

The Precision Nutrition
Bonus Training Program

Kettlebell

Training

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Precision Nutrition Bonus: Kettlebell Training Designed by David Whitley

Introduction

I have to chuckle when people contact me requesting information about this “*novel*” piece of training equipment called a **kettlebell (KB)**. As you may be aware, kettlebells are far from new to the fitness world, but to some they are an emerging innovative piece of equipment that is going to liven up their training.

In fact, these bell-shaped objects were commonplace in gyms and training locations as far back as the ancient Greeks. Many of you have likely seen a photo of an old time strongman like Sandow or Saxon using this “new” fitness tool. The kettlebell has been used as a strength tool for at least one hundred years in Eastern Europe. It originated in Russia, where it is commonly referred to as a *handlebell* or *girya*. Russia hosted the first ever kettlebell competition in 1948.

Thanks to Pavel Tsatsouline, a recent interest in kettlebell training has evolved here in the USA. Pavel, brought his vast knowledge of kettlebell training with him when he emigrated from Russia several years ago.

While this type of training has a long history, it’s absence and recent rediscovery mean that most gym-goers don’t know how to utilize a kettlebell for maximum effect.

The kettlebell is an excellent tool for fat loss, building strength, endurance and improving health. They are made of cast iron and resemble a cannonball with a thick handle attached to it. If you close your eyes and use your imagination, you can almost see it dropping out of the sky and landing on Wile E. Coyote’s head.

Kettlebells come in fixed weights based on an old Russian measuring system called a ***pood***. One pood is equivalent to 16 kilograms, or about 35 pounds. They range in weight from 4kg (about 9lbs) all the way to 48kg (106lbs).

Despite the fixed weight, kettlebells are extremely versatile. There are literally hundreds of different exercise variations that one can do to develop strength, endurance, speed, size and overall conditioning.

The focus of this training program is to burn unwanted body fat. High rep kettlebell training carries with it an extremely high metabolic cost, which in turn will put your unwanted body fat on the burner!

Program Considerations

Some of the exercises listed may be new to you. I have included links to video demonstrations of all the kettlebell exercises included in this program in the last section to assist you in making your kettlebell training effective.

Kettlebell Training Program Phase 1: Weeks 1-4

This Phase is based on and inspired by the "program minimum" from Pavel Tsatsouline's book *Enter the Kettlebell: Strength Secret of The Soviet Superman*.

There are only two exercises; the Swing and the Turkish get-up. These two drills cover broad territory and lay the foundation for later, more advanced kettlebell training.

Below is the schedule for the first 4 weeks.

Phase 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	OFF	Workout A1	OFF	Workout B1	OFF	Workout A1	OFF
Week 2	OFF	Workout A1	OFF	Workout B1	OFF	Workout A1	OFF
Week 3	OFF	Workout A1	Workout B1	OFF	Workout A1	Workout B1	OFF
Week 4	OFF	Workout A2	Workout B2	OFF	Workout A2	Workout B2	OFF

Workout A1

Exercise	Time	Performance	Reps	Rest
TURKISH GET-UP	5 min	Alternating arms each rep	As many reps as possible	2 min before swings
Swing	12 min	2 hands	As many reps as possible in 30 secs	1 min rest between sets

Workout B1

Exercise	Time	Performance	Reps	Rest
TURKISH GET-UP	8 min	Alternating arms each rep	As many reps as possible	2 min before swings
Swing	15 min	1 hand	As many reps as possible in 30 secs	1 min rest between sets

Workout A2

Exercise	Time	Performance	Reps	Rest
TURKISH GET-UP	5 min	Sets of 3 per side	As many reps as possible	2 min before swings
Swing	15 min	2 hands	As many reps as possible in 1 min	1 min rest between sets

Workout B2

Exercise	Time	Performance	Reps	Rest
TURKISH GET-UP	8 min	Alternating arms each rep	As many reps as possible	2 min before swings
Swing	18 min	1 hand (switch at halfway point)	As many reps as possible in 1 min	1 min rest between sets

Kettlebell Training Program Phase 2: Weeks 5-8

In Phase 2, we introduce a few new exercises and a five-day per week training schedule.

You will be performing alternating supersets of non-competing exercises and interval training.

Phase 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5	OFF	Workout A	Interval A	Workout B	Interval B	Workout A	OFF
Week 6	OFF	Workout B	Interval A	Workout A	Interval B	Workout B	OFF
Week 7	OFF	Workout A Interval A	Workout B	Interval B	Workout A	Workout B Interval A	OFF
Week 8	OFF	Workout A	Workout B Interval A	Interval B	Workout A	Workout B Interval A	OFF

NOTE: As an alternative to this schedule, you could do the intervals on the same days, immediately following the strength workout, or later that same day. It is **NOT** a good idea to do intervals before a strength session.

Workout A

Exercise	Sets	Reps	Tempo	Rest
A1 Squat (KB)	3-4	12	311	0
A2 Pushup	3-4	15	311	1 min
B1 KB Row	3-4	12/12	321	0
B2 Clean & Press (tempo is pressing speed)	3-4	8/8	311	1 min
C1 Windmill	3-4	5/5	421	0
C2 V-up	3-4	10	421	1 min

Interval A

Interval A: Exercise	Time	
Light jog or jumping jacks	3 min	
Kettlebell Swings	30 sec	
Light jog or jumping jacks	90 sec	Repeat for 6 rounds
Cool down - Walking, moderate pace	3-5 min	

Workout B

Exercise	Sets	Reps	Tempo	Rest
A1 TURKISH GET-UP	3-4	5/5	Quick	0
A2 Pullup	3-4	8	221	1:00
B1 Kettlebell Lunge	3-4	12/12	321	0
B2 Snatch	3-4	10/10	Quick	1:00
C1 Slingshot	3-4	20/20 (Each Direction)	Quick	0
C2 Pushup	3-4	10	421	1:00

Interval A

Interval B: Exercise	Time	
Warm-up: Light jog or jumping jacks	1 min	
Kettlebell Swings	1 min	
Light jog or jumping jacks	2 min	Repeat for 4 rounds
Cool down - Walking, moderate pace	3-5 min	

Kettlebell Training Program Phase 3: Weeks 9-12

In this phase, you will be introduced to a few *double* kettlebell exercises.

Phase 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 9	Off	Workout One	Workout Two	Off	Workout One	Workout Two	Off
Week 10	Off	Workout One	Workout Two	Off	Workout One	Workout Two	Off
Week 11	Off	Workout One	Workout Two	Off	Workout One	Workout Two	Off
Week 12	Off	Workout One	Workout Two	Off	Workout One	Workout Two	Off

Double Kettlebell Workout One

Exercise	Sets	Reps	Tempo	Rest
A1 Squat (2KB)	3-4	8	311	0
A2 Renegade Row	3-4	8/8	321	1 min
B2 2 KB Clean & Press (tempo is pressing speed)	3-4	8/8	311	0
B2 Hanging Leg raise	3-4	8	221	1 min
C2 Windmill	3-4	10	421	

Intervals

Interval Exercises	Time	Rest	
Double Kettlebell Burpee & Deadlift	30 sec	90 sec	Repeat for 5 rounds

Double Kettlebell Workout Two

Exercise	Sets	Reps	Tempo	Rest
A1 2 KB Clean & Press (tempo is pressing speed)	3-4	8	311	0
A2 Pull-up	3-4	8	321	1 min
B2 Reverse Lunge w/KB	3-4	8/8	311	0
B2 Double KB 1 leg Deadlift	3-4	8/8	221	1 min
C2 Plank	3-4	1 min	Hold	1 min

Intervals

Interval Exercises	Time	Rest	
Double Kettlebell Swing	30 sec	90 sec	Repeat for 5 rounds

So there you have it. A twelve-week fat-loss program using kettlebells and bodyweight exercises. Give it a shot and let me know how it works for you, drop me an email at irontamerdave@hotmail.com

Kettlebell Training Program: Kettlebell Exercise Demonstration Links

[Turkish get-up](#)

[Kettlebell Swing](#)

[Slingshot](#)

[Kettlebell Snatch](#)

[Kettlebell Squat](#)

[Kettlebell Row](#)

[Kettlebell Clean & Press](#)

[Kettlebell Windmill](#)

[Renegade Row](#)

About David Whitley

David Whitley, RKC Team Leader, is a Kettlebell instructor and fitness professional based in Nashville TN. He has traveled across the United States and to Europe teaching his own workshops as well at the Russian Kettlebell Challenge Instructor Certification with Pavel Tstasouline.

In addition to the US Army, Vanderbilt University Football and Baseball, and various local martial artists and law enforcement, his list of clients includes regular people who are sick of getting zero results in the gym. He specializes in fat-loss and conditioning.

His website <http://www.IronTamer.com> is where old-school training meets modern science. There you can find links to over two-dozen articles he has written on the subject for various websites, his products and services.