

The progression from Half Viking Salute to Full Viking Salute definitely increases the intensity and the required skill level of the exercise. The 35-pound kettlebell is a good weight to start with for Full Viking Salutes if you're a male who is in good shape, experienced, and weigh between 165 and 195 pounds. If you're over 195 and mean, start with a 44-pound kettlebell. Most women will start this technique with an 18-pound kettlebell. Everything in the Full Viking Salute is the same as Half Viking Salute, except at the top of the Snatch, instead of letting the bell flip over to rest on your forearm, you end up gripping the kettlebell in the bottom-up position. With your kettlebell arm locked out, do a reverse lunge, lower the kettlebell arm to a bottom-up rack position (elbow against the ribs, thumb not touching the chest as it would in a standard rack position), and perform a bottom-up Press, locking the arm out at the top. With the kettlebell still pressed overhead, stand up and repeat the sequence for the desired number of reps, using the same hand. Switch to the opposite hand and match the number of reps. As you perform the sequences of Full Viking Salutes, the fact that you are holding the kettlebell in the bottom-up position forces you to move slowly, deliberately, and smoothly; stack the kettlebell with optimal efficiency; focus on proper breathing; and maintain overall body tension.

# Variations

There's far more than one way to skin a cat, but as far as program design, here are a few options for incorporating these two techniques into a workout.

# Viking ladder with pull-up

This variation alternates Half Viking Salutes and weighted-foot pull-ups in a 1- to 5-rep ladder. If you are right-hand dominant, start with your left. With the appropriate weight as outlined above, do one rep of a left-hand Half Viking Salute, and transition seamlessly into a right-hand Half Viking Salute. Then, after no more than a 60-second rest, do one weighted pull-up with a kettlebell anchored on one foot. For a 165- to 195-pound male, use a 35-pound kettlebell. For a mean male 195 or over, a 44-pound kettlebell is ideal. Most women will want to begin with no weight and can modify this with a Cybex pull-up machine, chin-ups, or assisted pull-ups, or they can simply omit the pull-up. Continue up the ladder, performing two Half Viking Salutes on each side, followed by two weighted pull-ups, until you've completed the fifth set of each exercise. At that point, you will have done 15 reps of Half Viking Salutes on each side and 15 reps of weighted pull-ups.

Once you've mastered this ladder, you can work your way through another ladder of 5 reps for both the Half Viking Salutes (both sides) and the weighted pull-ups, or as far up as you can without hitting muscle failure. You can also do the same ladder workout as above, but instead perform a Full Viking Salute, as described in the previous section. Keep in mind that because of the added intensity that compromised leverage brings to this variation of the exercise, doing the bottom-up Full Viking Salute is going to seriously challenge the neuromuscular connection of your non-dominant-side grip strength.

# Standard Viking workout

Another option is to do three sets of five reps of either Half or Full Viking Salutes (same weight specifications as above), with 1 ½ to 4 minutes of rest between sets. Because of the increased reps and sustained intensity of each set, this option is perhaps more demanding than the ladder system. For that reason, there are no pull-ups in this variation. To increase the difficulty, you can add sets and/or weight, as well as decrease your rest time between sets.

# Heavy Viking Salute Workout

If you want to push heavier with the goal of making strength gains, simply add enough weight so you are only able to do one to three repetitions of Half or Full Viking Salutes for two to six sets, with 1 ½ to 4 minutes of rest between sets.

Figure 01. Take a kettlebell in your right hand and do a snatch.

Figure 02. From the kneeling position, left knee and right foot grounded, lower the kettlebell to the rack position, hit your power breath, and press the bell.

Figure 03. At the top of the press, take another power breath and stand up, stepping forward with your left foot until it's even with your right, all the while with the kettlebell arm locked out overhead. This entire sequence counts as one rep.

# High-Intensity 10-Minute Viking Salute Workout

If your goal is to push your endurance, decrease the weight so you're able to do 20 or more reps of Half or Full Viking Salutes on each side. Crank out as many as you can in five minutes, rest for 30 seconds to a minute, and repeat. Build progressively until you're able to reach the 10-minute goal.

## FOR THE TOUGHEST WARRIORS

**If the above variations don't meet your criteria for pain, add two kettlebells into the mix: double-kettlebell Snatch (either regular or bottoms-up), reverse lunge, double kettlebell Press (regular or bottoms-up), stand up, and repeat.**

Most of my clients hate Viking Salutes because they are grueling and require the full attention of your mind and body. But if you're looking for a full-body workout that delivers results and translates to real-world challenges and adventures, look no further. Viking Salutes pay big dividends.

Gus Petersen, RKC, owns "ProEdge Kettlebells" in Denver, CO. A 20-fitness veteran, Gus started using kettlebells in 2003 and has never looked back, using exclusively kettlebells with his highly satisfied clientele. Jeff is the creator of the ***Kettlebell Athletic Training Fitness System*** available on 5 DVDs from DragonDoor.com.

# 11. "The Skill-Practice Workout"

Jeff O'Connor
Master RKC

As a fellow that trains mostly athletes, I tend to avoid "workouts" and "programs" and focus more on skill practice and work capacity. With that in mind, I prefer total body chains that minimize local fatigue and maximize coordination and real life conditioning rather than sets, reps, and weight.

A workout that is based around pushing and pulling is nothing new. I prefer to base them around kettlebell ballistics, Push Presses, and Chin Ups. No, I'm not overlooking the obvious benefits of heavy Deadlifts, Power Cleans, Squats and Presses. Nor am I forgetting about the obvious benefits of Get Ups and Windmills. It's just that these are all pre-requisites for the athletic expression of power that happens in a Swing or Push Press. The athletes I train earn the right to condition dynamically by demonstrating the skills necessary in the basics. For example, both a squat and press are required for a push press.

Because there are many things that can affect an athlete's workout that are beyond my control, I prefer the program design that is provided by Pavel's "ladder to strength". The body naturally tends to work in its own, ever changing intervals and the amount of effort that can be put in a set of five varies so widely that optimal recovery time for an individual is difficult to determine.

When factored in with multiple individuals it's even tougher. In circumstances like mine, where there might be 4 athletes from 3 different schools or sports in the same group, it is nearly impossible. With ladders for a specific time it allows the trainee to self regulate. Also, with athletes, motivation and work ethic is seldom a problem. So, if the numbers are down from the last session, there was probably a reason and the body just needed a break. If a trend of decreased reps happens, it's obviously time to look at the overall load on the athlete. Also, when training young athletes like I do, work capacity is a much more important biomechanical indicator than a max lift. The time limit helps to minimize overtraining risks.

With that in mind, one of my favorite strength and conditioning "workouts" is a Long Press, Hanging Leg Raise, Chin Up ladder. This would be more of a strength focus and uses relatively heavy bells. Five ladders of five in thirty minutes is a good and reasonable goal. If the bells don't move smoothly from Squat to Press, energy is being leaked and wasted. This is a critical aspect of inter-muscular coordination that is often overlooked in the weight room. Poor Squats and Presses are obviously punished by a Long Press, which is why the skill of squatting and pressing must each be learned first. The Hanging Leg Raises are a good balance for Squats and help to decompress the spine and relax the hips to recover for the next set. The Chins provide the same as a balance to the press. We use Chin Ups more than Pull Ups simply because most of the athletes spend so much time with their shoulders internally rotated that this provides a better strength and postural balance.

A variation of this would be a single heavy bell with a ballistic added. My favorite is Snatch/Long Press/Chin/Knee or Leg Raise. The unilateral load is fantastic for the torso stabilization that is so necessary for athletes. The added abdominal activation helps tie both the hips and shoulders to the torso ("core" if you just have to say it).

Please note that the program described is performed as a chain rather than a complex. Complexes are a fantastic training protocol and have their place.

**Chain = 1 rep of each exercise performed in a row and then repeat the sequence for another rep until all prescribed reps are performed.**

However, for our example of training athletes the coordinative aspects of chains along with systemic rather than local fatigue of complexes helps increase both athleticism and work capacity with less risk of the athlete not being recovered for tomorrow's practice. And that is the thing so often overlooked. The result is more important than the workout. Ask any college coach and they'll tell you that the best guy in the weight room is very seldom the best athlete on the field. My job is to help the athlete decrease time lost to injuries and increase athleticism. It is not to impress their parents with my "killer" boot camp.

For a "cardio" (I hate that word every bit as much as "core") session it could be modified to a high rep, ballistic complex:

**Complex = a series of compound exercises performed sequentially without rest in which all the reps for one exercise are completed before moving on to the next exercise in the sequence.**

2 x 12kg or 16kg bells
10, 2-Handed Swings (hardstyle lockout)
20, Viking Push Presses
10, 2-Handed Swings

Please try this on yourself before subjecting someone you train to it. The natural interval your body will find is something along the lines of:

- Complete the complex
- Flop and gasp like a fish
- Regain enough breath to cuss me
- Call yourself a sissy until you repeat the complex

The benefits of the rhythmic, then interrupted, and return to rhythmic breathing patterns—all while training the stretch reflex both anteriorly and posteriorly—should be fairly obvious to anyone that trains field or court athletes. The workout should be terminated when form threatens to deteriorate.

The benefits and subtleties of these drills are far beyond the scope of this article. However, to achieve the greatest results, you need to be aware that there is much more to performance than simply exercise selection and set/rep schemes. I highly recommend Brett Jones' and Gray Cook's ***Dynami*** video and manual. The information there is invaluable for training and conditioning athletes.

Jeff O'Connor, Master RKC, CK-FMS, is owner of "Outlaw Strength Systems," in Talala, OK. His specialty is Youth Athletic Development. Jeff is a former 275lbs., North American Strongman Champion (NASS). Jeff is the co-creator of the ***Kettlebells for Power Athletes*** available on DVD from DragonDoor.com.

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# 12. "Four Minutes To Fit"

## "Modified Tabata Ladders in 8 total rounds"

Frank Holas
RKC

The following program is an intense cardiovascular interval-training program, based on the work of Japanese sports-scientist, Izumi Tabata, PhD, with Japanese Olympic gold medal speed-skaters. Unlike many high-intensity interval training programs that use rest periods that are longer than their work periods, the "Tabata Protocol" as it has become known, found that superior levels of both aerobic and anaerobic fitness could be achieved when flipping that ratio, specifically, when a protocol of 20 seconds work and 10 seconds of work at 170% of VO2max was used. This was done for eight rounds, totaling four minutes. In that spirit, many programs have sought to use Dr. Tabata's work-rest protocols and apply that to traditional High Intensity Interval Training. Many have failed. Here's one that works.

(*Editor's note: This is an advanced program. Very advanced. If you have a small base in kettlebell ballistics training or poor cardiovascular fitness in general, skip this workout and move to something less demanding. That being said, you will most likely do what you want to do, so some modifications have been provided.)

| | |
|---|---|
| Beginner: | Work to Rest = 10 seconds work, 20 seconds rest |
| Intermediate: | Work to Rest = 15 seconds work, 15 seconds rest |

# Example 1:

(Average sized male, well conditioned) 20 sec work followed by 10 sec rest

Round 1: 16 kg KB 2-Handed Swings
Round 2: 16 kg KB Snatches (switching hands after approx. 5-7 reps)
Round 3: 24 kg KB 2-Handed Swings
Round 4: 24 kg KB Snatches
Round 5: 16 kg KB 2-Handed Swings
Round 6: 16 kg KB Snatches
Round 7: 24 kg KB 2-Handed Swings
Round 8: 24 kg KB Snatches

4 minutes total time

# Example 2:

(Petite female, beginner) 10 sec work followed by 20 sec rest

Round 1: 4kg KB 2-Handed Swings
Round 2: Jump Squats with overhead clap
Round 3: 8 kg KB 2-Handed Swings
Round 4: Jump Squats with overhead clap
Round 5: 4kg KB 2-Handed Swings
Round 6: Jump Squats with overhead clap
Round 7: 8kg KB 2-Handed Swings
Round 8: Jump Squats with overhead clap

4 minutes total time

# My Favorite Kettlebell Tabata Success Story

Several years ago, Ken Golston asked if I could train his daughter, Erin, to help improve her strength. Erin was wrestling against boys, and even at the grade school level, was at a disadvantage. Already a gifted athlete, she took very well to Kettlebell and Tabata training.

After several sessions, and plenty of homework, I met up with Ken to check on his daughter's progress. He commented that Erin was " much stronger and had tons of energy throughout her meets" and he credited me with this improvement. She has continued training, and winning, and is currently attending the U.S. Olympic Education Center in Marquette as a Freestyle Wrestling Olympic hopeful. While many people were involved in Erin's achievements over the years, to be a part of her journey is special to me.

I feel that "success" as a trainer is providing the client with the tools and instruction to meet their goals.

Kettlebells and Tabata training are invaluable tools in that quest.

Frank Holas, RKC, has a 30-plus-year relationship with health and fitness. He is the owner of Midwest Kettlebell and has been an RKC since 2004 after finding that the RKC strategies were exactly what he needed to propel him and his clients to the elusive "next level." Contact Frank through his website at ***www.midwestkettlebell.com***.

Photos of Court courtesy of Kayam Rajaram

# 13. "Basic Conditioning"

Court Wing
RKC

When choosing elements for a workout, picking the main stressor is key and there is no other one that I like as much as the kettlebell swing and all its variations and progressions. As background systemic fatigue increases with the duration of the workout, proper swing form is a good indicator of your athlete's conditioning and current state. Swing form degradation is a very useful assessment tool and gives you a strong sense of what is reasonable when pursuing intensity and a nice sense of local vs. global strength and flexibility deficits.

This is one workout I enjoy running my clients through, new and seasoned, due to large amount of scalability and variation. The full workout is a 20 minute AMRAP (as many rounds as possible), consisting of the following elements:

20 Swings
10 Burpees
5 K2E (knees to elbows)

When I start with beginners, I will often scale this down (sometimes waaaay down) to 10 minutes total and reduce the reps to 12-6-3. Rest will suggest itself as necessary and the countdown on the stopwatch keeps most people motivated enough to not unnecessarily slack off. Once clients are good enough at the standard swing and are maintaining their form consistently throughout this WOD, I begin to ask for variants such as a walking swing, usually laterally. If this continues to progress smoothly, then adding in hand to hand work, a walking clean, walking cleans and presses, even a walking snatch will keep even advanced athletes sufficiently challenged.

Often advanced athletes do not need much more than the swing but if someone is relatively new to training and doesn't have a strong movement background, new exercises (with good progressions) will provide a sufficient stimulus to provoke positive adaptations in strength and conditioning. After a couple of rounds through, I can ask the athlete where their fatigue lies: is it breath, upper body, midsection, legs? There are many tools and techniques to increase the intensity of a "basic" swing but beginners may not have that level of body control. If a beginner is finding that the swing/burpee combo is taking a toll on their low back I may switch to pushups and KB DL's. It's important to stay on top of local fatigue failure.

When it comes to the burpees, some people might be better off initially doing just pushups if they don't have many of these under their belt. As their torso control and upper body strength improve, having them do a modified burpee with the pushup portion from the knees will give them a greater challenge until they can progress to the full burpee.

A burpee is an exercise with a devilishly large number of variations, so your clients need never feel bored or unchallenged. Two easy variations to throw in: either having your clients come out of the pushups into the bottom of a front squat before jumping up or pike the hips up instead, jumping the toes forward to meet the hands on the floor as if doing "toes to bar" or setting up for the bottom of a deadlift before jumping up.

Naturally, if these are tight, difficult positions for you to attain, you have some mobilizing to do. If you are feeling particularly mean or your client is behaving extra sassy, a burpee KB clean will give them little chance to complain. Do the pushup with one hand on your KB handle, jump forward and perform a "dead" clean, pulling off the floor. Other mean variations include burpee with a tuck jump, burpee with a sprawl, burpees with T-pushups (& coming to standing off one hand), passing one leg through to the opposite side during the pushup and an excellent variation I recently saw employing a split-jump and opposite lateral thigh slap. Of course the basic requirements of chest to the deck and an overhead hand clap during the jump should be mastered first. Or you could go crazy and do burpees with OAPUs and pistols, though that gets into high volume for those two exercises, so use sparingly.

If I want to make the workout a particularly heavy day and throw in more direct overhead work, I will substitute alternating KB thrusters for burpees; think of one arm thrusting straight through to overhead like a long push-press and then the other strict pressing from your rack to join the other overhead, generally keeping the weight on the swings light for this rarer of days.

As we get to the K2E, I quickly find out how strong (or weak) a person's grip is and how much relative strength a person has in their midsection. Most people initially cannot raise their knees above waist level and often their grip will fail first. Obviously, one affects the performance of the other, usually the later on the former but it's a nice assessment for posterior flexibility and torso integration. When performing Knees to Elbows (K2E), you begin by hanging from a pullup bar in full extension, holding with an overhand grip at the same width as your pullup grip. Keep your shoulders engaged by "packing" them and maintaining external rotation (try to snap the bar in half backwards). Then raise your knees and lift your hips, tucking your pelvis and curling it towards your chest, keeping your arms straight and engaging your lats by pushing the bar down until your knees touch your elbows. If you can't close the distance to your elbows, raise your knees and hips as high as possible. Otherwise raise the knees as high as possible while keeping the torso stable.

If I'm working with fairly heavy clients or someone very deconditioned (often both), I will modify the exercise by having them sit on a box (or the floor) with their legs hanging off in front, while they reach behind and above to grasp one of the vertical supports for our pullup cage (think seated knee tucks). When they can support their own weight off the bar, I'll put a low box just under their feet so they can do repeated singles. Advanced clients will add a pullup first or simultaneously or progress it to a leg raise or K2B (knee to bar, straight or bent). Some people will add a kip when doing this in an effort to increase speed. Good shoulder stability is crucial here, so I do my best to differentiate between uncontrolled swinging and kipping, so that midline stabilization is not being forsaken.

If you are ever pressed for time or are just feeling nasty, you could always do three rounds for time, 21-15-9 and learn to enjoy the feeling of forgetting your own name.

Please send me an email, ***Court@CrossFitNYC.com*** and let me know how you did on this WOD and what variations you may have discovered on your own.

Court Wing, RKC, is an accomplished martial artist, with a 3rd Degree Black Belt in Aikido, a CrossFit Level 2 Instructor, and a Z-Health Level 4 Instructor. He is the co-owner of the first CrossFit in New York City, CrossFitNYC. He is also a professional actor.

# 14. "Bull Simple Kettlebell Program for Beefy Muscularity,"

Joe Pavel
RKC II

Bull simple. Interesting, but what does it mean? Its means: act simple and think simple. It's a program that doesn't require a lot of thinking, just a lot of HARD WORK and WILL POWER. I'm talking about the simplest, most effective kettlebell program I've ever used. Popeye-like forearms, braided-steel core strength, along with a ripped physique will be yours, if you can take the heat! I personally gained 9 pounds of muscle and lost the same amount of stubborn body fat in 3 weeks! This is after training with kettlebells for 8 months prior to the Russian Kettlebell Challenge Certification at the end of June 2004. I'd trained hard prior to the RKC to pass the Snatch test and to be ready for the grueling weekend to come, but nothing has worked as fast or has been as brutal as the following program. You will need to get your mind focused and "be the bell".

First up is a warm up. I strongly suggest Pavel Tsatsoline's ***Super Joints*** DVD. A good 10 to 15 minutes spent on joint mobility is well worth it. We will be doing ladders so you'll need three different size kettlebells. I used the 16, 24 and 32 kg kettlebells. Start with your lightest kettlebell and begin doing around the body passes, go to the left and to the right for an equal number of reps. After that immediately go into the under the leg pass. Make sure to reverse direction halfway through. Now the fun begins. After your last rep of the under the leg pass, start doing Snatches with your weaker arm first. Do an equal number with your stronger arm. Twenty reps would be a good place to stop. Take a short break. That was your easy set. Do the same thing with your medium sized bell. Go through all three exercises for one set. Take a slightly longer break. That was a little harder.

Now get ready to take on your heaviest kettlebell for your last set of your first ladder. Obviously you are not going to get the same amount of reps with your largest kettlebell, but you can look forward to a lighter set after this one. To help your now raging heart and lungs recover walk around after every set. Go through the same routine with your lightest bell again. Then your medium sized bell and after that your heaviest kettlebell.

When you start out on this program you'll have to have a good base to build upon. In other words, this program is not for beginners. Keep your rest periods down to one minute or less. The main reason this abbreviated program works so well is the fact that you really have to push your reps on the second and third sets and not burn yourself out on your first set. It's all about pacing. The first set is a warm up/ recovery set. The second set is the heart of the workout. The third set is the time to go for broke. You'll try for slightly more than half the reps you got on your second set. Your rest period between sets should be kept to a minimum. Do at least two of these ladders, three when you're feeling really energetic.

I did two ladders most days and that seemed to work quite well for me. Up the intensity and you won't have to work out for very long. I did this routine once a week for three weeks. After three weeks on this routine I'd accomplished my goal of getting below 10% body fat and went back to a more conventional routine. If you wanted to use this program for a longer training cycle, say six weeks, you could start out with a lower number of reps for every set and just build up the reps more gradually. I just kept it simple and jumped my reps by 3 to 5 on the Snatches every week.

This routine will give your heart and lungs an awesome workout too. Better than any long, boring aerobics sessions ever could. You'll be feeling like a raging bull after a couple weeks and be eating like a two-headed alligator. It's very similar to the twenty rep Squat routines they did back in the old days. Do some nice easy stretching after every workout for five to ten minutes and you are done till next week. You can do an easy grind type workout another day of the week to keep the groove greased on your other kettlebell exercises but I wouldn't push that workout too hard, just stay nice and loose. Happy trails, cowboys and cowgirls!

# Bull Simple Simply WORKS!!
## —*Rated 10 out of 10*

After reading Joe Pavel's article on his aptly named "Bull Simple" regimen, I immediately incorporated it into my already brutal program in preparation for the September 2007 RKC certification weekend.

The program lived up to its namesake: simple, yet highly effective. The hallmark of a legitimate RKC!

Not only did the program push us beyond our known limits, it delivered the goods beyond our expectations.

My training partner's snatch requirement was 56 reps. Prior to Bull Simple, his best number was 44, for both hands.

After incorporating Bull Simple, he achieved a PR for the snatch at the RKC weekend: 45 snatches...ON HIS RIGHT ARM ALONE!! Needless to say, he made his requirements, with tons to spare. All thanks to Mr. Joe Pavel's ingeniously simple regimen.

Yours truly passed as well (made 65 reps, 1 rep over the requirement, with tons to spare).

For simplicity that delivers, Joe Pavel is your RKC!

***Rolando Garcia, III (RKC) - Guttenberg, NJ***

Joe Pavel, RKC II, is an avid kettlebell juggler and is available for small group and individual kettlebell instruction in the Twin Cities metro area. Check out his web site at: ***www.pavelfitness.com***. Contact: 651-246-7180 or e-mail: ***joe@pavelfitness.com***

Photo courtesy of F3 Nutrition

# 15. "When You 'Only' Have 20 Minutes!"

Lauren Brooks
RKC Team Leader

How many of you have jam-packed days and just can't seem to find the time to workout? Especially fitness coaches who spend their days training people. I've seen so many throughout my career that put themselves last. I have had the privilege of working with many parents, especially new moms! They are generally the most sleep deprived and have the most lack of personal time for themselves.

When you are constantly taking care of babies or small children, it's really hard to schedule in a workout session. That is exactly why it's important to have some solid 15-20 minute, smart and efficient programs to turn to. In fact, I have personally achieved an incredible amount of success with strength and fat loss by using short, intense workouts. That's why I'm not drained for the rest of the day even though I live a very demanding life. Since releasing my DVDs, which focus on short workouts, I have received an overwhelming response of successful testimonials from other busy parents achieving astounding results.

# 20-Minute Full Body Strength And Conditioning Workout

**Warm Up:** 5 Minutes of Primal Move or Joint Mobility, plus 1 Turkish Get Up per side
**Program Expectations:** Have Fun!!
**Directions:** Use a heavy kettlebell for your level to load your proper movement pattern for the strength exercises that only suggest low reps. Use a medium size kettlebell for the higher rep conditioning exercises such as swings and snatches.

| | |
|---|---|
| A1. Push-ups | 5 reps |
| A2. Reverse Lunge | 5 reps per side |
| A3. One Arm Swings | 10 per arm |
| A4. Shoulder Taps | 5 each arm |

(High Plank tapping your own shoulders while keeping your pelvis stabilized.)
**Repeat for 3 Sets**

| | |
|---|---|
| One Arm Rows | 6 per side |
| Goblet Squats | 5 reps |
| Speed Snatches | 12 per side |
| Hip Flexor Stretch | 15 seconds per side |

**Repeat for 3 Sets**

| | |
|---|---|
| Plank or Roll Outs | 30 seconds |
| Side Plank | 20 seconds on each side |

**Repeat for 2 sets**

Hope you enjoy this full body workout that you can do with just 2 different size kettlebells in 20 minutes. For the ladies out there, don't be afraid to use heavier bells; if you have great form and technique, just slowly work your way up. You will get much more out of the workout since your body is working harder to carry the load. Looking forward to hearing about your favorite short and intense training session!

## Robyn and David's Kettlebell Experience and Life Changes

Here's one couple that transformed their bodies from soft and weak to strong and lean by using short efficient workouts. I had the pleasure of introducing kettlebells into Robyn and David's lives. Robyn and David now look and feel the best they ever have. Read their full story here: http://bit.ly/NfXuRH

Robyn and David before and after

**Robyn:** I kept telling Lauren I was fearful of using heavier weights because I didn't want to "bulk up" and I was still being very cautious in regards to my "weak back." After using kettlebells diligently 3-5 times a week for a year now I can see that my body is much leaner and I finally have defined muscles (which I have never had before), but absolutely no "bulkiness." My back is so much stronger than it used to be, as is my core.

**David:** Within just one month my weight dropped 6 lbs, my muscles became leaner and more defined and my energy level was off the charts. I've lost 15 lbs since then and consistently maintain a weight of 185 lbs to 187 lbs.

I'm able to double press two 80 lbs Kettlebells several times, do a pull up with a 80lb Kettlebell chained to my waist and snatch a 80lb Kettlebell several times.

Lauren Brooks, RKC Team Leader, is the owner of "On The Edge Fitness" and Co-owner of "BuggyBellz." She is the creator of the worldwide selling DVDs ***The Ultimate Body Sculpt and Conditioning with Kettlebells*** Volume 1 and 2. Her 2nd DVD ***Baby Bells***, is the first and only Kettlebell video, designed specifically for pregnant women. Lauren is a full-time working mother of 2 beautiful young girls. Her passion for leading a healthy and active life is an inspiration for mothers, parents, and women everywhere. She can be reached at *Lauren@Socaltrainer.com*.

# 16. "Double Whammy"

Elise Matthews
MS, CSCS, RKC II

**Perpetual Motion / Ladder up! – Whole Body**

When doing a perpetual motion exercise, you go through one repetition of each exercise without stopping to make one complete repetition and repeat for the designated number of repetitions, then rest until you are ready to repeat. When doing ladder sets, you perform one rep of each exercise immediately followed by two reps of each exercise, then three and so on up to the designated number of repetitions for your category. Once you reach the number you are supposed to ladder up to, rest and recover by walking around until you are ready for your next set.

Today you will be doing up to three Ladder sets of:

- Push-up
- Renegade Row
- FBA - Squat (FBA = Full Body Attack*)
- Press and Reverse Lunge

The workout will look like the following (1 ladder):

1 Push Up + 1 Renegade Row + 1 FBA + 1 Press and Reverse Lunge, then,

2 Push Ups + 2 Renegade Rows + 2 FBAs + 2 Presses and Reverse Lunges, then,

3 Push Ups + 3 Renegade Rows + 3 FBAs + 3 Presses and Reverse Lunges, then,

Rest.

Then perform another ladder.

**Beginners:**
Do 4 sets and ladder up to 3

**Intermediates:**
Do 5 sets and ladder up to 3

**Advanced:**
Do 6 sets and ladder up to 3

**Full Body Attack**
= 1 Push Up on kettlebells + 1 Clean

Elise Matthews, RKC II, is an exercise physiologist with certifications in various forms of weight training and conditioning from the American College of Sports Medicine, The National Strength and Conditioning Association, and is a Colgan Power Program Master Trainer. Her main goal is to spread health and wellness to the general population. She will be leading camps and workshops in the southeast with the goal of creating a safe, friendly environment to bring people closer to reaching their wellness goals.

# 17. "The RKC Deep 6"

Jon Engum
Master RKC

**DEEP • SIX: N. Amer. informal get rid of; destroy utterly. – ORIGIN 1920s (as the deep six 'the grave'): perh. from the custom of burial at sea at a depth of six fathoms.**

The RKC Deep 6 Workout is a takeoff of the old Omelet, but is limited to the RKCs core 6 lifts. The Deep 6 allows the trainee to practice and develop deep skill in all of the basic six RKC lifts, hence the name Deep 6. It consists of three different levels and is appropriate for Kettlebell practitioners of varying levels of conditioning. The RKC Deep 6 will be great practice for people looking to gain muscular endurance such as fighters or for people who would just like to up their conditioning level to have an easier time at the RKC. It can also stress-proof the "getup" by practicing it in a pre-fatigued state.

**The plan goes like this:**

All lifts done right handed without setting the bell down between moves.

- 5 Swings
- 5 Snatches
- 5 Clean and Presses
- 5 Front Squats
- 1 Get Up * From the top down, aka Shawn Cairns' "the Get Down"
- After the last Clean and Press, from the lockout do the down phase of the Get Up until you are at the firing range position and then get back up.
- Now switch hands and repeat the sequence on the left. Try for 5 rounds.

**Beginners:** Rest after every hand switch.

**Intermediate Level:** Rest after you have competed both right and left.

**Advanced Level:** No rest, go through all 5 cycles.

**Suggested weight:** 24k for men and 12K for ladies. For people with masochistic tendencies use a 32k or 16k respectively.

**The Double Deep Six:** Just try it with double bells, but after the squat s go and do a single getup on each side and call it a rep.

The RKC Deep Six will deliver unstoppable power and undying stamina.

# Extra Credit:
## *Korean Ranger Training*

Twenty years ago during my first training trip to South Korea, I was at an outside restaurant eating some noodles and enjoying the scenery. In the distance I could see a small mountain. I noticed that every once in a while a man would run up to the top of the mountain and a while later he would run back down the mountain. This went on for some time, up he went and down he'd come. I asked a gentlemen sitting at the table next to me if he knew what was happening.

"Yes. It is a Korean Ranger School and the man is a soldier in training. Not only does he have to run up and down the hill but when he gets to the top they beat him up and when we gets to the bottom they beat him again." Well that sounds like a good time.

As you can imagine this made a lasting impression on me and I couldn't wait to implement this in my training. So in honor of this unknown ranger here is an extra credit workout. It may be hard for some of you to find willing partners to administer the beatings, so we will let the Russian kettlebell take care of that part.

# The Supercharged DOE

This is done the same as the original with a few evil tweaks. The swings are done at the bottom of a fairly steep hill. The hill must be steep but not so steep that you can't run up it – no hands necessary. The hill should be around 50 to 100 yards long – the longer the hill the harder the work but also a longer rest period will be built in.

# The Plan:

Swings combined with a sprint up the hill. The trainee will then walk backwards down the hill and reset. On the original the run was active rest, on this supercharged version the run is fast, 80 percent effort, and the walk down is the active rest. You get to recover from the "beating." Because chances are you are not really a Korean Ranger in training.

The uphill sprint will force you to lift the knees high and is great for "kickers." The weak or slow part of the kick is always the chamber. Everyone is fast in the final phase of a kick but the greats are fast in all phases. The backward walk is knee friendly and forces you to go slow and gives you a nice calf stretch between sets. I like to do descending ladders with the swings i.e., 40 – 35 – 30 – 25 – 20 – 15.

To add a little more heat to a spicy training session have a sparring partner at the top of the hill administer a beating before you walk down. Pil Seoung! (Certain Victory) my friend!

Jon Engum, Master RKC, CK-FMS. Holds a 7th Degree Blackbelt in Taekwondo , 4th Degree Blackbelt in Hapkido and 4th Degree Blackbelt in Kumdo. Grandmaster Engum is currently the #1 ranked RKC Instructor on the Dragon Door RKC page. He teaches Kettlebell, Flexibility, and Martial Arts Seminars World wide and can be contacted at ***info@extremetraining.net***.

# 18. "The Sissy Test"

Brad Nelson
Senior RKC

## Audience:

Intermediate/Advanced

## Goal:

Fat Loss / Mental Toughness

## Weight Selection:

Women: 12kg intermediate / 16kg advanced
Men: 24kg intermediate / 32kg advanced

## Client Results:

Multiple 40,50,60, and 1-70 pound weight loss stories

| 2 Hand Swings | Burpees |
|---|---|
| 25 | 1 |
| 24 | 2 |
| 23 | 3 |
| 22 | 4 |
| 21 | 5 |
| 20 | 6 |
| 19 | 7 |
| 18 | 8 |
| 17 | 9 |
| 16 | 10 |
| 15 | 11 |
| 14 | 12 |
| 13 | 13 |
| 12 | 14 |
| 11 | 15 |
| 10 | 16 |
| 9 | 17 |
| 8 | 18 |
| 7 | 19 |
| 6 | 20 |
| 5 | 21 |
| 4 | 22 |
| 3 | 23 |
| 2 | 24 |
| 1 | 25 |

*Perform entire workout in as little time as possible in perfect form
**Burpees = no jump / no push-up

Brad Nelson, Senior RKC, is a nationally-known fat loss and performance expert based in Woodbury/St. Paul Minnesota where he owns and operates Kinetic Edge Performance, Inc. —a state-of-the-art legal torture chamber. Visit ***www.kineticedgeperformance.com*** to receive INSTANT ACCESS to your FREE REPORT: "10 Critical Mistakes Sabotaging YOUR Fat Loss Results" Ping Brad at ***info@keperformance.com.***

# 19. "Kettlebell-Bodyweight Basics"

Steve Gould
MS, CSCS, RKC

## Workout Goals:

This is a workout designed for all-around fitness using basic single kettlebell drills paired with bodyweight exercises. Done in its entirety, it is very challenging. The workout may also be done in sections. That is, Sequence 1 could be done for several cycles for one workout and 2 & 3 on other workout days. The workout, therefore, can be used for anyone, from beginner to the experienced hard-core trainer. Sequence 1 uses the very basic kettlebell drills while sequences 2 & 3 add variations to those drills.

## The Workout:

Warm up: Joint Mobility, Pumps, Slingshots, Halos

# SEQUENCE 1:

1. 2 Arm Swing followed by Pushups
2. Get Up to Elbow followed by Plank (60 sec.)
3. 1 Arm Clean followed by Squat Thrust
4. 1 Arm Military Press followed by Hindu Squat
5. 1 Arm High Pull followed by Hula Hoop
6. Goblet Squat followed by Crush Pushup

# SEQUENCE 2:

1. 1 Arm Swings followed by Dive Bombers
2. Get Up to Hand followed by Side Plank
3. Bottoms up Clean followed by Squat Thrust Pushup
4. Push Press followed by Alternating Reverse Lunge
5. 1 Arm Snatch followed by Waist Twister
6. Front Squat Right followed by 1 Arm Pushup on Bell

# SEQUENCE 3:

1. Hand to Hand Swings followed by [Clapping] Push Ups
2. Turkish Get Up (5/side) followed by Super Plank
3. Circular Cleans followed by Mountain Climbers
4. Jerk Press followed by Alternating Cossack Squat
5. Alt. Snatch followed by Alternating Toe Touch
6. Front Squat Left followed by Moving Bell Pushups

# Workout Protocols:

1. Do the entire workout alternating a kettlebell exercise with a bodyweight exercise. Take a 2-5 minute break between each sequence. This workout was first taught to a class using 10 reps for each movement for the entire workout.

2. Do the entire workout but alter the rep range. For example, use a heavier kettlebell but do 5 reps per kettlebell exercise.

3. Do only one sequence per exercise session, but do three or more cycles of that particular sequence.

# Exercise Notes:

These workouts should never result in staleness or plateau. There are many variables that can be incorporated to keep the workouts fresh and challenging. Consider the following options:

1. Time all the rounds/exercises. For example, 30 seconds work with 30 rest between exercises.
2. Increase the time for each round/exercise and keep the rest time at 30 seconds.
3. Gradually reduce the rest time between exercises while keeping exercise time constant.
4. Pick one sequence and repeat it for 3 cycles. Next workout 4 cycles, then 5. . . then switch sequences.
5. Increase the number of reps each time through a sequence. For example, 8 reps first time through, 9 next time, then 10. . . .
6. Increase the weight of the kettlebell each time through a sequence.
7. Do all three sequences in one workout.
8. Do all three sequences but incorporate any of the above strategies.
9. Execute a chosen number of reps for a round. Record the time and try to beat it the next workout.
10. Set a workout time (for example, 30 minutes) and see how many times you can make it through a sequence only to beat that the next workout.

Notice that the kettlebell exercises are progressive from sequence to sequence with each sequence building upon each previous exercise. The same is true for the bodyweight exercises.

If there are questions about exercise performance, email me at ***s44gould@aol.com***.

Steve Gould, RKC, is a 5th Degree Black Belt in Okinawan Karate, an instructor in Escrima/Kali, Thai Boxing, and Jeet Kune Do, and has a blue belt in Brazilian Ju-Jitsu. He has been a High School teacher, coach, and athletic director over the last 30 years.

# 20. "The Speed Triple: A Strength Building and Fatigue Management Workout"

Mark Toomey
Senior RKC

Like a ride on a stripped down street bike, a workout that provides strength-building mechanics with a cardio rush is sometimes just the ticket to start an early Saturday morning. Imagine the experience of a triple espresso—it starts off warm and soothing, and before you know it, your heart is pounding. The Speed Triple can give you the same rush, without the paper cup or barista.

The three movements for a Speed Triple are pretty basic; a Kettlebell Snatch, a Pull Up, and a modified Push Up. What gives this routine its sinister kick is the incorporation of ladders to the movements.

Simply stated, the Speed Triple starts off with one Snatch on the right side, one Snatch on the left, followed by one tactical Pull Up (chest in to the bar), and finished off with a crouching Push Up. Like the bike this is named after, or that first-of-the-morning espresso, the speed and intensity build as we ladder from one rep of each movement to ten. As the mechanics for a Kettlebell Snatch and a tactical Pull Up are pretty well known, let's spend some time on the modified Push Up(s).

# Push up variation #1

Assume a downward dog position from yoga. You've seen yoga, right? Black tights, the scent of steaming tofu, and the soothing sounds of Zamfir's Pan Flute.

Well, the similarities between this pushup and yoga ended in the middle of the sentence two sentences ago.

Once you've assumed the downward dog position (palms and feet flat on the floor) crouch down on to the balls of your feet, like a cat ready to lunge, while you keep your arms straight and palms flat on the floor.

Explode forward, your body staying as parallel and low to the ground as possible until you are in a position similar to the halfway point of a dive bomber push up.

To reverse, press with the heels of the hand, sending yourself backward, again low and parallel to the ground until you finish in a crouched position, on the balls of your feet, arms straight, palms flat on the floor. Press your heels back on to the ground and feel the stretch in your hammies.

Going forward and then back to the crouching position, and back up is one rep.

# Push up variation #2

Again, assume a downward dog position, with your knees together, feet side by side. As you start forward, twist your knees and toes to the left and press yourself forward. At the end of the press, your body is low and parallel to the ground.

Now, twist your knees and toes to the right and press yourself back in to a crouching position.

Explode back out forward, twist the knees and toes to the left, and press yourself back in to a crouching position.

Press yourself back up in to a downward dog position, feeling a nice stretch on your hamstrings. This is one rep.

To perform the next rep, you re-crouch, twist to the left, explode, twist to the right, push back, explode to the front, twist left, return to the crouch, and press back up in to a downward dog position. (Yeah, I know, you're really doing two pushes for each "rep", but that's what makes this so much *fun*.)

# Putting it all together.

Start with a kettlebell (use the same weight as required for an RKC Snatch Certification) Snatch once on the right, switch hands with a hand to hand toss, and Snatch once on the left. Immediately, drop the bell, and from a dead hang, perform a tactical pull up. Drop from the bar, and perform one rep of either of the push up variations I described. This first set should run you about twelve seconds. You get a one-to-one work to rest break, so take a ten second break.

Next round, two Snatches right, two left (don't set the bell down when you switch hands), two tactical pull ups (both from a dead hang), and two pushups. Rest as long as you worked, about 18 to 20 seconds and then move to your next set of three reps, rest, four reps, rest, five…you get the picture.

If the push ups make it too intense as you get used to the routine, you can always substitute them with a regular push up…right before you sign up for a spinning or Pilates class.

We ladder up to ten reps of each movement. On days when we're pushing the limits, we'll ladder up to ten reps, back to nine, then eight, then seven, and so on until someone cries, "Uncle."

Using these three simple movements is deceptively effective. You'll notice your legs and hips will start to fatigue as you get to the upper end of the Snatches. Keeping yourself "zipped up" for both the pull ups and push ups will have your abs and glutes cramping, and doing 55 pull ups in the midst of all this will smoke your back.

Oh, by the way, that low bass sound you hear will be your heart pounding through your chest.

These three movements laddered to ten repetitions per cycle also give you a great chance to work on fatigue management. Remember to breathe through your nose for as long as you can. If you need, breathe in through your nose, out through your mouth as fatigue sets in. When your breaths in are coming through your mouth, you're nearing the end—don't worry, if you need to start with ladders starting at one rep and going to five, it's still a great start…and it's cheaper than an espresso at Starbucks.

Paper cup not included…

Mark Toomey, Senior RKC, is owner of "Steel Will Training" in Reno, NV. As an experienced martial artist with a black belt in traditional Shotokan Karate as well as extensive training in other systems of combatives, Mark has provided strength training workshops to other instructors, giving them and their students the technology to improve physical power, increase stamina, and safely maximize their overall performance. A Subject Matter Expert for the United States Marine Corps, Mark has trained employees from many of America's largest corporations as well as active duty law enforcement and military personnel. Mark can be reached at ***toomm@att.net***.

# 21. "Multi-User Meltdown"

Robert Budd
RKC Team Leader, ISSA-CPT

This is a workout I use with all my clients, whether they are fighters or desk jockeys.

Two-minute rounds: the practitioner should get done before the two minutes are up. The left over time is their rest and time to prepare for the next round. The exercises typically take about 1½ minutes to complete. Ten rounds are performed which equals a total of 20 min

# Exercises and reps:

- 5 Pull Ups
- 3 Clean/Press
- 1 Hanging Leg Raise
- 5 Snatch on each side

If the practitioner can't do 5 Pull Ups they do 1 with assistance and increase the Clean/Press to 4 or 5.

After the 10 rounds are up, they will do Partner Swings with the Spiking Drill for 30sec/30sec. for 10 rounds.

Finish the workout with 5 min of Alternating Hands TGU.

# Weights used:

If the victim is looking for strength in their Presses they will use a weight that they can get 5 Presses with. To be honest, I want all of us to get stronger at our Presses and doing a heavy weight really taxes the entire body so the women usually use the 12kg and some the 16kg. Most men are using the 20kg or 24kg. These aren't high reps so it is very manageable. For the Swings and TGU's I have them use a weight that is one size smaller than they would use if they were fresh. I want the Swings to be strong and crisp and the TGU safe and effective.

The built-in rest time during the 10 rounds is spent doing ***Fast and Loose*** for most and shadow boxing for the fighters and martial artists.

Ballistics, grinds, strength and conditioning. Fun times.

### Here are some comments from my clients/victims after this workout:

"Made me want to hurl!" —Kari

"Felt great during round 1 but if I didnt keep the pace the whole time I got behind and suffered because i did not get enough of a break." —Bret B

"I hate these... oopps, did I just say that out loud?" —Sig E

"Great workout- lots of variety, good mix of skill and sweat!" —Anita Noone

"Great cardio workout, I sweat my butt off!" —Aubrey Schaeffer

"Smoked" —Mark G

"I thought the workout was well balanced between intensity and rest, also between variety of exercises. Short and sweet! Hands hurt." This same person said: "Oh god! I was good until round 7!" —Rich E

"Hurt so Good!" —Jody G

"Gave me the Kettlebell Buzz! Great Workout" — Patty

"Mindfully Hardcore!" —Mandy S

Robert Budd, RKC Team Leader, currently lives and trains clients in Encinitas, CA. His background includes competitive bodybuilding, competitive powerlifting, Japanese Kenpo, Krav Maga, and Special Olympics Powerlifting Coach for the state of Nevada. He can be reached at ***Robert@kbinstructor.com***.

# 22. "Simple Strength - An Advanced Routine"

Oliver Contla
RKC

These are great exercises that I have used for many years to develop various challenging routines to help those that wanted to take their athletic performance to the next level by getting stronger, faster, increasing their endurance, melting fat and improving their overall fitness levels.

I strive for continuous improvement in my ability to help others and expect progress in my own training year after year.

I personally have worked my way up to completing entire workouts while standing on a balance ball, inventing new challenging and demanding functional exercises and performing traditional KB exercises with multiple KBs in each hand, my personal best being gripping and lifting four KBs in one hand.

It is very challenging and rewarding, with the greatest reward being helping others reach their goals.

**Level: Advanced**

**Recommended dosage: 3-6 times a week**

All of the following exercises can be done for two to five sets of two to five reps.

For every workout during the same week vary the number of sets and reps, weights used, as well as the exercise order, exercise tempo, and length of rest between sets and reps.

I recommend varying the use of weights with KBs that are between 75% and 95% of your five-rep max.

# The Exercises:

- Double Snatch
- 2-Hands Anyhow
- Pistols (can be done with one or two KBs)

# Sample routine of the above:

### Double Snatch

- 1st set-3 reps with two 24kg KBs, 30 sec rest,
- 2nd set-4 reps with two 16kg KBs
- 60 sec rest

### 2-Hands Anyhow

- 3 sets of 3 reps each arm with a 24kg KB (for the Bent Press) and 16kg KB (for the curl and Military Press)
- 60 sec rest between all three sets
- Then 30 sec rest

### Pistols, alternating legs with 16kg KB

- 1st set-4 reps each leg, 30 sec rest,
- 2nd set-4 reps each leg, 45 sec rest
- 3rd set-2 reps each leg, 60 sec rest,
- 4th set-2 reps each leg

# Rock-Bottom Pistol Progression

For those working up to doing full rock-bottom Pistols you can start by doing partial Pistols to the height of a stool or chair using a light KB.

As you progress increase your sets and reps until you can do 5 sets of 5 reps with full control and then move up to a heavier KB and continue squatting at the same height.

When you work up to doing 5 sets of 5 reps go back to the lighter KB and increase the depth to a sturdy box or a low step at the foot of a set of stairs.

Repeat the pattern and work your way up to 5 sets of 5 reps before grabbing the heavier KB and then once again work your way up in sets and reps following the same pattern as before.

Continue in this manner and soon enough you'll once again be reaching for the lighter KB only this time you'll be going for the full Pistol.

What do you progress to after you've mastered the full rock-bottom Pistol with a heavy KB? Move on to two KBs.

Oliver Contla is a Certified Kettlebell Instructor (RKC), a personal trainer, a mixed martial arts instructor, and owner of "RKC Power Fitness Training." He provides instruction to a variety of clients in the greater South Puget Sound area of Washington State, serving communities like Tacoma, Lakewood, University Place, Kent, Puyallup, Bonney Lake, and Dupont, Washington. He can be reached at ***oliverkc@aomco.com***.

# 23. "Kettlebell Training for Amateur Soccer Players"

Eric Kenyon
RKC

One of my favorite students is my friend Jen from San Francisco. She is on a women's Soccer team and one day we decided that I would train her to become a more outstanding player. Jen is already an excellent athlete and has been so all her life. She has been a personal trainer for thirteen years and a serious Jazz, Modern, and Tap dancer for about twenty-eight years.

Early in my career as a trainer, I knew a guy who grew up in a Soccer family in Germany and competed in some leagues in the Bay Area. One of his brothers was a professional player on one of the European teams. This lucky man was actually one of my first Kettlebell students and one of the first students I trained using the evil Tabata interval. (He no longer returns my calls.) I learned an awful lot from training this guy and from just picking his brain over a period of years. I also played youth Soccer many years ago, dabbled in high school Soccer and actually played while in the Army a somewhat modified version called "Combat Soccer."

My experience and my research showed me that Soccer is essentially about very short sprints and rapid changes of direction. Foot speed is everything. I remember reading somewhere that top one-hundred meter sprinters are too slow to play Soccer. They just don't get up to speed fast enough. Also Soccer players and dancers tend to have proportional weakness in the posterior chain, which leads to injuries of the hamstring and gluteus and other problems.

As I considered these things I kept foremost in my mind that I am not a top Soccer coach and I would best serve my student by keeping things simple and concentrating on excellent general conditioning rather than trying to develop sports specific training. This seemed like good Kettlebell territory to me, so this is what I gave Jen:

First I forbid her to use the treadmill at her gym and established that all running would be five and ten meter sprints on grass, wearing cleats. If she cannot get away to a grassy spot the sprints are replaced with sets of Kettlebell Swings. These sprint sessions are done two times a week and last twenty to forty-five minutes. As soon as Jen tires and slows down, she stops and rests until she can sprint again at top speed. These sessions are only about increasing speed—we rely on her team practices to build endurance for the game.

I chose to use almost exclusively Kettlebells for the remainder of her training as I believe they are really the best tool for the sort of conditioning I had in mind. Jen's Kettlebell sessions are meant to increase speed and explosiveness in running and for kicks and throw-ins, and also to build resilience for the vicious hits these women dish out to each other.

Another goal is to protect the various injuries Jen has accumulated over the years. Although Jen was already plenty limber we were able to improve her flexibility in a substantial and useful way.

So here is Jen's Kettlebell strength and speed training session, performed two or three times a week.

1. **The Pump Stretch** - 31reps (Jen's age) This drill is an awesome dynamic stretch and warm-up for the hips, shoulders and hamstrings.

2. **Two-Handed Kettlebell Swing** - 53lb X 20reps X 5 sets, one-minute rest between sets. Jen did not start at this level but this is what she is doing now. This drill is the essential lower body explosive power and speed drill for nearly all sports.

3. **Military Press** - 26lb X 5 reps X 5 sets, two minutes rest between sets. This drill fills in what little the Swing misses, a great functional strength move for upper body pushing movements.

4. **Kettlebell Snatch** - 26lb X 5+5 reps X 5 sets. One minute of rest between sets. This is another explosive hip-snap drill that also challenges shoulder-to-hand strength and stability.

5. **Kettlebell Windmill** - 26lb X 5 reps X 5 sets, two minutes rest between sets. I consider this drill the ultimate core strength and mobility drill. This core strength is key to foot speed and protects the midsection of the contact sports athlete with a kind of muscular armor.

This training session is sometimes modified somewhat according to Jen's energy level, for instance we may throw in some sets of Kettlebell Push-Press with the 35lb. Jen will sometimes do One Handed Swings with a switch at each rep or Swings with two 26lb Kettlebells. She will also sometimes do her Snatch sets with the 35lb rather than the 26lb.

Jen is an advanced athlete, thirty-one years old and quite strong. She is five foot seven inches tall and is a solid, long-limbed 155 pounds. Also the Kettlebell weights listed reflect some increases from when she started. If you decide to try this program, let those facts guide your weight selection.

Jen also does some stretching, sometimes right after the Kettlebell training session, sometimes as a separate session at the end of the day. Here are some of the stretches.

1. **Kettlebell Halo w/ 18lb**

2. **Kettlebell Arm Bar w/ 18lb**

3. **Kneeling Hip Flexor Stretch.**

4. **A hamstring stretch** that was shown to me by Pavel at a workshop in San Francisco. I cannot remember if it had a name. Here is the description for you:

    - Standing straight you place your heel on the seat of a chair or some other similar elevation, and with your ground leg locked, simply pull the hip of your elevated leg away from the elevated heel. You might say you are driving that cheek rearwards.

    - If you don't feel the stretch, keep a tight arch in your lower back and lean your upper body forward a bit as you continue to pull that hip away.

    - This is one of the most simple and effective stretching drills I have ever encountered and I have used it on my students ever since learning it.

5. **Over-reach Stretch**

6. **Cossack**

7. **Goblet Squat**

8. **Spinal Decompression**

These stretching drills are done according to what Jen and I feel she needs. They are not all done every session. Although Jen is extremely limber after almost three decades of dance, the Goblet Squat got her Squat a few inches lower and the Cossack really challenged her at first. I find both drills to be excellent assessments of a student's functional range of motion.

The results of this training were quick and dramatic. Jen immediately got faster on the field and stronger in every way. This latter change was evident in the various handling of weights and equipment she does as a trainer. After about five intense Kettlebell sessions with Jen I did not see her for about six weeks while she supervised her own training.

Although Jen is a superb athlete in every way, fast, strong, agile and unstoppable, in the many years I have known her she always had a little softness around her belly. It was kind of cute really and I called it "The Cookie Pouch." Well when I saw her again after only six weeks of Kettlebell training, the Cookie Pouch had totally disappeared. It was replaced by a very flat and firm waist, which of course was not one of our goals at all. It was a side effect of Kettlebell use, the Swings in particular I believe. In fact as Jen's waist was shrinking she gained a few pounds on the scale. This was all muscle of course, not really visible in one place or the other, she just had a generally firmer look.

Jen has also taken some really hard hits in her Soccer games with interesting results. In one particularly brutal game, when I had just started her on Kettlebells, large and fast moving players slammed first into one of Jen's legs (already extensively taped up because of an old injury) then the other. As adrenaline wore off and pain set in, not only could she not walk but she could not even drive her car home. In the weeks following we used various Hardstyle mobility drills, which appeared to do Jen's beat-up legs a lot of good, these were:

1. **Belly Dance**

2. **Knee Circles**

3. **Ankle Circles**

4. **Hula Hoop**

5. **Foam roller techniques** from the DVD, ***Restoring Lost Physical Function***, by Mark Reifkind, Master RKC.

In that same game where Jen got nailed, another woman was struck in the side and her broken rib came right through the skin. In another game about eight weeks and many Kettlebell sessions later, Jen took what looked like the exact same hit to the ribs but her arm was down. The result was a pretty bruise on her arm but no slow down in her game at all, and the arm was not hurt in any way. I attribute this toughness to a substantial increase in upper body and core strength due to Kettlebell training.

In all, I am very impressed with Jen and the results of her training. I was shown once again that Kettlebells can have a very dramatic and immediate effect, even on someone who is a fitness professional and a very advanced athlete. The simple five drill I Kettlebell session I put together for Jen will serve any Soccer player or similar athlete quite well.

Eric Kenyon, RKC, has been using kettlebells since 2002 and been certified as an RKC since 2005. He has a professional background that ranges from US Army Paratrooper and Sniper, to Highland Games competitor, to working in the theatre. His current business, "Form Follows Function" serves the needs of literally everybody from soccer players, to powerlifters, to rock climbers, to novelists and ceramic artists. Eric can be contacted through his website at *www.formisfunction.org*. He currently lives and works in Colfax, CA.

# 24. "The 500 - Naked Warrior Combo"

Angelo Gala
CSCS, RKC II

This workout is intended for the intermediate to advanced girevik. The workout focuses on building cardiovascular conditioning and muscular endurance, making it an excellent addition to a program focusing on weight loss. It can also be modified to build fitness for a competitive fighter.

— 20 Swings
— 20 Prisoner Squats
— 20 Swings
— 1 Arm Push-Ups 5R/5L
— 20 Swings
— Pull-Ups x 5
— 20 Swings
— Pistols 5R/5L
— 20 Swings
— 20 Plank to Push-Ups

- Each exercise is performed in succession until the entire round is completed
- 1-2 minutes recovery in between rounds
- Repeat 5 times for a total swing volume of 500
- When added to an athlete's conditioning program, recovery in between rounds can be adjusted to match the rest interval of that athlete's given discipline.

Execution of proper form is mandatory! When choosing the right size kettlebell, be sure to pick a kettlebell that the girevik will be comfortable swinging for the prescribed volume.

Modify as Needed:

Please keep in mind that not everyone will possess the base level of conditioning to walk into this workout. Safe progression to the volume and exercise intensity is recommended. The participating girevik can build the conditioning required to complete the workout by completing 2 rounds of the workout during their first session, then add one additional round each week for the next 3 weeks until the goal of 5 rounds has been completed.

The exercise selection may be modified based on the starting strength and conditioning of the girevik as well. Plyometric jumps, kicks or punches can be thrown at the top of each prisoner squat and the victim may choose to hold their arms in a defensive position rather than placing their hands behind their head. Push-ups can be modified to handstand push-ups, elevated push-ups, regular military push-ups, or kneeling push-ups. The Pull-ups may be modified to a bent over row if requisite strength or equipment are lacking. The pistol may be naked or loaded with a kettlebell, substituted with the RKC II pistol squat progression or can be swapped out for a goblet squat or a clean and squat. Finally an excellent substitution for the plank-to-push-up would be an RKC plank or standard side plank.

This workout plan came to life as an early morning pick-me-up. Mentally run down from a long week and an even longer Friday night, I was lacking in pickle juice and in desperate need of a cleanse. I utilized only what I had available in my Boston apartment: a lone 24 kilo kettlebell. The swings were completed in different styles (1 Hand, 2 Hand, Hand to Hand). Pull-Ups were executed hanging from my fingertips off of a doorframe in between my living room and foyer. As the reps and rounds piled up, the hardwood floors collected pools of my sweat, my eyeballs began to bleed and when it was all said and done, I was finally ready to take down some breakfast. A Saturday ritual was born!

Angelo Gala, III is a certified Level Level II Russian Kettlebell Instructor, Certified Functional Movement Specialist through the RKC, National Strength and Conditioning Association Strength and Conditioning Specialist, Certified Personal Trainer and Yoga teacher. Angelo earned his B.S. in Physical Education with an emphasis in Exercise Science at Plymouth State University. He has been a fitness trainer and consultant for greater than 10 years and is currently the Personal Training Coordinator and Master Trainer at a premiere health and fitness club located in the Prudential Center in Boston, Massachusetts. He is available for fitness consulting, kettlebell / yoga workshops, private and semi-private training. Email: ***agala@fitcorp.com*** (p) 617.262.2050 (f) 617.375.5649

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# 25. "The Walk Series"

Jeff Larson
RKC

I developed this workout when I realized the need for my students to work on two important positions: The rack and the overhead finish position in the Press and Snatch. We do Get Ups almost every training day. This was for a little change of pace. I call this the WALK SERIES. The circuit takes about 15 minutes. You can do it 1 to 3 times with rest between each series. It looks like this:

## Parameters:

- Set cones apart about 10 yards—they are your point to walk to and from.
- We attempt to do this without setting the bell down. Rest in overhead or in rack position.
- I always instruct my students to rest when they cannot maintain proper technique.
- Work time for drills is 1 minute
- Walk times are 30 seconds

# The Sequence:

### 1. Windmill right

- Overhead walk right to opposite cone

### 2. Windmill left

- Overhead walk left to opposite cone

### 3. Clean & Press right

- Rack walk right to opposite cone

### 4. Clean & Press left

- Rack walk left walk to opposite cone

### 5. Squat & Press right

- Overhead walk right to opposite cone

### 6. Squat & Press left

- Overhead walk left to opposite cone

### 7. Snatch right

- Rack walk right to opposite cone

### 8. Snatch left

- Rack walk left to opposite cone

### 9. 1 hand Swing right

### 10. 1 hand Swing left

Jeff Larson, RKC is owner of Napa Fitness Revolution www.fitnessrevolutionnapa.com in Napa, CA. He can be reached at ***info@napabootcamp.com*** and 707-225-2490.

# 26. "Advanced General Conditioning"

John Heinz
RKC Team Leader

This is a general conditioning training session focusing on strength endurance, explosiveness, and increased mobility for the thighs, hips, and shoulders. One does not need to have more than a few kettlebells on hand.

The mobility drills are critical for developing the open hips needed to perform both a proper squat and to be able to press from the squat. Spend time with them. The first kettlebell exercise, the Swing, works on opening the hips and emulating one's best foot placement for the Squat. Likewise the Press from the Squat permits one the opportunity to discover hitches in range of motion of the shoulder. Because it is performed with one arm, one can 'work around' the Press. The Clean and Jerk likewise will increase range of motion in the shoulder provided that good form is maintained. Finally, the Swings at the end will balance out the session with training of the posterior chain.

# The Program:

**Warm up with joint mobility drills:** Frog Stretch, Face the Wall Squats, and Cossack Squats.

With the mobility drills, assume the Frog Stretch position and visualize prying your hips apart by driving your knees away from you, as you gently move back and forth, sinking your hips down and back. There is no forcing of anything in this drill. Just breathe and move. After a few minutes of this, go to the wall and perform several sets/reps of Face the Wall Squats. Have your feet slightly wider than shoulder width (you can play around with this), feet at 45 degrees with big toes touching the wall. This should feel remarkably similar to the first drill! Lastly, taking a very wide stance, perform several sets/reps of Cossack Squats with a light kettlebell if possible. Pay attention to keeping your bent (squatting) knee over your middle toe and try to maintain an upright posture as you descend under control. The straight leg should be locked with the foot pointing up and toes curled back towards you (your heel will be pushing into the ground).

**Rest:** Enough time to get your kettlebell for the next exercise.

20 Swings per hand, with an easy pace focusing on the hip snap. Experiment with your stance. I would suggest trying to perform your Swings from the same width as your Squat. Remember, we are just doing some one arm Swings to warm up and to get ready for the real work load.

**Rest:** Enough time to switch bells as needed.

With a moderate weighted kettlebell, perform one arm Clean, Squat, Sots Press combo (then stand up and repeat) for two minutes per side. (Total time: 4 minutes.)

Pacing is important; rest in the rack position as the bell does not get put down. Likewise pay attention to your breathing; in through the nose, out through the mouth. Don't let your breathing 'get ahead' of you. Be mindful of synchronizing your breath with your rep. So after you have Cleaned the kettlebell, inhale and pull yourself with intention, down into the Squat. Pause momentarily, and Press the kettlebell upwards to lockout (you may exhale w/ a brief grunt) and then stand up, letting some more air out about half way up. However you breathe, just don't lose the tension that you've generated until the kettlebell is in the rack position. That is your resting place. The goal is increase tempo/reps (per workout) without loss of form. Conversely one could train with a heavier kettlebell, slow the pace way down, and focus more on static strength, i.e. having to rest more in the rack and focus on the stability of the core with concentrated biomechanical/power breathing.

**Rest two minutes.**

With a moderate-weighted kettlebell perform one-arm Clean and Jerks for ten reps per side for a total of 100 reps (i.e. 50 per side). The goal here is to work up to 50 per side with one switch in the middle. Increase weight once you can comfortably perform a single 50 rep set with each hand without putting the bell down AND as skill and confidence in lockout improves.

**Rest two minutes.**

With a heavy kettlebell perform 60 Swings; 30 left and 30 right without putting the bell down. You can always take an even heavier kettlebell and perform 60 two-handed Swings directly. Focus on form, that you are completing each repetition perfectly, with good hip drive and lock-out.

Walk it off. Cool down and get a drink.

Lastly, I can't stress how helpful the mobility drills are. For those of you who are very flexible, chances are, you won't find them to be mind-blowing. For those of you who are lacking in hip abduction, chances are you will appreciate them. Though this is anecdotal, by using this specific mobility drill formula, I have had great success in helping clients achieve exceptional hip mobility, even within a single class. For example, I have one student, an ex-rock climber in his sixties with not much cartilage left in his one knee, who thought he couldn't goblet squat a single 24 kg kettlebell to parallel, or go below that. His hip tightness threw him out of alignment and causing him knee pain, prevented him from squatting deeper. Putting him through those drills had him squatting double 24kg kettlebells to rock bottom within a few minutes, in picture perfect form with no pain! We were all amazed. Seriously, the whole class (myself included) couldn't believe what we had witnessed.

John Heinz, RKC Team Leader, also RKC Level II - Combat Applications Specialist, CK-FMS, Over 20 years practice of Shim Gum Do, 2.5 years practice of Shotokan Karate, Tae Kwon Do, BA Sociology, Boston College, American Red Cross Instructor. Services offered: Individually tailored kettlebell programs for your specific needs, private lessons and group classes, Martial Art classes taught in Sword, Shin Boep (body truth) and Ho Shin Sul (self defense), Zazen Meditation classes, CPR and First Aid classes.

# 27. "Flexible Strength: Creating Shoulder Stabilizer Endurance"

Andrea DuCane
Master RKC

I designed this workout to increase strength within flexibility. Most people tend to focus on one or the other.

Strength alone is many people's goal. Some value flexibility above all else. We in the Kettlebell world know the importance of having great strength while maintaining mobility and flexibility. That is the key to great athleticism and long-term health and wellness.

The following circuit is done in one continuous movement with no break. Because of the continuous stabilization required, it also builds endurance of the shoulder stabilizers, which is vital for long-term shoulder health. One complete circuit is performed one side then switch to the other arm.

# Circuit 1:

Left Arm
- 1 TGU to top
- 1 Windmill
- 1 Front Squat (pull bell down to rack position)

1 Military Press
- 1 Windmill
- 1 TGU (starting from the top going down to the bottom)

Repeat with Right arm.

Active Rest

# Circuit 2:

Left Arm
- 1 TGU to top
- 1 Overhead Squat
- 1 Front Squat (pull bell down to rack position)
- 1 Military Press
- 1 Overhead Squat
- 1 TGU (starting from the top going down)

Repeat with Right Arm

Active rest

10 Snatches each arm

50 Alternating Swings

Andrea DuCane is a Master RKC Instructor and Z-Health-Level 4 Certified. She wrote, produced and starred in ***The Kettlebell Goddess Workout***, ***The Kettlebell Boomer, Working with Special Populations*** and has authored the book ***The Ageless Body***. She is featured in Pavel's ***From Russia With Tough Love*** video and book. She recently published an article on Russian Kettlebells for Best Body Magazine.

WELCOME TO STRENGTH
HOOL
CONDITIONIN

# 28. "The House Of Pain's 'Advanced Pilates And Yoga With Weights' Workout"

Michael House
MS, RKC

I work in a country club and when promoting my kettlebell business grew tired of hearing members excuses for why they couldn't attend kettlebell sessions. One of the most common ones was "… but I have Yoga/Pilates…" So, the marketing genius that I am—I stole Andrea DuCane's "Pilates With Weights" idea and this workout was born.

I find that this is a great workout for myself or anyone else because you are hitting the body and muscles as a complete unit from so many different angles and ranges of motion.

For example, the figure 8 to the shoulder (one of my favorites) is a rotational abdominal exercise with a bicep curl pull to the opposite hand followed by a triceps press. One exercise with a rotation, push and a pull!

Keep in mind I train people at a country club where people want to train a little and receive a lot! This workout provides strength, flexibility, range of motion, conditioning, and most importantly, mental toughness, in one 30 minute workout.

I have nothing against Yoga (flexibility) or Pilates (core strength) but they will get you hurt and/or are virtually useless without dynamic strength to back up those new ranges of motion.

# The Workout:

| | |
|---|---|
| **Around the BODY** | 10 reps each direction |
| **Halo** | 5 reps each direction |
| **Good Morning** | 10 reps |
| **Figure 8 around legs** | 10 reps each way |
| **Figure 8 to shoulder** | 20 reps total (10 each direction) |
| **2 Hands Anyhow** | 5 each side (10 total) |
| **Double Snatch w/ Sots Press** | 5 total |
| **Rotation in the Rack** | 20 total |
| **Rotation w/ High Knee*** | 20 total |
| **Overhead Rotations** | 20 total |
| **Get Up Sit UP** | 5 each side |

*Twist to the right 180 degrees with the bells in the racked position and touch the left elbow to the right knee at the chest (1rep) and do the same to the left (2 reps) and so on…

Editor's Note: Obviously there is some tongue-in-cheek in this workout design with the 2 Hands Anyhow and the Double Snatch/Sots Press combination—two advanced kettlebell exercises. For substitutions, use the Windmill, high or low for the 2 Hands Anyhow and use the Clean and Press instead of Double Snatch w/Sots Press.

Michael House is an RKC II located in Houston Texas, and runs his own gym in the southwest side of town. My gym "OLD SCHOOL" strength and conditioning is one of the very few REAL strength gyms left in the States and kettlebells only complement his gym. Michael has a Master's degree in Exercise Physiology from the United States Sports Academy and has been in the fitness industry for 20 years. He can be reached on Facebook at House Strength Camp. His website is *www.housestrengthcamp.com*.

# 29. "Combat Applied Power"

Taikei Matsushita
RKC II

I was teaching a Krav Maga class once a week for two months. My twelve students had no access to kettlebells at any other time. Making them work intensely once a week was the only option I had. Four weeks later my students' punching and kicking power improved and a lady who had been working with 6kg and 8kg kettlebells pressed 12kg.

Here is the training program we used.

### 1. Front Squat to Kneel

Louie Simmons explains the Kneeling Squat as it is done at Westside Barbell Club: "After kneeling down with the heels touching the glutes, jump into a full Squat."

I prefer a pair of 32kg kettlebells to dumbbells and make it more of a 'grind'. You will be able to do only one or two reps of this drill with your Front Squat 5RM. Front Squat down to the bottom, then rock forward on your toes and kneel. It goes without saying that your knees and toes must be healthy, flexible, and strong. From the kneeling position return to the bottom of the Squat position with your toes never leaving the ground. The motion of rocking from the toes to the heels and back feels like stomping the ground. You can explode with both legs at once or lift up one knee at a time.

The kettlebell Front Squat, from my experience, improves the technique and the power in the front kick, which is a vital kick for self-defense, and even in the roundhouse kick. The Kneeling Squat requires more flexibility and strength. Doing this with two 32s is taxing to the diaphragm, probably worse than the long Push Press. You have to hold more tension in your abdomen than regular Front Squats as well. I thought my whole torso was like a vacuum tube filled up with air. The kettlebells must be racked properly, with elbows pointing to the ground. Carrying them on the shoulders makes it easier.

Make sure you stand all the way up for every repetition.

One could rock back slowly to full bottom Squat position and stand up, or simply explode from kneeling position (disregard how deep you're Squatting, simply stand up fast at any case).

### 2. Turkish Get-Up

Alternate sets with 24kg and 32kg.

### 3. Double Military Press & Double Renegade Row

This portion is performed in a short EDT fashion. The timer is set for 7 ½ minutes, two victims get two kettlebells of the same size and do double Military Presses and Double Renegade Rows. One person Presses, then Rows without rest, then, passes the bells to his training partner.

# Program Details

**Sets, reps, and rest periods:**

- Kneeling Squat would be 3 to 5reps at the most where weight is in this case double 24kg.
- Double 24kg is based on doing full deep Squat with double 32kg for 5 reps or more.
- I'd recommend 3 sets of 5 reps. Roughly two sets less than 5 sets of 5 reps.
- I selected 24kg and 32kg combination for Get Up. Objective is to do 32kg by starting out with 24kg. Selection is based on doing 5 or more reps with 24kg, and 4 reps with 32kg. Alternate 24kg for 5 reps and 32kg for 3 to 4 reps - 4 sets each.

Weight selection for each exercise:

- For Kneeling Front Squat, I chose 24kgx2 based on doing Double Front Squat 32kgx2 for 5 reps.
- From my experience, having able to do 32kgx2 Front Squats for 5 reps is equivalent to 3 sloppy and unstable Kneeling Front Squats.
- It is better to do an organized well-formed Kneeling Front Squat, therefore I used 24kgsx2...
- For Get Ups, simply choose one you can do 5 reps or more for the lighter weight and 3 reps for heavy one.
- Alternating sets of Double Military Press and Renegade Row are simple. Use weight that you can Double Military Press for 5 reps or more.
- Same weight can be used for both, however in many cases a person can use heavier weights with Renegade Row than Double Military Press.
- For example, 24kgx2 can be used for Double Military Press and 32kgx2 can be used for Renegade Row.
- Most of my class members used 20kgx2 or 16kgx2. For females, these were 18lbsx2 for Press and 12kgx2 for Renegade Row.

Taikei Matsushita, RKC II, is currently an active kettlebell instructor in Tokyo Japan. He runs kettlebell workshops whose attendants come from various parts of the country, and holds a regular kettlebell class at Krav Maga Japan Tokyo Training Center. On November 1st, 2008, he invited Senior RKC instructor David Whitley to Japan for a kettlebell workshop. Taikei Matsushita has been presented in Japanese media such as ***Ironman Japan Magazine***, ***Weekly SPA Magazine***, and the leading traditional martial arts magazine, ***Hiden***. He can be reached at **taikei@iea.att.ne.jp.**

# 30. "The Trifecta: Short & Sweet"

Dr. Mark Cheng
L.Ac., PhD, Senior RKC

The "Trifecta" came about as a means of finding a way of practicing the three basic RKC ballistics—Snatch, Clean, and Swing—in a timed fashion. This came after one particular training session in which Pavel had me doing Swings with a 16kg kettlebell for three straight minutes. What seemed like a relatively easy task turned very ugly, very quickly the first time I did it. *That training session drove home the importance of being able to explosively move a load with varying intensity over time*, much as a fighter has to do in the ring.

I decided to order the exercises from highest technical requirement to lowest technical requirement—reasoning that the Snatch was best performed for reps while fresh, the Clean allowed for a brief "recovery", and the Swing would hammer home the essence of HardStyle explosiveness while risking the least potential for injury.

This short and sweet regimen has become a favorite of fighters and gyms everywhere and for good reason. The Snatch mimics the full-body explosiveness of an assault, especially that of striking. The Clean develops the body's ability to maneuver in tight spaces and quickly achieve a defensive or clinch position. The Swing taxes the cardiovascular endurance without relying on a high-technique lift and develops the powerful hip snap needed for both striking and grappling arts.

The combination of these three lifts, done over three minutes, gives the girevik the perfect minimalist workout. Thus, I named it the Trifecta. This is a great routine to employ your *Gymboss* with.

# The Task:

**It is recommended that you use your *RKC Snatch Test weight* for the Trifecta.**

- Starting on one side, Snatch the kettlebell overhead for 30 seconds.
- At the 30 second buzzer, Swing switch to your other hand,
- And continue Snatching for another 30 seconds. Try to get as many HardStyle reps in as you can in the allotted time.
- At the 60 second buzzer, Swing switch again
- And perform Cleans for 30 seconds.
- At the 90 second buzzer, Swing switch,
- And perform 30 seconds worth of Cleans with your other hand.
- At the 2 minute mark, start Swinging. You can use any number of hands and switch at will. The only stipulation is that the kettlebell must stay in motion explosively for 60 seconds.
- At the 3 minute buzzer, put the kettlebell down and go hit the heavy bag.

Frequency/Duration: The Trifecta can be modified depending on the fatigue and skill level of the participants. Modifications can be made with the time allotted for each exercise, or by means of doing multiple rounds of the Trifecta super-setted with some form of active recovery.

The basic format of ONE Trifecta round is:

**30 seconds of Snatches per hand +**
**30 seconds of Cleans per hand +**
**1 minute of Swings (regardless of hands) = 3 minutes**

However, the time per exercise can be varied depending on what the trainer is trying to achieve.

- For sheer endurance, this can easily be made into a 6 minute routine by changing the format to:

**60 seconds of Snatches per hand +**
**60 seconds of Cleans per hand +**
**2 minutes of Swings (regardless of hands) = 6 minutes**

- For mixing in conditioning with skill building for active recovery, the trainer can insert 60-120 seconds of some other drill such as mount escapes, bob & weave evasions, or kicking combinations between Trifecta rounds. The best active recovery drills are those that allow the flexor muscles of the forearm & hand time to recover while still building skill. So punching drills are not as recommended at this juncture.

**Remember that the idea behind the Trifecta is to build endurance, raw power, & skill while minimizing risk.** That's why we go from the overhead position FIRST and finish with the Swing. So a coach or trainer should be able to modify the time and number of rounds intelligently as the client's situation dictates.

If you're feeling unchallenged, do the Trifecta with two kettlebells at the same time, spending 60 seconds on each task—Double Snatch, Double Clean, and Double Swing —again, with your RKC Snatch Test sized kettlebells… **3 minutes of pure balls.**

Dr. Mark Cheng, L.Ac., Ph.D., Senior RKC, teaches the RKC strength training methods, serves as a faculty member of Functional Movement Systems (FMS), and treats patients as the director of the Chung-Hua Institute of Chinese Orthopedic Medicine. He also developed the Tai-Chi based ***Tai Cheng*** program for Beachbody and provides kettlebell training for the legendary Dan Inosanto. Dr. Cheng has taught Chinese medicine, martial arts, rehabilitative movement, and kettlebell workshops around the world.

# 31. "Trial By 5's: Full Body Ladder"

Dr. Kristann Heinz
MD, RKC

## Goal:

This is a full body, cardio-conditioning workout performed at 80% total work capacity. It hits all the main muscle groups and works the posterior and anterior muscle chains, strengthens the core and is a great cardio workout. This works well in a group setting to provide excellent GPP.

**Total Time: 25-30 min**

**Equipment: 2 kettlebells of same size.**

**Women:** 8kg or 12 kg

**Men:** 16kg or 20kg

# Set Up:

The workout is based on a ladder scheme with three silos. In each new silo a new exercise is added onto to the ladder. After each rung of the ladder the student will "rest" 15 seconds before continuing. Upon completion of one ladder the student will have a 2 minute "rest" before continuing on to the next ladder. Rest periods should be seen as "active rest" filled with fast-loose drills aimed to "shake-out" excess tension.

# Workout:

The workout is based on six exercises. Double Swing, Deck Squat, Double Clean and Press, Renegade Rows and Full Body Attack (start with two KBs in front of you, you Squat down, hands on the KB, thrust your legs behind you into a plank position, jump forward into a Squat position and Double Clean the KB). As mentioned the exercises are performed in a ladder format. The silos are as follows:

## Silo #1

- Double Swings x 5
- Deck Squat x 5 (single KB)
- Double Clean and Press x 5
- Renegade Rows x 5 each side

## Silo #2

- Double Swings x 5
- Deck Squat x 5 (single KB)
- Double Clean and Press x 5
- Renegade Rows x 5 each side
- Double Snatch x 5

## Silo #3

- Double Swings x 5
- Deck Squat x 5 (single KB)
- Double Clean and Press x 5
- Renegade Rows x 5 each side
- Double Snatch x 5
- Full Body Attack x 5

For Example: The student will perform the first ladder as follows.

## Silo #1:

Double Swings x 5
- 15 sec rest

Double Swings x 5, Deck Squat x 5
- 15 sec rest

Double Swings x 5, Deck Squat x 5, Double Clean and Press x 5
- 15 sec rest

Double Swings x 5, Deck Squat x 5, Double Clean and Press x 5, Renegade Rows x 5
- 2 min rest

That completes the first cycle, the second and third silo progress the same as you work through the ladder.

Kristann Heinz, MD, RKC, is a Licensed Nutritionist, an MD in Medical Acupuncture, and a Third Dan Black Belt in Shim Gum Do. She offers private and group classes in kettlebell training as well as health and nutritional consultation.

# 32. "The Revolution Fat Blast Workout"

Franz Snideman
Senior RKC and
Yoana Teran
RKC Team Leader

This workout is designed to give the victim a full body training session, which thoroughly taxes all systems of the body. For the person who is pressed for time and only has 30 minutes or less to train, this is the perfect training method. All sets of the workout are based on quantities of time.

Therefore do not worry about reps, focus on time. The time will dictate how many repetitions you get in. Focus on quality and do not perform poor quality reps. Stop early if necessary. Rest during a set if necessary.

There are six sets in the workout utilizing different exercises.

| | |
|---|---|
| Set one = 3 min | Set four = 3 min |
| Set two = 2 min | Set five = 2 min |
| Set three = 1 min | Set six = 1 min |

Rest approximately 1 min between sets.

Most men should use one 16kg kettlebell, especially for the 2 and 3 minute long sets.

Most women will use an 8 or 12kg kettlebell, depending on you experience, strength and fitness levels.

You will notice that most of the sets involve multiple exercises. For example, during set one you are going to perform 1 minute of alternating tactical lunges and then immediately move into 1 minute of high pulls on the right arm followed immediately by 1 minute of high pulls on the left arm. The only time you'll rest is when you have completed all the exercises in the set. You will then rest 1 minute before going on to the next set.

Getting through the entire series once will usually be more than enough.

If you are a very strong male and advanced kettlebell user, you may be able to use one 24kg kettlebell.

If you are really crazy you might try going through all six sets once again, which would be two full sets of hardcore kettlebell fun.

## *The Revolution Fat Blast Workout:*

| EXERCISE SETS & REPS REST | | |
|---|---|---|
| 1 - Alternating Tactical Lunges (1 min)<br>2 - High Pulls (1 min each arm) | Total of 3 minutes | 1 minute before next series |
| 3 - Slingshot (1 min)<br>4 - Alternating Dead Cleans (1 min) | Total of 2 minutes | 1 minute before next series |
| 5 - Kettlebell Prone Bridge<br>(30 seconds per arm) | Total of 1 minute | 1 minute before next series |
| 6 - Squat + Press w/ 1 KB (30 sec per arm)<br>7 - Around the World (30 sec per direction)<br>8 - Alternating Swings (1 min) | Total of 3 minutes | 1 minute before next series |
| 9 - Single Leg Deadlift w/1 KB (1 min per leg) | Total of 2 minutes | 1 minute before next series |
| 10 - Snatches (30 sec per arm) | Total of 1 minute | You are done! Nice job! |

Franz Snideman, Senior RKC and Yoana Teran, RKC Team Leader, own Revolution Fitness in La Jolla, CA. They developed the ***Revolution Kettlebell Fat Loss Program*** Book and DVD along with the ***Quick Results Kettlebell Program*** DVD. They are also pioneers in the Spanish Kettlebell Market, releasing their first Spanish DVD, ***Kettlebells en Español DVD Movimientos Basicos.***

# 33. "Noble Iron Burpees"

Patrick Jernigan
RKC II

The following is a very simple conditioning drill I use with my fighters. It builds great strength endurance and can be scaled to pretty much any fitness level—from intermediate to advanced.

Ideal weight: Men use 2x24kg kettlebells; Women 2x16kg kettlebells.

The drill:
Clean + Jerk + Renegade Row* = 1 rep.

Perform 5 sets of 5 reps.

Rest as needed between each set but keep your rest active with some light shadow boxing, jogging, or ***Fast and Loose*** drills in between.

Increase the difficulty by decreasing the rest periods between sets.

*Editor's Note: To proceed from the Jerk to the Renegade Row, drop the KBs into the rack and then perform a back Swing like you were setting up for a Clean. Park the bells in an inverted "V" and jump both feet back like a Burpee to start the Renegade Row. Upon completion of the Row, jump forward with your feet landing on either side of the KBs and perform another Clean.

Patrick Jernigan, RKC II, works in San Francisco, CA. He is a blue-belt in Gracie Brazillian Ju-Jitsu and is AAAI/ISMI certified. He can be contacted at *Patrick@nobleironfitness.com*.

# 34. "The Mini-TSC"

Steve Freides
RKC Team Leader

My favorite workout can be used for active recovery days in the midst of a tough program like the "Rite of Passage" from ***Enter The Kettlebell*** or it can serve as the focus of its own training cycle. It's based on the Tactical Strength Challenge, a three-event competition designed to test all-around strength and conditioning, so it's well suited for anyone who wants to "have it all" in their training.

The focus is recovery, so start with movements designed to oil your hinges, following the lead of ***Enter The Kettlebell***.

## *Wall Squat*

3 to 5 reps, starting a comfortable distance from the wall and moving in a little on each rep.

### *Halo*

Hold a light kettlebell "by the horns" in front of you and upside down, and move it in a tight circle around your head. I prefer to keep my elbows close to my head when the bell is behind me—think of it as the bottom position of a pullover, and you may pause there briefly if you like.

### *Pump*

Follow the instructions in ***Enter The Kettlebell***.

### *Optional*

A few light windmills and/or overhead Squats with a focus on extending the spine and opening the hips. No heavy weights here, please.

## The Workout Proper: The Mini-TSC circuit

### *Deadlift*

1 set, 5 reps, any weight up to about 70% of your 1RM.

### *Pullup/Chinup*

2 sets, 2-3 reps. Choose a weight (or no weight at all) that represents about a 5RM. You may either place your foot through the handle the way it's tested at the RKC-II or use a belt if you must. If you're doing it the RKC way, do 2-3 reps with your left foot, rest a little, do 2-3 reps with your right foot. If you're using a belt, just do a second set shortly after the first.

Strive for perfect, strength-focused form on your pullups—stay tight, move slowly at the bottom and faster as you approach the top, be sure to touch your throat to the bar and pause for a second there, then lower under control and to a full hang, straight elbows position. For the second circuit, use a chinup grip instead.

## *Snatch*

Using the weight you will use at the TSC, perform a single set of Snatches, with only one hand switch, of between one and three minutes in length.

That's the circuit, the three events contested in the Tactical Strength Challenge. Go through the circuit at least two times, resting only a minute or two between each lift but longer between each circuit.

As you fatigue, use your judgment to lighten the load as needed. For the Deadlift you may take some weight off the bar or lower the reps; for the Pullup/Chinup, you may use a lighter kettlebell, switch to singles, or switch to assisted reps with either a stretch band or a partner; for the Snatch, shorten the time, slow the pace, do fewer repetitions, or any combination thereof.

Enjoy!

Steve Freides, RKC Team Leader, recovered from a debilitating back injury that left him bed-ridden for six months using Pavel's methods and kettlebells. He offers one-on-one and small group instruction at his home in Ridgewood, NJ, and leads kettlebell workshops at the Ridgewood YMCA. You can contact him at steve@kbnj.com.

# 35. "Simple Strength"

Tim Anderson
RKC II

This simple progression plan is designed to deliver steady gains in strength and conditioning for a well-built body.

This workout is designed to increase in intensity a little each week without making the increase a "leap of faith." A trainee should expect to make strength gains safely and efficiently without overtraining.

# Mon, Wed, Friday:

## *Week 1*

### Monday and Friday

A- TGU with 16kg : 1/1 x 5
B- C&P with 24kg : 1,2,3 x 3 rest 1 1/2 min between ladders
C- 2 Hand Swing with 24kg : 10, rest 20 sec, 20, rest 45 sec, 30, rest 1:30 min - repeat for 3 rounds

### Wednesday

TGU w/ 16kg: 1/1 x 8; rest as long as needed

## *Week 2*

### Monday and Friday

A- TGU with 16kg : 2/2 x 4
B- C&P with 24kg : 2,3,3 x 3 rest 1 1/2 min between ladders
C- 2 Hand Swing with 24kg : 10, rest 20 sec, 20, rest 40 sec, 30, rest 1:15 min - repeat for 3 rounds

### Wednesday

TGU w/ 16kg: 2/2 x 6; rest as long as needed

## *Week 3*

### Monday and Friday

A- TGU with 16kg: 3/3 x 4
B- C&P with 24kg: 3,3,4 x 3 rest 1 1/2 min between ladders
C- 2 Hand Swing with 24kg: 10, rest 15 sec, 20, rest 30 sec, 30, rest 1 min - repeat for 3 rounds

### Wednesday

TGU w/ 16kg: 3/3 x 6; rest as long as needed

## *Week 4*

### Monday, Wednesday and Friday

A- TGU with 16kg: 1/1 x 5
B- Swing with 16kg: 10/10 x 7 sets; rest as needed between sets

## *Week 5*

Start over at week 2 and progress each week as before. Deload every 4 weeks....

Tim Anderson, RKC II, is a firefighter, fitness professional, and movement coach in Fuquay-Varina, NC. He is a Z-Health Level 4 Instructor, and a Battling Ropes Level 2 Instructor.

# 36. "100 Turkish Get Ups"

Jordan Vezina
RKC

I expect that my fellow RKC instructors have put together some very intelligent and well thought out training programs and workouts that will educate and stimulate, steering you on a course toward undreamt of strength and endurance. I suspect they poured much time, effort, and thought into these workouts with the intent of delivering their very best to you.

I went the other way. Don't hold it against me, and don't feel poorly about yourself, it's no reflection upon you, or my concern for your welfare.

A while back I was on the instructor forum when I saw a post regarding Senior RKC Doug Nepodal doing 45 minutes of Get Ups with the 24 kg, switching hands each repetition. I thought on this for a while, and then did it myself. I went for 59:48 and completed 100 Get Ups mostly on the 24 kg. I briefly switched over to the 32 kg, then thought better of it. The goal is to finish the workout, not get another hole punched on my emergency room frequent visitor card to get that free knife set.

Upon finishing I came to the realization that this was not a 'stunt' it was 'training'. From that point on I began doing this workout once a week to varying degrees. I found it was important to not just mindlessly plug away, but to listen to the feedback you are receiving from the movement, and in my case, the carpet. I found that if I had poor technique, or became sloppy I was rewarded with a loss of skin. Pushing too much with my elbow in the initial sit up would cause some serious rug burns. Moving slowly and deliberately is always the order of the day. You may be tempted to try and 'race the clock', but do not fall into this trap. About a half hour in you are not going to have the precision to move quickly through anything, except perhaps the path to your bathroom to toss the proverbial cookies. When in doubt, go even more slowly. If you should take a minute to perform one Get Up, I will not hold it against you.

I mentioned performing the workout to varying degrees. That first day I did it for an hour switching hands each rep. The next time I did it for a half hour, but three reps at a time. So that is three continuous reps without setting the bell down, then switch hands and continue the same. I have manipulated the density by effectively giving myself less rest. You can also go lighter than you know you can manage and really boost the reps.

Pairing this with the ***Kalos Sthenos*** method would be a great idea, and is highly recommended. Again, we're after precision here, not just 'surviving' the workout.

My use of high volume Get Ups has been met with criticism by some who don't understand why I would 'want' to do that many Get Ups. I really don't 'want' to do anything but sit on the couch watching re-runs of ***24*** and drinking Red Bull cola, but this is training. I do what I know will have an effect on moving me closer to my goals. One's desire to be entertained and the need for training are two vastly different things.

I have also found this method to be effective for those trying to get their RKC Snatch Test as it teaches you to be patient under the bell, and accept the time and workload. When training RKC candidates I require they work up to 10 reps per side on a moderately heavy bell, as I have found this method seems to result in higher numbers on the Snatch test.

In doing the Turkish Get Up for higher repetitions I am performing a whole body lift that as time goes on crosses the border into conditioning as well, and I assure you that my strength is none the worse for it.

As you can no doubt surmise the intensity level of this 'workout' begins to ratchet up fairly quickly, and it would be quite easy to dig yourself into a very sizeable hole. I try to steer clear of arbitrary sets and reps schemes and instead pay attention to the messages my nervous system is sending me. If they are positive I can do the whole 100 reps or even more! If they are negative I need to heed them. The obvious question is: How do I recognize these potential red flags?

## *Below are a few clues that you can watch out for.*

1. **Excessive facial tension:** There just isn't a lot of benefit to tensing your face and neck, gritting your teeth, etc. This may be par for the course with true max effort lifts, but that is not what you are doing in this program, so work on relaxing the facial and neck muscles.

2. **Disrupted respiration:** This is not to be confused with breathing hard during training. If you notice that you are intermittently holding your breath or punching out hard exhales this may be another indicator that you are starting to inch toward the red. Efficient breathing patterns can do amazing things for your strength, flexibility, and ability to relax. If you notice this occurring take a pause, focus on some solid belly breathing for a minute or two, and then return to your training.

3. **Any pain:** Pain is an action signal. It is your brain's way of getting your attention so that you will change something you are doing that is adversely affecting you. This may call for you to take a pause and perhaps do some of Pavel's ***Fast and Loose*** drills, some Z-Health mobility drills, or some FMS correctives. Trying to push through pain is never a good idea. You may find it is something you can easily work out, but of course more serious and repetitive pain problems should be brought to the attention of a physician.

Jordan Vezina, RKC is a ZHPS Master Trainer and the creator of the ***Corrections*** DVD series as well as the co-creator of the ***(All Over) Strong*** DVD with Max Shank, Senior RKC. Jordan's website is ***www.averagetoelite.com.***

# 37. "Time-Efficient Kettlebell Training"

Geoff Neupert
Master RKC

Sometimes, life gets in the way of training.

Maybe you're a new parent. Maybe you have a new job (or an old one that makes you wish you had a new one). Maybe you have an illness in the family that requires much of your spare time.

Regardless, your training takes a back seat to your life.

If you're not careful, you'll quickly be 20 pounds lighter (or heavier) with a nasty case of "man-boobs" or "thunder-thighs."

But you need to blow off some steam and still get the energy you so desperately need from working out.

What can you do in such a limited time?

One word: **Complexes.**

Complexes aren't new. You may have even used them before.

They are simple.

**A Complex is a series of compound exercises performed sequentially without rest in which all the reps for one exercise are completed before moving on to the next exercise in the sequence.**

For example: Clean x5 + Press x5 + Front Squat x5 + Jerk x5.

Simple—But not easy. (To quote Rif.)

Now you can design these any way you want, but the key is to make sure that they flow from one exercise to another. I find these work great with double kettlebell drills.

For men I recommend 2x24kg kettlebells and for women 2x12kg kettlebells. (Strong women can use 2x16kg.)

Complexes are great for, well, everything—strength, conditioning, fat loss, gaining muscle.

If you're pinched for time, I recommend committing to just 45 minutes per week of workouts—three 15-minute workouts. Do the following complexes. Alternate between 3 reps per set and 5 reps per set and see how many complexes you can complete in your 15 minute time period.

# Complex A:

Double Swing
Double Snatch
Double Jerk
Front Squat

# Complex B:

Double Clean
Double Military Press
Double Snatch

Alternate each workout between Complex A and Complex B. So in a two-week period, you'll perform each complex three times.

Your goal should be to gradually achieve more sets of the complexes in the 15 minute time period. Start conservatively and build into the program.

You'll be surprised at how much work you can accomplish in just 45 minutes per week using complexes.

Geoff Neupert, Master RKC, CSCS, has been in the fitness/strength & conditioning industry for over 19 years. He currently runs Integrated Fitness Solutions in Durham, NC, where he trains clients privately. He has logged over 22,000 hours of one-on-one personal training and is a former Division 1 Strength and Conditioning Coach. He is the author of ***Kettlebell Muscle***. His athletic background is in Olympic Weightlifting, where he was a state champion and national qualifier.

PAVEL

# 38. "The Nietzsche Combo"

Dustin Rippetoe
RKC Team Leader

The name of this workout comes from a famous paraphrased quote of Friedrich Nietzsche: *"What doesn't kill you makes you stronger."* I can't take credit for the name, that honor goes to one of my experienced clients who gave it this epitaph. She thought I was taking it easy on her upon first description…her impression changed about minute three.

*The Nietzsche* is a simple Kettlebell Combination exercise of Snatch, Turkish Get-up and Swing. While most experienced Gireviks have stumbled upon this combo I think it has some unique properties worth exploring further. Let's start by defining the task:

**Target Audience:** Experienced Kettlebell Users.

**Type of Workout:** Foundational Technique Fatigue-proofing/Intense Short Practice Session

**Workout Breakdown:** Snatch/Get-up/Swing Combo

# Directions:

1. Left Hand Kettlebell Snatch…
2. Descend through the Turkish Get-up until you are on your back…
3. Immediately begin your ascent…
4. Once locked-out overhead…
5. Perform the down-swing of a left snatch…
6. On the upswing, Transfer (DARC) Swing to your right hand…
7. Backswing and Snatch the bell with the right….
8. Repeat until stronger.

# Specifics:

- **Duration:** A 5-10 minute session is ideal for most.
- **Load:** Snatch Test bell.
- **Pace:** Controlled smooth through the TGU portion and sharp and crisp through the swing and snatch.
- **Prerequisite:** Experience enough with the component drills that failing form can be noted. Patience and determination are needed to attend to technique detail and fatigue management.
- **Programming:** Anytime. Can serve as a great session during a back-off week. Additionally, it would be hard to argue that three weeks of near daily sessions wouldn't hone your Fundamental RKC Skills before moving to a targeted plan.

It is important to remember the Kettlebell does not hit the deck until the session is done!

The body is under constant changing load throughout the action and must shift from grind to ballistic mode athletically. This is where the fatigue-proofing technique benefit comes in.

The Girevik must contend with a constant changing internal environment and mange his/her fatigue well. The work starts easy AND gets harder easy. This is where the real benefit/work lies. Control must be used and technique must be owned.

I have found this drill is self-correcting for those who have a tendency to rush through the steps of a TGU. A point should be made to find and hold each step of the TGU and control that portion before "ratcheting up" to the next step. If they continue to rush then fatigue will crush them by minute five.

The ballistic portion of the drill is an assessment of a Girevik's ability to control and direct the energy of the bell. In my mind, this "hip volume" control is present on some level in all athletic movement. Why not train it intentionally?

When communicating about Kettlebell workouts it is hard to not mention variations. Some obvious and fun variations include:

- 9 Transfer Swings before Snatching.
- Overhead walks (If environment allows)
- In group work, everyone must be standing before Ballistic Portion.
- Change in Kettlebell size…always a good idea, but personally I have noticed a sweet spot for most where too light leads to weak Snatches and too heavy compromises TGU integrity.

While you will be not be panting at the end of a Nietzsche Session it will give you ample opportunity to "stare into the Abyss…" and hone your essential Kettlebell skills.

For more information about Dustin you can check out his training site www.wayofstrength.com If you live near Oklahoma and want Kettlebell instruction give Dustin a call (***405-517-8866***).

# 39. "Fighter's Burn"

Paul Daniels
RKC Team Leader

This workout is designed to push both transitional endurance strength conditioning as well as explosive strength conditioning.

Work set (A) sustained work output while work set (B) dynamic work output.

Let's start with a brief description of each exercise. If you are unfamiliar with any of the exercises I recommend becoming familiar with the particular exercise before incorporating it into the workout. You should be able to flow from each exercise to the next without any breaks.

## Brief Exercise Descriptions

### Alternating Floor Presses

Lie on your back, legs extended(**) with two kettlebells positioned for Press. While pressing one kettlebell turn and lift the shoulder of the pressing arm. Lower the kettlebell and press the other kettlebell.

** Legs can be extending, or knees may be up, or both legs may be in the air.

## Sit-ups

Lie on your back with legs extended and kettlebells pressed up. Sit up while keeping the arms extended overhead.

## Double Kettlebell Front Squat

Clean a pair of kettlebells. Interlace your fingers and tuck your elbows into your ribs. Step into your ideal stance, take a deep breath and pull yourself into the Squat, keeping your heels planted and tracking your feet with you knees.

## Renegade Rows

Place two kettlebells shoulder width apart. Get into the top of the pushup positing on top the kettlebells. Push one kettlebell into the floor while pulling the other up to your waist. Bring the kettlebell down and repeat on the other side.

## Deadlift Sprawl

With your hands on the kettlebell, jump back to sprawl position then back up to a deadlift position and immediately explode up to a deadlift.

**Variation:** (Full Body Defense-Mike Mahler.) Replace the deadlift with double cleans and combine these two exercises.

## Double Cleans

Place a pair of kettlebells a foot or more in front of your handles arranged in a "V" position. Take a breath, hike them back and clean. Drive with the hips and push your feet through the ground all the way to the rack. (***Return of the Kettlebell***)

## Front Thrust Kicks

Lifting the knee of the kicking leg up into the chest, drive through the hips and thrust out with the ball or heel of the foot.

## Alternating Cross Cleans & Press

Clean one kettlebell with your left hand. Standing with the second kettlebell in front of the left foot, cock the right heel out as you turn and grasp the kettlebell with your right hand. Clean the kettlebell as you snap the right heel down, torquing through your core and pulling the kettlebell into the rack. Immediately press the kettlebell in your left. Lower the kettlebell and repeat on the opposite side.

### Alternating cross Cleans with Double Press

Clean one kettlebell with your left hand. Standing with the second kettlebell in front of the left foot, cock the right heel out as you turn and grasp the kettlebell with your right hand. Clean the kettlebell as you snap the right heel down, torquing through your core and pulling the kettlebell into the rack. Immediately press both kettlebells. Lower the kettlebells and repeat on the opposite side.

### Alternating Cross Snatch & Press

Clean one kettlebell with your left hand. Standing with the second kettlebell in front of the left foot, cock the right heel out as you turn and grasp the kettlebell with your right hand. Snatch the kettlebell as you snap the right heel down, torque through your core and pull the kettlebell into the rack. Immediately press the kettlebell in your left, finishing with both kettlebells overhead. Turning to the right, cock the left heel and drop the knee. Bring your right arm to the rack while dropping the kettlebell in your left hand across and in front of your right foot and immediately reverse the movement repeating the sequence.

# Execution

Do one complete set of **A**, rest 2-3 minutes, do one set of **B**

Clean the kettlebells, squat and roll back to alternating floor press, then press the kettlebells and do sit-ups… lower the kettlebells and roll up to squats, then drop down to renegade row… then jump up to deadlift sprawl …. Then double cleans… And finally clean the kettlebells and do front thrust kicks.

It is recommended that you start with a pair of light kettlebells—16k or even 12k. It is important to get a feel for the set, so you can flow right through the sequence.

For the first couple of sets, rest as you need to. The goal is to decrease your rest time in set A and increase your work time in set B.

## *Paul Daniels' Fighter's Burn Workout*

| A1 | A2 | A3 |
|---|---|---|
| Alternating Floor Press 5 r/l<br>Roll up to Squat 5 r/l<br>Drop down to Renegade Rows 5<br>Jump forward Double Cleans 5<br>Front Thrust Kicks 5 r/l | Alternating Floor Press 5 r/l<br>Sit Ups 5<br>Roll up to Squat 5 r/l<br>Drop down to Renegade Rows 5<br>Jump forward Double Cleans 5<br>Front Thrust Kicks 5 r/l | Alternating Floor Press 5 r/l<br>Sit Ups 5<br>Roll up to Squat 5 r/l<br>Drop down to Renegade Rows 5<br>Dead Lift Sprawl 5<br>Double Cleans 5<br>Front Thrust Kicks 5 r/l |
| **5 sets with 1 minute rest** | **5 sets with 1:30 minute rest** | **5 sets with 2minute rest** |
| **B** | | |
| **30 secs: 1min 5 sets** | **30 secs: 1min 5 sets** | **30 secs: 1min 5 sets** |
| **B1**<br>Alternating Cross Cleans & Press<br><br>**B2**<br>Alternating Cross Cleans w double Press<br><br>**B3**<br>Alternating Cross Snatch & Press | **B1**<br>Alternating Cross Cleans & Press<br><br>**B2**<br>Alternating Cross Cleans w double Press<br><br>**B3**<br>Alternating Cross Snatch & Press | **B1**<br>Alternating Cross Cleans & Press<br><br>**B2**<br>Alternating Cross Cleans w double Press<br><br>**B3**<br>Alternating Cross Snatch & Press |

# Starting Position For Workset B

Clean one kettlebell with your left hand. Standing with the second kettlebell in front of the left foot.

# B1

1

2

3

4

Paul Daniels, RKC Team Leader, runs "The Body Warehouse" in Southern Orange County, CA. Paul's background includes a 2nd Degree Black Belt in Kiado-Ryu and is an eight year veteran of the USMC. He is also a youth gymnastics coach. Contact Paul at *pad@thebodywarehouse.com*.

# 40. "Fast and Furious"

Keira Newton
Senior RKC

This particular workout is designed for athletes who need to work (produce force) under conditions with very high heart rates. This program will help train their bodies to adapt to that situation.

# Segment 1.

15 seconds work for each exercise, 15 seconds rest between each exercise

2 Hand Swing
Rest
Snatch, L
Rest
Snatch, R
Rest
Burpee
Rest

# Segment 2.

Double Deadlift (30 seconds)
Rack and Hold (15 seconds)
Double Press (30 seconds)
Rest (30 seconds)
2 sets

# Segment 3.

20 Mountain Climbers
5 Push Up
20 Mountain Climbers
5 Push Up
20 Mountain Climbers
5 Push Up

# Segment 4.

10 seconds on 5 off. Go between two bells. I say "heavy and heavier"

Swing (10 seconds-heavy)
switch (5 seconds)
Swing (10 seconds-heavier)
2 sets

# Segment 5.

Jumping sequence: 10 seconds each exercise
a. Two-Foot Hops (forward and back)
b. Two-Foot Hops (side to side)
c. Two-Foot Hops (diagonal--jump in the shape of an X)
d. Knee-to-Chest Jumps (imagine it;s a box jump; jump up and pull knees towards chest)
e. Burpees
f. Frog Hops
g. Rest :20 and go to #6

# Segment 6.

Repeat the Swing sequence from #4 (go through 2 sets again)

# Segment 7.

Double Bells
a. 2 Squats
b. 1/1 Seesaw Press (repeat this sequence 5 times)

Cool down - ***Super Joints!***

Keira Newton, Senior RKC, is the owner of Dynamic Kettlebell Fitness, in Santa Fe, NM. She is a Feldenkrais Practitioner and a Z-Health Level 2 Instructor. One of her top goals is to make kettlebells more accessible to everyone, regardless of age, physical abilities, strength, or health goals. She can be reached at ***keiranewton@gmail.com***.

# 41. "In, Out, Done."

Shaun Cairns
Senior RKC

The workout is simple yet brutal. It can be done in a very short period of time and provides maximal levels of fitness for the user. If done in a group setting, (which is always more "fun") each person needs two bells; men can use either 20s or 24s and ladies can use either 12s or 16s. It is a Get Up and Double Swing ladder.

The progression is as follows:

1 x GU each side
2 x GUs each side
3 x GUs each side

(Short pause to catch one's breath between changing arms…)

Then,

5 double swings, 10 seconds rest
10 double swings, 20 seconds rest
15 double swings, rest for a minute or at least 30 seconds after the last person has completed their swings

Repeat until done (normally 3 – 5 rounds depending on the size bells selected).

To reduce the number of bells required and to reduce the intensity one can team up and work on a 1-to-1 rest to work ratio.

To up the intensity but still using less bells than option 1, one can do the following:

1 GU each side, 5 double swings while partner performs GUs
2 GUs each side, 10 double swings while partner performs GUs
3 GUs each side, 15 double swings while partner performs GUs

The last 2 options give the workout its own tempo as opposed to a timed tempo with option 1.

Shaun Cairns, Senior RKC, is the Original "Beast Tamer" and owner of Kettlebells For Africa, located in Johannesburg, Capetown, and Durban, South Africa. He can be reached at shaun@kettlebellsforafrica.co.za.

# 42. "The Furnace"

Dave Whitley
Master RKC

This one got its name from my class because of its ability to raise the temperature of a chilly room during a group workout.

## Objective:

Work mobility, technique in Swing, Get-Up and Goblet Squat, strength and conditioning all in one short session in a group setting.

# Conditions:

- Use a light to medium kettlebell
- You may choose to use no weight for the Get-Ups with less experienced clients.
- I find that going over the positions of the Get-Up prior to starting the timed portion of the workout is good preparation and reminder for the main part.
- There are many variations, this is just one example. You can adjust the time as needed or include the windmill to leg sweep section if you want.

:45 work / :15 rest-transition

Begin from standing, KB overhead.

1. **Kneeling & stand left**
2. **Kneeling & stand right**
3. **Swing**
4. **Goblet Squat**
5. **Kneeling Windmill left**
6. **Kneeling Windmill right**
7. **Swing**
8. **Goblet Squat**
9. **Getup to palm left**
10. **Getup to palm right**
11. **Swing**
12. **Full Getup left**
13. **Full Getup right**
14. **Swing**
15. **Goblet squat**

David Whitley, Master RKC, CK-FMS, aka, "The Iron Tamer," is a Professional Old Time Performing Strongman and kettlebell instructor in Nashville, TN. He is owner of "Nashville Kettlebell," Nashville's first Kettlebell Boot Camp. Contact him at *irontamerdave@hotmail.com*.

He is the creator of the popular workout DVDs, ***Lessons of the Old-Time Strongmen***, and ***Full Body Power***, available through Dragon Door.com.

SPARTAN
STRENGTH

# 43. "Sunday Swings"

Chris Holder
RKC Team Leader

The name of this workout is not the most original or creative venture I have been a part of but the routine itself has produced a very significant effect. In 2006 I was named Strength and Conditioning Coach for the San Jose State Spartan football team. As for any strength coach, my responsibilities include the conditioning of our football team. The problem that I encountered was that we are a program that believes in "saving their legs for Saturdays" and we did little to no formal running once our season began. My guys spent an entire Summer killing themselves for me and now our primary fitness came in the form of random periods during practice where we would amp up the intensity and force the kids to "go at game speed" for various drills. Anyone who has been around structured athletics programs knows that three or four minute spurts, six or seven times a day does not equal the type of pace or intensity that a Division I football player will encounter over a 60 minute game.

My dilemma was to maintain, or improve, the conditioning of my team, throughout an entire football season, *without running them*. The natural answer was to create an intense, short, kettlebell routine that would spike their heart rates and push them, physically, so that we could keep the intensity through the roof in an economical amount of time. We practice Tuesdays-Fridays in preparation for our games. Mondays are the mandatory off day for the kids, Saturdays are game

day, and Sundays are for film watching. I am given about 30 minutes to get the cobwebs off from Saturday and to work on fitness. The intention of our "lift" is to get them in, get them moving, and get the garbage that has built up from Saturday's contest out of their bodies. Sunday Swings was born.

At least, grab the kettlebell you would use for your Snatch test. Ladies, grab a 16kg even if you test with your 12kg. Gentlemen, 24kg is the minimum and if you are a true beast, grab a 28kg. The rest to work ratio should be 1:2 for the beginner and intermediate and 1:1 for those in great shape. My athletes are on a 1:1.

**The scheme is very simple:** Snatch L, Swing and alternate hands, Snatch R, Swing and alternate hands, Snatch L, Swing and alternate hands, Snatch R, etc… (1 Snatch L, 1 Swing L, 1 Swing R, 1 Snatch R, repeat…)

Snatch totals for each hand **per set** should be 10 L and 10 R.

With the Swings to set up the switching of hands, you end up doing 40 reps total per set of a Swing or Snatch.

# We do four rounds for the workout

If you have a partner and you work on a 1:1 work:rest ratio, it should be a brutal 12-15 minutes (depending on pace).

Each Swing should be to your eyes and each Snatch attempt should be truly Hard-Style. No GS, and absolutely no BS. No sissy efforts (especially in the snatch). Drive the hips hard (as if you are snatching the Beast), lock out in a Snatch Test position overhead. This routine is not about survival; it's about developing tension and being an athlete (**AN AGGRESSIVE ATHLETE**). There is nothing more frustrating than watching a person pace. An athlete who paces during training, will pace on the field or court. That athlete has no place in my facility. Said best by Kreese in ***The Karate Kid***, "We do not train to be merciful here. Mercy is for the weak. Here, in the streets, in competition: a man confronts you, he is the enemy. An enemy deserves no mercy."

**THERE SHOULD BE A DEFINITIVE CHANGE OF PACE FROM SWING TO SNATCH**

If it looks like the tempo stays consistent, stop them and make them start over. Each snatch should have a "burst" quality and if the athlete wants rest, tell them to rest during the zero gravity point in the swing (and even then, my athletes are coached to keep their glutes pinched and rock hard until it's time to get out of the way of the bell on the way down). Obviously, as fatigue begins to set in, the intensity will begin to diminish, BUT, the intention to be full-go never stops.

**Remember: this is about conditioning.**

You should be close to gasping for air at the end of sets 3 and 4. Keep moving between sets to regulate your heart rate and focus when you are going. The transitions get tough the deeper into the routine you go, so you have to battle to maintain great form—nothing that some good music and a great training partner can't help.

We have used this routine now for three years with massive success. It's not easy keeping these guys in top shape but with this routine, we can stay ahead of the curve.

## SOAPBOX:

Alright, you knew it was coming… the rant… but it is so necessary. Coaches, listen up! Let's talk about "athletic position". Every athlete in his/her given sport start their respective activity in some form of athletic position. THINK- middle linebacker pre snap; libero in volleyball waiting on receiving service; short stop during the pitcher's wind-up; soccer goal keeper as the enemy is approaching the box; any form of defense in basketball; a golfer who has tee'd the ball up and is getting ready to unload with her driver - it's all athletic position. Hips back, knees bent, weight distributed in an appropriate manner in the foot, head up. Now, kettlebellers, what exercises in your arsenal mimic this position? I'll give you 50 guesses but you are going to only need one (maybe two). Yes, the swing and/or the snatch.

Any strength coach worth his/her salt who is not swinging or snatching with their athletes is doing their kids a disservice. Period. It makes absolutely perfect sense to make your athletes repeat that natural starting position as much as possible. When we are talking metabolic demands of a sport, the swing prepares their nervous system in such a perfect way that the "stressors" the athletes encounter in the games or practice become less stressful. It is classic "greasing the groove". I remember in the old days at my time at Cal Poly and we were integrating the kettlebell into our program, the kids were dumbfounded by how easy practice was becoming and how their tanks were never empty at the end of the games. What they didn't realize was they were in "athletic position" over and over during the summer and during their training sessions during the season. The swing and the snatch provided in the tens of thousands (yes, tens of thousands) of opportunities to practice loading and unloading the hips, mimicking the natural body positions their sport demands. It's sports specificity at its finest.

Dr. Christopher R Holder DP, DMQ (China), RKC-Team Leader, CSCS is the Director of Strength and Conditioning for San Jose State University. He is a pioneer in applying kettlebell training to athletic preparation and conditioning. He can be reached a *chris.holder@sjsu.edu*.

# BONUS SECTION: How To Prepare For and Pass The RKC

Brett Jones
Master RKC, CSCS

Over the past 7+ years I have been involved in the RKC program and have seen many certification attendees come through the three days that make up the RKC experience. My goal in this article is to provide you—the RKC hopeful—with a template that will have you prepared for the RKC. This is important because it is a physically demanding weekend where you must still learn large amounts of technique, corrections and principles. If your body is not up to the challenge then you will not learn effectively. And that just will not do!

Unlike most 200 question multiple choice weekend certifications, you will earn your RKC with sweat and hard work. In addition, you will be tested on demonstration of proper technique in the basic RKC drills and the ability to assimilate application of the proper corrections at the right time—it is an instructor's course. Read the testimonials if you need proof.

Again—you will earn this certification.

Where I think the preparation process goes awry is in two main areas.

These are:

**#1—Too much emphasis on the Snatch test**

**#2—Not preparing for three 8+ hour days of work.**

While the Snatch test is important, it is only a starting point. It is a requirement because we—as instructors—need to see that you have the base level of conditioning and overhead stability to even begin the course, proving to us that you have at least picked up your kettlebell and that you have some experience with the tool. But it is not 'the test' of the certification—as I stated it is only a starting point.

Because RKC hopefuls get focused on the Snatch test they tend to forget that three days of 8+ hours of practice of the basic drills and corrections await them, and this does not include the three (or more) 20-30 minute workouts during each day.

## Step #1

Is to find your Snatch test requirements and read and understand the rules. Ask questions on the dragondoor.com forum if you need to do so. Steve Freides has written an excellent article on preparing for the Snatch test available on dragondoor.com. There are other excellent articles available as well, so do some reading and be prepared for your Snatch test.

## Step #2

Is to get prepared to demonstrate proper form in the basic kettlebell drills. To do this I would recommend a session with your local RKC so you can eliminate mistakes and prevent grooving any bad habits. If this is not possible, then you will have to rely upon DVDs and books. I would recommend, ***Enter the Kettlebell!*** Book and DVD; ***Kettlebell Basics for Strength Coaches and Personal Trainers*** DVD set; and the original ***Russian Kettlebell Challenge*** book. This will provide you a set of resources that will give you ample information to prepare for the certification and arrive prepared.

# Step #3

Is to get physically ready to handle the RKC weekend. Below I will lay out a template of practice that will help in preparing you and I will make suggestions on mimicking the weekend so that you will not be caught by surprise and have to battle the physical demands placed on you.

The template lays out three different workouts for three consecutive days where one drill will be emphasized as the other drills are practiced in between. Perform 1-3 circuits of the drills in the order listed. Perform 5-8 reps per set except on Swings where you can feel free to increase the reps as long as form stays perfect. You will not need a day to emphasize Cleans or Snatches as you will be performing enough of those during the other drills and with your Snatch test practice (which is to be performed in addition to these workouts on at least two of the days).

## Workout #1:

Swing
Clean and Press
Swing
Clean and Front Squat
Swing
Get-up
Swing
Snatch
Swing

## Workout #2

Clean and Press
Get-up
Clean and Press
Clean and Front Squat
Clean and Press
Swing
Clean and Press
Snatch
Clean and Press

## Workout #3

Clean and Front Squat
Swing
Clean and Front Squat
Clean and Press
Clean and Front Squat
Get-up
Clean and Front Squat
Snatch
Clean and Front Squat

These workouts are about practicing the drills and perfecting form while increasing conditioning specific to the weekend. Hence, you will be performing the three consecutive days of training in addition to the Snatch test preparations.

I would even suggest that you make Friday, Saturday and Sunday your workout days—then rest on Monday and work additional Snatch test workouts on Tuesday and Wednesday and then rest on Thursday before beginning again on Friday. This will get you in the groove for the weekend.

You will also need to rotate intensity of volume and weight—16 kg for 3 circuits one day and 24kg for 1 circuit the next—single Kettlebell drills one day and double Kettlebell drills the next etc…

I would also recommend ***Super Joints*** and/or ***Fast and Loose*** to keep your body 'tuned up' and prepared for this type of training. (Oh, and you might want to get very familiar with an exercise known as the Burpee!)

Be willing to reduce the volume and weight if needed—DO NOT GET INJURED preparing for the RKC. BE SMART!

So there you have it—a training template that will have you physically tuned up and ready for the demands of the RKC weekend. Nothing is more frustrating for us as instructors than people arriving ill-prepared for the RKC. So put your time in and remember that you will earn your RKC. You have been warned.

Brett Jones, Master RKC, is the co-creator of the ***Certified Kettlebell – Functional Movement Specialist*** program, as well as co-author of the ***Secrets of…*** DVD series with Gray Cook, PT. and the author of ***Kettlebell Basics for Strength Coaches and Personal Trainers***. You can contact Brett by email - ***appliedstrength@gmail.com*** and you can keep up with his blog and his website at ***www.appliedstrength.com***

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He's been with the 'big kids' as a Division One Strength Coach and has hands on experience with thousands and thousands of hours of personal training. He has hoisted the big iron and rubbed out cramps on ailing athletes. From entry level athletes to the top end, Geoff has taught, trained and tutored athletes, grandmothers and ancient warriors.

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In other words, stop looking for the next wave and jump into Geoff's methods. You have the answers in your hands. Now, move some iron." —**Dan John**, Master RKC, author, ***Never Let Go***, American Record Holder in the Weight Pentathlon, Masters National Champion in discus and Olympic Lifting

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**www.dragondoor.com/B33**

# How to Master Advanced Kettlebell Drills— And Explode Your Strength!

Thoroughly master Pavel's *Enter the Kettlebell!* program and you can consider yourself a "Kettlebell Black Belt". But once you're a Kettlebell Black Belt, then what?

Well, say hello to *Return of the Kettlebell*, which takes it for granted you already own those Black Belt fundamentals—and offers you a dramatically tougher, yet highly systematic program for explosive and massive muscle gain.

*Return of the Kettlebell's* protocols were born from Pavel's insights while training elite power athletes. Several champions made astonishing, almost mysterious, strength and muscle gains—at least two broke new powerlifting world records—thanks to kettlebell training. Pavel decided to reverse engineer this "What the Hell" effect experienced by the champions—so all others could benefit from their success.

*Return of the Kettlebell* presents the final fruit of Pavel's research—combining the very best of ancient lifting wisdom with modern day scientific breakthroughs.

Like the Breakfast of Champions, consume what's on the *Return of the Kettlebell* menu and watch yourself grow—and grow!

## Return of the Kettlebell

**Explosive Kettlebell Training for Explosive Muscle Gains**

2 Mid-Level

3 Advanced

**by Pavel #B40 $39.95**

Foreword by Donnie Thompson, RKC, World Super Heavyweight Powerlifting Champion

**Paperback** 146 pages 8.5" x 11"

The *Return of the Kettlebell* DVD is the best kettlebell resource I've seen to take your physique and performance to the next level. Pinpoint technique is essential to your success, and Pavel knows it. He shows each exercise from every angle and explains what you should and shouldn't do to get the greatest reward. This DVD, plus hard work, equals your best body.
—*Chad Waterbury,* neurophysiologist, author of *Huge in a Hurry*

**DVD by Pavel**

With Kenneth Jay, and Missy Beaver, RKC

***#DV062 $34.95***

***DVD Running time: 48 minutes***

*Return of the Kettlebell* is filled with top notch information and goes deep under the surface. The production quality of the DVD is first rate and superb. The demonstrations are incredibly thorough and include all of the do's and dont's of multiple double kettlebell movements. In typical Pavel style, he goes into great detail on proper technique and performance with an emphasis on movement quality. Many unique movements are also shared. If *Enter the Kettlebell!* took you to black belt—*Return of the Kettlebell* will make you an expert!"
—*Alwyn Cosgrove,* author of *The New Rules of Lifting* series

**Purchase Pavel's *Return of the Kettlebell!* book and DVD as a set and save… Item #DVS019 $67.95**

**www.dragondoor.com**
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Dragon Door

Order *Return of the Kettlebell* online:
**www.dragondoor.com/B40**

# "In The Royal Family of Exercise, The Kettlebell Swing Is King"

## Get the ripped physique, the ultra-conditioning and the explosive power you always wanted—in minimum time and for minimum expense…

Since Pavel Tsatsouline introduced the modern world to the glories of HardStyle™ kettlebell training in 2001, the fitness landscape has changed forever. This simple tool, the kettlebell, when used as part of Pavel's now legendary HardStyletm system, has helped sculpt finely-chiseled new physiques—with dramatic power to match—for tens of thousands of grateful recipients.

Master RKC, Mark Reifkind and RKC, Tracy Reifkind are uniquely qualified to help YOU TOO rapidly achieve the same spectacular physical transformations.

As a former college gymnast, powerlifting champion, national coach, competitive bodybuilder, ultra-marathoner and the founder of the first-ever studio in the US devoted entirely to kettlebell training, Mark brings a wealth of experience and expertise in his presentation of the secrets of the HardStyle™ kettlebell swing.

Tracy's innovative kettlebell swing programming and personal 100lb plus weight loss story have won her national acclaim—and a position of honor in Tim Ferriss's runaway bestseller *The 4-Hour Body.*

As its title indicates, *Mastering the HardStyle™ Kettlebell Swing* provides absolutely everything you need, to knock it out of the performance park—and enjoy a new life of supreme strength and vitality. Detailed, scientifically-structured progressions give you a rock-solid technical foundation and proficiency. Two bonus, follow-along workouts further instruct and inspire you to achieve the ultimate in fat loss, high-yield cardio and explosive power.

1 Beginner 2 Mid-Level 3 Advanced

### Get these 9 great benefits from the HardStyle™ kettlebell swing:

1) Build more muscle—with a chiseled, compact, toned look
2) Lose fat—in a hurry, but with long-term, sustainable results
3) Increase strength—with surprising carry-over for innumerable physical activities
4) Train hardcore cardio—for a powerful, "ageless" heart
5) Build speed and power—to be as explosive and as dynamic as you want to be
6) Increase your work capacity—to go longer and harder at any task
7) Develop muscles you never knew you had—for a perfectly proportioned physique
8) Strengthen and stabilize your back—a major key to pain-free, high-level performance and athletic longevity
9) Build powerful legs—without wrecking your knees

### Who is *Mastering the HardStyle™ Kettlebell Swing* For?

1) You've been hearing about kettlebells and **don't know where to start.**
2) You've heard that nothing burns more calories or works more muscle than kettlebell swing training but **you don't live close to a certified instructor and want to learn the best and the safest way to swing the kb.**
3) **You're a trainer who wants to get kettlebell** certified and wants to know the details of how the RKC teaches the "Center of its Universe", The swing.
4) You've tried other kettlebell methods and **haven't gotten the in depth, detailed instruction you want.**
5) **You're a busy person** who doesn't have all day to go to the gym and spend hours on a bike, lifting weights and doing yoga to maintain a base level of fitness and tone. You need a much more efficient solution .The HardStyle Kettlebell Swing.
6) You want to get strong at the same time you get your cardio in and **don't have time for both.**
7) You're small and **you want to build up.**
8) You're too big and **you want to slim down.**
9) **You're a serious minimalist** who loves the idea of one bell, one weight and one movement for a total body, complete workout.
10) **You're a high mileage comrade** who's been through the mill and whose knees and back can't tolerate what they used to. You need a serious exercise that just builds you up without tearing you down. You're no longer training for 'fitness', you are training for Life.
11) **You're a serious competitive athlete** that wants to know one of the best tools around for building and maintaining amazing power and speed that translates big time to your strength lifts and sport. In Sport, Speed is King, and Power is Queen. Nothing builds both like the HardStyle Kettlebell Swing.
12) **You're no longer a beginner kettlebell trainer** and are ready to go into Deep Skill; the subtleties and nuances interest you.
13) **You want to know how to** do the only exercise that Tracy used to **achieve incredible muscle tone and strength** after losing over 100 lbs.

## Mastering the HardStyle™ Kettlebell Swing

**The Ultimate Exercise for Fat Loss, High-Yield Cardio and Explosive Power**

**With Mark Reifkind, Master RKC and Tracy Reifkind, RKC**

***#DV080*** ***$34.95*** **DVD**

Running time: 3 hours 5 minutes

www.dragondoor.com
1·800·899·5111
Dragon Door
Order *Mastering Swing* DVD online:
www.dragondoor.com/DV080

# Did You Get Your *Goddess* Yet?

## Acclaim for Andrea Du Cane's *The Kettlebell Goddess Workout* DVD

### Finally!!!

"I am so excited about this DVD! I have been training with KB's for three years now off and on, and I have to admit that my motivation has been running low in the past year, and this is just what I needed! Someone to push me, something simple, something sturctured. I have been waiting for a DVD like this for a looong time and now it is finally here! What I like best with it is how it is laid out. It is a complete foolproof way to get your butt kicked a different way each and every day! I love it. And the PDF that came with the DVD shows different ways to schedule your workout or combine different exercises and it gives me absolutely no excuse not to swing that bell! Andrea, great job!" **—Ulrika**, Detroit, MI

### The Complete Package—Astonishing

"If I could I would give this DVD a 20 instead of a 10. Most DVD's only give you a stripped down version of a workout. This marvelous DVD gives you not only 1 workout, like most DVD's. It gives you an infinite amount of them, and they include a warm-up portion and a cool-down routine that is out of this world. These workouts will work you out even if you use a light kettlebell. The instructions are clear cut, and concise for all to understand. Guys will love this DVD as well."**—Karen R. Queen**, Tampa, Florida

### Excellent!

"This DVD is brilliant! I love the way it is structured to either follow along with the goddess workouts or to create your own. The instruction is great and the workouts are awesome. I can never see myself getting sick of this DVD with all the variety!

I'm newly addicted to kettlebells; I have only been working out with them for a few months now and I think this DVD is excellent for beginners. I'd recommend it to both beginners and advanced kettlebellers alike. If you are looking for a serious workout DVD, this is definitely worth it! I love it! I can't thank Andrea enough!!"**—Jen**, Maine

### Hard Core Workout!

"Andrea Du Cane provides some tough workouts on The Kettlebell Goddess DVD. This DVD is not for beginners, but it is a great way for someone familiar with basic kettlebell exercises to get a great challenging workout. Each of the goddess workouts are great no-frills, no-nonsense, kick-butt exercise routines. I really enjoy the relax into stretch segment at the end of each workout.

By the way, this DVD is not just for women! My boyfriend loves it as much as I do (though he did complain about not being able to keep up with women wearing pink shirts)."**—Mary** - Saratoga, CA

### Become the Goddess!!

"WOW!! I purchased this DVD at the RKC in October and I am in LOVE!! I will recommend this DVD to EVERYONE!! This has to be the most kick-butt workout I've tried. My clients will love it! I love the structure of being able to design my own workout with the formulas provided, or just follow along with the workouts already created for us. Andrea - You are awesome! Thanks so much for this DVD! I feel like I'm back at the RKC. (well...almost!)"—**Rae Chitwood**, RKC, Mansfield, OH

### The Kettlebell Goddess Workout is the Best!

"This is one of the best DVD's that I have ever purchased. It is so complete with workouts and instructions. The variety is terrific. I really enjoyed Andrea in From Russia with Tough Love, but this is the best. Nicole and Kristann are a wonderful complement to her and very much inspire me to keep working to get better. I tried to just watch the video without picking up the kettlebells, but I couldn't. I had to jump right into a workout. I am glad I did. First the warm up was one of the most thorough that I have ever had. Then the exercises really hit the mark. I had such a pump in my lower body and an overall rush all over. Then the nice cool down made me feel like I really accomplished something. I plan to keep on doing the workouts. Thanks for the Kettlebell Goddess Workout. Please keep up the good work!" **—Robin McGill**, Tampa, FL

### Nothing but positive feedback!!!

"This is a great DVD. I have been getting nothing but positive feedback from my clients. I tried a few of them myself and trust me guys, this DVD is not just for the Goddess' but the Gods' can also get worked on these programs as well. The different combinations and ways Andrea shows you how to come up with your own personal routine makes this a must for anyone who wants to get in shape."**—Lance Mosley**, RKC, CSCS - Palm Beach County, FL

## *Women's Workout Kits* • Kettlebell Goddess DVD • A Kettlebell

* Different S/H rates apply for AK/HI, US territories and Canada.

**Women's 18 lbs. Ultimate KB Workout Kit**
**#KKB010 $86.31**
plus $23.90 S/H*

**Women's 12kg Ultimate KB Workout Kit**
**#KKB011 $96.21**
plus $27.71 S/H*

**Women's 16kg Ultimate KB Workout Kit**
**#KKB012 $114.03**
plus $32.03 S/H*

### *Kettlebell Goddess Kit*

18 lbs., 12kg and 16kg Kettlebells & *Kettebell Goddess* DVD

**#KKB016 $290.16**
plus S/H*
85.80 MAIN/USA
214.04 AK/HI
342.77 CANADA

**If you are strong enough to do a pullup, start with 18 lbs., 12kg, and 16kg–the Kettlebell Goddess Kit.**

**www.dragondoor.com**
**1·800·899·5111**

Dragon Door

Order *Kettlebell Goddess* online:
**www.dragondoor.com/DV040**

"Watch ***The Kettlebell Goddess Workout*** and you will know why Andrea Du Cane is the leader in women's kettlebell training." ***–Pavel Tsatsouline***

# "Stay Strong, Young, Toned and Vibrant With Andrea Du Cane's High-Powered, Super-High-Energy Kettlebell Cardio and Strength Workouts"

The ancient Greek Goddesses were famous for their vigorous and vibrant strength, their power, their grace and their physical elegance.

Now you have a realistic chance to make even a Greek Goddess green with envy as you match—if not surpass—them for athletic grace and high performance!

In this superbly produced, interactive, menu-based DVD, **Senior Russian Kettlebell Instructor,** ***Andrea Du Cane*** challenges and inspires you to seize that ideal of elegant strength and make it your own.

Andrea's powerful array of authentic kettlebell workouts, plus cool downs and stretches, are guaranteed to reward you with greater energy, greater well being, greater strength and a superb figure. Fit for the Goddess you know you are!

Choose from a wide variety of **Upper Body, Lower Body, Abs** and **Cardio** workouts, then mix and match to create your own customized training program for godly perfection. Your results will be strictly divine…

Or simply follow along with one of the six **Goddess Workouts** for a complete, carefully targeted session designed to carve away the fat and sculpt lean, toned muscles—ready and willing to take on the world and win it all. Just like Athena… Just like Nike…

Once the hard-kept secret of elite Russian athletes, special forces and 'manly' men, the kettlebell is now becoming the preferred tool for women who are tired of being merely human and tired of mediocre results—and who demand fast fat loss, high energy and exceptional physical performance, now! Let Andrea show you the way…

- **Receive** inspiring, first-class personal instruction from one of the nation's top female kettlebell athletes.
- **Renew** yourself with a constant variety of targeted, high-yield workouts that meet your changing needs.
- **Redefine** your body and exceed your mortal limits, with the divine challenge of Andrea's patented *Goddess Workouts*.

Includes a **Special Bonus Section** of additional drills to add further variety and power to your workouts.

Contents include a PDF on **How to Get the Most Out of Your** ***Kettlebell Goddess Workout*** **DVD**—plus special programming tips.

## The Kettlebell Goddess Workout

Andrea Du Cane, Master RKC
with Kristann Heinz, MD, RKC and Nicole Du Cane RKC

1 Beginner
2 Mid-Level

Running time:
2 Hours and 25 minutes

DVD ***#DV040*** ***$29.95***

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**1·800·899·5111**

Dragon Door

**Order** ***Kettlebell Goddess*** **online:**
**www.dragondoor.com/DV040**

"*Kettlebell Warrior* is a strong DVD. Dr. Mark Cheng does a fine overview of many key RKC exercises, kettlebell and bodyweight, and offers his unique insights, as a martial artist and as a medical professional."
—**Pavel Tsatsouline,** author of *Enter the Kettlebell!*

# From the Dragon Door Vaults, Introducing: The Ultimate System of Kettlebell Combat Application Secrets for Martial Artists, Combat Personnel, and High Risk Tactical Operators

The history of the modern kettlebell movement—as spearheaded by the RKC and HardStyle—has been one of constant, dynamic evolution. Masters and innovators from numerous disciplines have poured their expertise into the RKC crucible and the result has been a staggering array of interlinking and complementary practices that have changed the lives of hundreds of thousands over the last decade.

One of the greatest of these HardStyle champions has been Chinese martial artist and clinician, Dr. Mark Cheng. Now a Senior RKC, has been a passionate, tireless and brilliant flag bearer whose contributions have buttressed and reinforced our evolving School of Strength.

Dr. Cheng's masterly *Kettlebell Warrior* represents the most comprehensive attempt yet to illustrate how Pavel's Naked Warrior and HardStyle training concepts can contribute magnificently to the skill and proficiency of ANY fighter—be it a classical practitioner of the Asian martial arts, an MMA contender, or an operator whose very life can depend on his martial prowess.

Sometimes some of the most powerful contributions to a body of knowledge have taken years to be finally revealed. Originally shot in 2009, *Kettlebell Warrior* has been biding its time in the Dragon Door vaults. Since 2009, both Dr. Cheng and the RKC have evolved yet again. Some of the training details espoused at that time may now have morphed or perhaps even been discarded. No matter, just as Pavel's original *The Russian Kettlebell Challenge* (2001) and his *Enter the Kettlebell!* (2006) remain enduring "classics of strength", so too the contents of *Kettlebell Warrior* represent a treasure trove of training secrets that will stand the test of time.

*Kettlebell Warrior* is destined to become one the primary go-to-references for anyone remotely serious about boosting their martial power and refining their fighting skills.

## Kettlebell Warrior

**Applied Combat Kettlebells For Maximum Martial Power**
**By Dr. Mark Cheng, Senior RKC**
***#DVS033 $77.00***
**3-DVD set**
Total running time:
2 hours 38 minutes

2 Mid-Level
3 Advanced

## Contents include:

**Disc One: Kettlebell Warrior Training Secrets**

**Naked Warrior Bodyweight Training & Combat Applications**
a. Hard Style lock
b. Wall Squat
c. Plank & Partner Plank (partner pushing)
d. Front Squat Side Sways
e. Cobra Stretch

**Kettlebell Warrior Exercises & Combat Applications**
f. Deadlift
g. Swing – The Center of the RKC Universe
h. Clean: Taming the Arc
i. Military Press
j. Snatch – The Gold Standard
k. Front Squat from the Clean

**Disc Two: Kettlebell Warrior Advanced Training Secrets**

**Naked Warrior Bodyweight Training & Combat Applications**
l. Pistol
m. Kossack
n. Naked Get-Up

**Naked Warrior Bodyweight Training & Combat Applications**
o. Turkish Get-Up
p. High-Pull
q. Spinning High-Pull
r. Bent Press

**Disc Three: Beyond the Kettlebell Warrior**

**Kettlebell Restorative & Healing Exercises**
s. Halo – Rear shoulder girdle & thorax/shoulder ROM
t. Armbar – Anterior shoulder girdle
u. Windmill – Hip & Shoulder
v. Snake Charmer — Knees
w. Wall Squat, KB Deadlift and Cobra — Lower Back

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Order *Kettlebell Warrior* DVDs online:
www.dragondoor.com/DVS033

# Ignite ALL Burners, Crank Up the Heat to High—And Ascend to Tough-Guy Heaven

## Revisit Your Manhood Challenge with another patented Weber set of sizzling kettlebell grillouts—the ultimate package for scorching enduro and lean-to-the-bone strength…

"Keith Weber's second kettlebell DVD is every bit as good as the first one. Perfect for an athlete's general physical preparation. Perfect for an non-athlete out to make radical changes in body composition. I could easily overlook marginal audio quality, an occasionally flexed elbow in overhead squats, and high rep abs routines in favor of eight solid, interesting, and intense workouts. If you have your basics down, get this video."
—Pavel Tsatsouline, author of *Enter the Kettlebell!* and *Return of the Kettlebell*

Keith Weber's landmark *Extreme Kettlebell Cardio Workout* proved to be one of the most acclaimed kettlebell workout programs we have ever offered, rapidly ascending to and maintaining its position in Dragon Door's Top Ten.

A superbly muscled specimen of righteous manhood himself, physical therapist Keith Weber returns to grill you with a blistering set of muscle-burning kettlebell drills designed to raise the bar on your athletic potential—then leap over it.

Weber's agonizing *Extreme Kettlebell Cardio Workout 2* will give even the most seasoned athlete more power—and the inspiration to take his game to the next level.

Become a well-oiled, unstoppable machine and discover what toughness is really all about, with *The Extreme Kettlebell Cardio Workout 2.*

2 Mid-Level 3 Advanced

### Extreme Kettlebell Cardio Workout 2

*Exceed Your Limits*

**By Keith Weber, BScPT, RKC**

**DVD # DV067 $29.95**

# SO YOU THINK YOU'RE TOUGH?

## Challenge your manhood with this set of ferocious kettlebell workouts—the ultimate package for kickass enduro and lean-to-the-bone strength

### IT'S EXTREME AND YOU NEED IT!

"This is a Must for those of you who are serious athletes and kettlebell fanatics. We highly recommend *The Extreme Kettlebell Cardio Workout.* It will challenge you to your bones even if you're tough as nails and build your strength and cardiovascular capacity fast.. You can feel satisfied after doing just one killer 5 - 10 minute session or you can simply do as Keith Weber does in this nicely shot video by the ocean - and go non-stop like the Terminator. No matter what weight you use or where you're at physically, this will get you into tremendous shape fast. Great Video!"— Garin Bader/ Vanessa Bader, Las Vegas, NV

### I THOUGHT I WAS TOUGH

"The title of this DVD does not lie, it is extreme! I thought I was tough but was humbled by Keith Weber. This android has motivated me to reach a new level of conditioning. I have lost five pounds in two weeks!"—Josh Nelson, San Diego, CA

### The Extreme Kettlebell Cardio Workout

**By Keith Weber, BScPT, RKC**

**DVD # DV052 $29.95**

2 Mid-Level 3 Advanced

**Order *ExtremeKettlebellCardio* online:**
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Dragon Door

Order *Extreme Cardio Workout* 2 :
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# NEW: Dragon Door's Premium, Heavy-Duty Kettlebell Rack is Built Like a Tank— And is Ready to Easily Handle Your Complete Arsenal of Bells

## Convenience: Save space, keep it professional— with up to 1,400 lbs of kettlebells safely stored yet immediately available for your instant training needs...

**Top shelf can hold up to 80 kg (approx 176 lbs) of smaller kettlebells**

**Second shelf can hold up to 120 kg (approx 264 lbs) of medium-size kettlebells**

**Third shelf can hold up to 200 kg (approx 440 lbs) of medium/ large-size kettlebells**

**Fourth shelf can hold up to 250 kg (approx 550 lbs) of large/extra large-size kettlebells**

**Enhanced safety feature: specially engineered to allow you to chain up your kettlebells—and avoid potential injury to young children or uneducated users.**

**Dragon Door Kettlebell Rack**
**#KR001 $599.00**
**SH: $186.00**
*Weight: 63.50 kg*
*(Approx. 140 lbs)*
*Durable powdercoat*

**Are you tired** of kettlebells lying around all over your house or facility, taking up WAY too much space and messing with the professional elegance of your environment?

**Would you like** to have one simple, sturdy, safe yet highly accessible storage device for your kettlebells—that also LOOKS terrific?

**As the proud possessor already** of the world's premier kettlebells, don't you want to match them with the housing they deserve?

Then we invite to improve your training life with this magnificent Kettlebell Rack today...

## ALMOST ¾ OF A TON OF LOAD-BEARING CAPACITY!

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Dragon Door

Order Kettlebell Rack online:
**www.dragondoor.com/KR001**

# Add a Dragon Door Kettlebell to Your Arsenal—Durable, Resilient and Perfectly Designed to Give You Years of Explosive Gains in Strength, Endurance and Power

Even a man of average initial strength can immediately start using the 16kg/35lb kettlebell for two-handed swings and quickly gravitate to one-handed swings, followed by jerks, cleans and snatches. Within a few weeks you can expect to see spectacular gains in overall strength and conditioning—and for many—significant fat loss.

Dragon Door re-introduced kettlebells to the US with the uniquely designed 35lb cast iron kettlebell—and it has remained our most popular kettlebell. Why? Let Dragon Door's own satisfied customers tell the story:

Our most popular kettlebell weighs 35lb (16kg)—and is the ideal size for most men to jumpstart their new cardio, conditioning and strength programs.

**Russian Kettlebell - 16kg (35 lbs.)**
*Authentic Russian kettlebell, w/rust resistant e-coat*
**#P10A $96.75**

## Excellent Quality

"Unlike other kettlebells I have used, Dragon Door is of far superior quality. You name it, Dragon Door has got it! Where other bells lack, Dragon Door kettlebells easily meet, if not exceed, what a bell is supposed to have in quality! Great balance, nice thick handle for grip strength, and a finish that won't destroy your hands when doing kettlebell exercises."
**—Barry Adamson, Frederick, MD**

## Continually Impressed

"Dragon Door never fails to impress with their quality service and products. I bought the 16kg last month and since adding it to my kettlebell 'arsenal', I am seeing huge improvement from the heavier weight. I have larger hands for a woman so the handle on the 16kg fits my hands perfectly and it feels great…This is my fifth month using kettlebells and I cannot imagine NOT using them. They have changed my life." **—Tracy Ann Mangold, Combined Locks, WI**

## Dragon Door bells just feel better

"I purchased this 35lb bell for a friend, and as I was carrying it to him I was thinking of ways I could keep it for myself. Everything about this bell is superior to other brands. The finish is the perfect balance of smooth and rough. The handle is ample in both girth and width even for a 35 lb bell, and the shape/ dimensions make overhead work so much more comfortable. There is a clear and noticeable difference between Dragon Door bells and others. Now I am looking to replace my cheap bells with Dragon Door's. On a related note, my friend is thrilled with his bell."**—Raphael Sydnor, Woodberry Forest, VA**

## Made for Heavy-Duty Use!

"These kettlebells are definitely made for heavy-duty use! They are heftier than they appear, and the centrifugal force generated while swinging single or two-handed requires correct form. I have read numerous online reviews of different companies who manufacture kettlebells, and it I have yet to read a negative review of the kettlebells sold by Dragon Door. I have both the 35 and 44 lbs KBs, and I expect to receive a 53 lbs KB from Dragon Door by next week. And as I gain in strength and proficiency, I will likely order the 72 lbs KB. If you like to be challenged physically and enjoy pushing yourself, then buy a Russian Kettlebell and start swinging!"
**—Mike Davis, Newman, CA**

## New Dragon Door Bells—Best Ever!

"Just received a new e-coat 16 yesterday. Perfect balance, perfect texturing, non-slip paint, and absolutely seamless."
**—Daniel Fazzari, Carson City, NV**

## Dragon Door Kettlebells: The Real Deal!

"The differences between Dragon Door's authentic Russian kettlebell and the inferior one which I had purchased earlier at a local big box sports store are astounding! The Dragon Door design and quality are clearly superior, and your kettlebell just 'feels' right in my hand. There is absolutely no comparison (and yes, I returned the substandard hunk of iron to the big box store for a credit as soon as I received your kettlebell). I look forward to purchasing a heavier kettlebell from dragondoor.com as soon as I master the 16kg weight!"**—Stephen Williams, Arlington, VA**

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Dragon Door

**Order Dragon Door Kettlebells online:**
**www.dragondoor.com/shop-by-department/kettlebells/**

# Customer Acclaim for Dragon Door's Bestselling 12kg/26lb Kettlebell

## Converted Gym Rat....

"I have seen DRASTIC changes in EVERYWHERE on my body within a very short time. I have been working out religiously in the gym for the past 15 years. I have seen more change in JUST 1 month of kettlebell training. KB's build bridges to each muscle so your body flows together instead of having all of these great individual body parts. The WHOLE is GREAT, TIGHT and HARD. Just what every woman wants."
**—Terri Campbell, Houston, TX**

## Best Kettlebells Available

"Okay, they cost a lot and, with the shipping costs, it's up there. However, the local kettlebells were far inferior in quality—do you want rough handles when you're swinging? And, if you order a cheaper product online, you won't even KNOW the quality until you have them. Dragon Door kettlebells are well formed, well-balanced and have no rough edges. Sometimes you just have to go with the best and these are the best!"
**—Judy Taylor/ Denver, CO**

## Awesome tool for the toolbox!!!

"I took some time off from grappling to focus on strength using my new kettlebells... Needless to say my training partners knew something was up. My 'real' total body strength had increased dramatically and I had lost about 5 pounds of bodyfat weight. We are getting more!!!!"
**—Jason Cavanaugh, Marietta, PA**

## More Fun Than a Dumbbell or Barbell

"Very satisfied. A lot of fun. Indestructable. Delivered quickly. Much more fun to use than dumbbells or barbells. Everytime I see the bells I pick them up and do something with them. Great!"**—Sonny Ritscher, Los Angeles, CA**

## Beautiful Cast Iron

"The casting was so well done that the kettlebell doesn't look like a piece of exercise equipment."**—Robert Collins, Cambridge, MA**

## Changing a 64 year old's life!

"After being very fit all my life with everything from Tae Kwon Do to rock climbing and mountain biking, I hit 60 ... had a heart valve repair and got horribly out of condition, It was difficult for me just to get up off the floor when I sat to put wood in the wood burning fireplace. In just 6 weeks with a 12 kilo kettlebell I've improved dramatically. The 'real life' strength that you develop is amazing. The difference to your 'core' is dramatic. Wish I'd discovered kbells years ago!"**—Lowell Kile, Betchworth, United Kingdom**

## I Love My Kettlebell!

"I am really enjoying my kettlebell. When I received mine, I was so pleased with the finish and the handle. It is definitely a high quality product and when I work my strength up, I will order my next kettlebell from DragonDoor as well."**—Diana Kerkis, Bentonville, AR**

## GREAT Piece of Equipment

"Excellent quality and finish. I'm a runner who doesn't do heavy weights; this 26 lb. KB is a great addition to my training and has made a meaningful difference, even in the first few weeks. Something about the shape INVITES you to work with it!

Highly recommended."**—Matthew Cross, Stamford, CT**

## Maximum Results

"There is not a product around that compares to the 26 lb kettlebell. It is a health club, of its own. In my opinion anybody of any age or fitness level can achieve results. "**—Jim Thoma, Shoreline, WA**

## The Handler

"The Kettlebell is the authority of weights. I'm 50 years old and have been working out since I was 12. I purchased the 12kg kettlebell, and at the present time used it for six different exercises. Its shape makes such a big difference; you can be creative using it to strengthen areas of your body simultaneously in one motion. In the future I will purchase the 35 kg."
**—Ronald Bradley, Alpharetta, GA**

## Excellent Product

"I have bought two other (competitor's) kettlebells since the purchase of this product, and there's an obvious difference in quality. I am very pleased with the purchase from Dragondoor. Thanks."
**—Steve Crocker, Coupeville, WA**

**Russian Kettlebell - 12kg (26 lbs.)**
*Authentic Russian kettlebell, w/rust resistant e-coat* **#P10G** **$76.95**

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# Whatever Your Athletic Challenge, Dragon Door Has the Perfect Kettlebell Size to Meet Your Demand!

**Classic Russian Kettlebells—All Cast Iron/E-Coated**

**Russian Kettlebell 10 lbs.**
**#P10N $41.75**
*Call for shipping costs*

**Russian Kettlebell 14 lbs.**
**#P10P $54.95**
*Call for shipping costs*

**Russian Kettlebell 18 lbs.**
**#P10M $65.95**
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**Russian Kettlebell 10kg (22 lbs.)**
**#P10T $71.45**
*Call for shipping costs*

**Russian Kettlebell 12kg (26 lbs.)**
**#P10G $76.95**
*Call for shipping costs*

**Russian Kettlebell 14kg (31 lbs.)**
**#P10U $87.95**
*Call for shipping costs*

**Russian Kettlebell 16kg (35 lbs.)**
**#P10A $96.75**
*Call for shipping costs*

**Russian Kettlebell 18kg (40 lbs.)**
**#P10W $102.75**
*Call for shipping costs*

**Russian Kettlebell 20kg (44 lbs.)**
**#P10H $107.75**
*Call for shipping costs*

**Russian Kettlebell 22kg (48 lbs.)**
**#P10X $112.75**
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**Russian Kettlebell 24kg (53 lbs.)**
**#P10B $118.75**
*Call for shipping costs*

**Russian Kettlebell 28kg (62 lbs.)**
**#P10J $142.95**
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**Russian Kettlebell 32kg (70 lbs.)**
**#P10C $153.94**
*Call for shipping costs*

**Russian Kettlebell 36kg (79 lbs.)**
**#P10Q $175.95**
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**Russian Kettlebell 40kg (88 lbs.)**
**#P10F $197.65**
*Call for shipping costs*

**Russian Kettlebell 44kg (97 lbs.)**
**#P10R $241.95**
*Call for shipping costs*

**Russian Kettlebell 48kg (106 lbs.)**
**#P10L $263.95**
*Call for shipping costs*

- KETTLEBELLS ARE SHIPPED VIA UPS GROUND SERVICE, UNLESS OTHERWISE REQUESTED.
- KETTLEBELLS RANGING IN SIZE FROM 10 LBS. TO 24 KG CAN BE SHIPPED TO P.O. BOXES OR MILITARY ADDDRESSES VIA THE U.S. POSTAL SERVICE, BUT WE REQUIRE PHYSICAL ADDDRESSES FOR UPS DELIVERIES FOR ALL SIZES 32KG AND HEAVIER.

**ALASKA/HAWAII KETTLEBELL ORDERING**
Dragon Door now ships to all 50 states, including Alaska and Hawaii, via UPS Ground. 32kg and above available for RUSH (2-day air) shipment only.

**CANADIAN KETTLEBELL ORDERING**
Dragon Door now accepts online, phone and mail orders for Kettlebells to Canada, using UPS Standard service. UPS Standard to Canada service is guaranteed, fully tracked ground delivery, available to every address in all of Canada's 10 provinces. Delivery time can vary between 3 to 10 business days.

**IMPORTANT** — International shipping quotes & orders do not include customs clearance, duties, taxes or other non-routine customs brokerage charges, which are the responsibility of the customer.

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**24 HOURS A DAY**
**FAX YOUR ORDER (866) 280-7619**

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**Please print clearly**

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*Street* _____

*City* _____

*State* _____ *Zip* _____

*Day phone** _____

** Important for clarifying questions on orders*

**Please print clearly**

**SHIP TO:** ***(Street address for delivery)*** **B**

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*Street* _____

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| | | | | *Kettlebell Shipping Charges* | |
| | | | | *TX residents add 8.25% sales tax* | |
| | | | | *MN residents add 7.125% sales tax* | |
| | | | | *Total Enclosed* | |

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**Website orders–shipping and handling will display automatically**

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|---|---|---|---|
| **$00.00 to 29.99** | **Add $7.30** | **$100.00 to 129.99** | **Add $15.70** |
| **$30.00 to 49.99** | **Add $8.35** | **$130.00 to 169.99** | **Add $17.80** |
| **$50.00 to 69.99** | **Add $9.40** | **$170.00 to 199.99** | **Add $19.90** |
| **$70.00 to 99.99** | **Add $12.55** | **$200.00 to 299.99** | **Add $22.00** |
| | | **$300.00 and up** | **Add $26.20** |

*Canada and Mexico double the charges; All other countries triple the charges.*

**METHOD OF PAYMENT** ❒ Check ❒ M.O. ❒ MasterCard ❒ Visa ❒ Discover ❒ Amex

Account No. *(Please indicate all numbers on your credit card)* EXPIRATION DATE CCV

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**Day Phone:** ( ) _____

**Signature:** _____ **Date:** _____

**NOTE:** *We ship best method available for your delivery address. Foreign orders are sent by air. Credit card or International M.O. only. For* **RUSH** *processing of your order, add an additional $10.00 per address. Available on money order & charge card orders only.*

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