

Kettlebell Rx | Kettlebell Strongman

Week 1

Heavy training #1

1) Build to a Heavy TGU

Notes from Coach:

Go Right/Left until one arm drops off, then see where you can get with your dominant arm

Build to a maximal effort, hitting at least 3-5 volume building sets leading up to you Maximal effort, this is based on available bell weight

Rest as needed

2) Build up to a Heavy series of the following on both the right and left arms

3 x 1 Single Arm KB Snatch + 1 Single Arm OHS or CorkScrew Squat (R/L)

Notes from Coach:

Rest 60-90 seconds between efforts

Take Note that this say 3 x, which means you will perform the above complex three times on your right arm and then three times on your left arm

Build to a maximal 3 set effort R/L hitting at least 3-5 volume building sets leading up to your 3 x effort, this is based on available bell weight

3) 3 x 10 Single Arm KB Swing (5r/5l)

3 x 10 Single Arm KB Swing (5r/5l)

Notes from Coach:

Rest 60 seconds between efforts

Build to up to a heavy 3 x10 R/L effort. You will build to this by hitting at least 3-5 volume building sets leading up to your final three efforts.

5) 10 Minute EMOM

Every Minute on the Minute for 10 Minutes Perform the Following:

6-10 DxKB Front Squats 53/35

Notes from Coach:

The Minimum/Maximum reps counts you can complete are listed above. The goal would be to not fall below or exceed that count each minute.

Power/Endurance Training #2

1) 3 x Super Set

5 x DxKB Bench Clean and Press
100 Foot Sandbag carry

Notes From Coach:

Rest 60-90 seconds between efforts

Build to a maximal 3 set effort hitting at least 3-5 volume building sets leading up to your 3 x effort, this based on available bell weight

2) 3 x Super Set

Notes from Coach:

In these efforts, take a lighter weight than used above and hold for two seconds at lockout in the overhead position with no resting in the rack position.

Choose a weight that will allow you to hit the above reps, holds and speed for each set. This may be a lot lighter than you realize.

Sandbag weight should decrease as well. This should be relatively light, focus on staying upright and not leaning back by bracing out into the bag

3) DxKB Rack Walk

2 x 100 Meter Unbroken Efforts

Notes from Coach:

Do not exceed 53/35 on these effort
Rest as needed between walks

4) 400 Meter DxKB farmers walk

1 x 400 Meter Unbroken Effort

Notes from Coach:

Choose a weight that's going to challenge you but give you a shot at getting this walk unbroken.

5) 3 x 100 Foot Yoke Walk

Notes from Coach:

Rest as needed between carries

This may be performed as a 50ft out and back carry

Build to a maximal 3 set effort hitting at least 3-5 volume building sets leading up to your 3 x, don't start to heavy even an empty carry will count towards a warmup

Strength/Endurance Training #3

Every 90 Seconds for 15 Minutes perform the following Complex

3 x DxKB Snatches
7 x DxKb Front Squat
100 Farmers Walk

Notes from Coach:

These sets are to be performed Unbroken, while 53/35 is a good goal it in no way means it is the cap weight for the day if you feel you can use more.

Week 2

Heavy training #1

1) Build to a Heavy DxKB Rack TGU Series

1 x DxKB Rack TGU to standing, 5 x DxKB Front Squats, 1 x DxKB Rack TGU Return to Ground

Notes from Coach:

Rest as needed time frame is up to you

Build to a maximal effort hitting at least 3-5 volume building sets leading up to your Max based on available bell weight

2) Build to Heavy 3 Rep SandBag TGU of matching weight (R/L)

Notes from Coach:

Rest as needed time frame is up to you

SandBag TGUs are performed from shoulder position, NOT an overhead one

Build to a maximal effort hitting at least 3-5 volume building sets leading up to this based on available sandbag sizes

3) 3 x 10 Alternating Dead Snatches

Notes from Coach:

Rest 60-90 between efforts

A Dead Snatch means it comes directly from the ground with no backswing in today's efforts

Build to a maximal 3 set effort hitting at least 3-5 volume building sets leading up to your 3 x efforts, this based on available bell weight

4) 3 x 50 Foot Rope Sled Pull

Notes from Coach:

Rest 60 second between efforts

Choose a weight that will allow for a more continuous drag than something that will have you losing body position

5) Build to Heavy 3 Rep Deficit WindMill Deadlift (R/L)

Notes from Coach:

You may use different weights for the overhead and deficit deadlift weight but the efforts are to match Right/Left in today's efforts. So if one side is maxed out, don't just go up in weight on the other.

Rest as need between efforts

Build to a maximal 3 set effort hitting at least 3-5 volume building sets leading up to this maximal effort based on available bell weight

6) 10 Minutes of Alternating SandBag TGUs

For 10 Minutes perform as many alternating reps as possible on a moderate weight sandbag TGU.

Notes from Coach:

This doesn't have to be a race, this is a breathe and keep moving style piece, let that help with your weight choice for the day

Power/Endurance Training #2

1) 3 x SuperSet

10 x DxKB Cleans
10 x DxKB Swings

Notes from Coach:

Rest 60-90 between efforts

Optional: If you're limited on weight to challenge yourself you may add in 10 DxKB Front Squats between the cleans and swings, this is not mandatory.

Build to a maximal 3 set effort hitting at least 3-5 volume building sets leading up this based on available bell weight

2) 3 x SuperSet

3 x Heavy DxKB Deficit Deadlift + 150 foot SandBag carry

Notes from Coach:

Choose a Deficit height that for a good challenge but with a flat back, finish your three reps then perform your sandbag carry

Rest as needed, you may build in these series today after your first set if you feel you can

Build to a maximal 3 set effort hitting at least 3-5 volume building sets leading up this based on available bell and bag weight

3) 4 Round Complex

4 x following

3 x Single Arm KB Swings (R)
3 x KB Dead Clean (R)
50 Foot KB Goblet Carry
3 x Single Arm KB Swings (L)
3 x KB Dead Clean (L)
50 Foot KB Goblet Carry

Notes from Coach:

This is a straight through piece and meant to be challenging but not Unbroken. Shoot to at least complete each round straight through. A solid weight for this piece could be 70/53 but 53/35 may have you going for unbroken longer. The choice is yours.

5) 5 x SuperSet

This work piece is to START exactly ten minutes after the above complex series.

5 Rounds

10 Alt. SandBag Over Shoulder
5 SandBag Shoulder to Overhead

Notes from Coach:

To be clear after the last Sandbag toss, pick the bag back up and press, push press, or jerk it over head. Ideally this is a fast pace piece so the bag does not need to be that heavy.

Strength/Endurance Training #3

6 Rounds

50Ft DxKB Farmers Walk
10 DxKB Front squats
50Ft DxKb Farmers Walk
10 DxKB Long Cycles

Notes from Coach:

Use the same weight for all efforts, there is no rest in this piece, choose your weight wisely

A Long cycle is Double KettleBell Clean and Jerk or Push Press for today if you decide too. Traditionally that title is reserved only for Cleans and jerks though.

Week 3

Heavy Training #1

1) Build to a Heavy 3RM TGU

Notes from Coach:

These are to be Unbroken, Go R/L each series until you topped out on whichever arm seems to be the dominant one. Be sure to record the difference between the two arms

Rest No More than 60 second between switching from Right to Left arms

Build to your maximal effort hitting at least 3-5 volume building sets leading up this based on available bell weight

2) Build up to a Heavy SandBag Series

Sandbag Series = 3 x SandBag Floor Press + SandBag Front Rack TGU

Notes from Coach:

To be clear perform 3 SandBag floor presses then keeping the SandBag in the front rack position perform a Full SandBag TGU up to standing then back to the ground

Build to a Maximal effort hitting at least 3-5 volume building sets leading up this based on available sandbag weights

3) 3 x 50 Foot Rope Sled Pull

3 x 50

Notes from Coach:

Rest 60 second between efforts

Choose a weight that will allow for a more continuous drag than something that will have you losing body position

4) 10 Minute AMRAP

For 10 Minutes perform as many alternating reps as possible on a Heavy weight sandbag TGU.

Notes from Coach:

This doesn't have to be a race, this is breath and keep moving style piece, let that help with your weight choice for the day

Power/Endurance Training #2

1) 3 x SuperSet

6 x Windmill Deadlifts (3r/3l)

1 x Weighted Pushup + 30 Second Weighted Plank

Notes from Coach:

Rest 90-120 minimum Between Rounds

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Use same weight on Plank as Pushup

You may use a heavier weight on the bottom of the Windmill deadlift then the top if you desire.

Build to a maximal 3 set effort hitting at least 3-5 volume building sets leading up to this based on available bell weight

2) 3 x Heavy 100ft Chain or "Poor Mans" Yoke

3 x 100ft walks

Notes from Coach:

Work up to 3 heavy 100 foot walks. This should be heavy but doable the goal is to clear the 100 feet unbroken maintaining a strong body position

Rest as needed between efforts

Build in your working sets hitting at least 3-5 volume building sets leading up to this

3) R/L SuperSet

10 x Kneeling Side Snatches (R)

Max Set Kroc Row (R) Goal pick a weight to try and get 20 Reps with, a HARD 20 Reps

10 x Kneeling Side Snatches (L)

Max Set Kroc Row (L) Goal pick a weight to try and get 20 Reps with, a HARD 20 Reps

Notes from Coach:

You may use two different weights for the Kneeling Side Snatches and the Kroc Rows. But you Must use the same weight from side to side in each movement.

4) R/L SuperSet

Rest as need after the previous effort then perform the following

10 x Kneeling Side Snatches (R)

Max Set Kroc Row (R) Goal pick a weight to try and get 40 Reps with, these are to Unbroken Reps

10 x Kneeling Side Snatches (L)

Max Set Kroc Row (L) Goal pick a weight to try and get 40 Reps with these are to be Unbroken Reps

Notes from Coach:

I believe this can go without saying, but you cannot strap for the Rows in today's efforts

5) Death by 10 Meter SandBag Carry

With a continuously running clock perform 1 Carry (10 meters) the first minute, 2 Carries (10 meters) the second minute, 3 Carries the third minute, and so on, continuing to add 1 Carry each minute until you cannot complete the required number of 10 meter Carries in the given minute.

Notes from Coach:

If you are using a very heavy bag and want to set it up between two boxes or platforms to set it on when you rest you may. But make sure you're moving on this one, it catches up on you fast.

Strength/Endurance Training #3

For 30 Continuous minutes alternate between the Right and Left arm work on the following complex

30 Minute Alternating EMOM

Even Minutes: 5 x Kettlebell Snatches, 5 x Rack Lunges, 5 x Single arm Thrusters - Right Arm

Odd Minutes: 5 x Kettlebell Snatches, 5 x Rack Lunges, 5 x Single arm Thrusters - Left Arm

Notes from Coach:

This is a grind, again a good standard weight would be 53/35, but the goal is to make sure you're clearing all your reps as well. So be sure to choose a weight that will allow this to happen.

Week 4

Strength training #1

1) Build to a Heavy OverHead Squat TGU

Notes from Coach:

Go Right/Left until one arm drops off, then see where you can get with your dominant arm

Build to a maximal effort, hitting at least 3-5 volume building sets leading up to you Maximal effort, this is based on available bell weight

Rest as needed

2) Build to a Heavy 3 Rep SandBag TGU

3 Rep SandBag TGU of matching weight R/L

Notes from Coach:

Rest as needed time frame is up to you

SandBag TGUs are performed from shoulder position, NOT an overhead one

Build to a maximal effort hitting at least 3-5 volume building sets leading up to this based on available sandbag sizes

3) 14 Minute EMOM

Every Minute on the Minute in the Alternating order perform the following.

Odd Minutes: 1 x DxKB Snatches every 10 seconds starting

Even Minutes: Rest

Notes from Coach:

So just to clear it up. In your work Minutes perform 1 Heavy DxKB Snatch every 10 seconds coming from the ground on each rep. This means you must reset and start from the deck each new rep. Do not add a

swing to your snatches to get the bell weight going. If you can't snatch them from the ground without a starter swing, they are too heavy for this work piece

And in you rest minute, you get to just that, Rest

4) Seated Sled Pull

6 x 50ft

Rest 60 seconds between effort

Stay at the same weight for all efforts, they should be tough but unbroken efforts. So do not use a weight that won't allow you to keep the sled in constant motion during your pull.

Power/Endurance Training #2

1) DxKB Ladder

2 x 5 DxKB Snatch

Rest 90 seconds

2 x 5 DxKB Snatch + 2 x Full Clean Thrusters

Rest 90 seconds

2 x 5 DxKB Snatch + 2 x Full Clean Thrusters + 1 x Snatch

Rest 90 seconds

2 x 2 DxKB Snatch + 2 x Full Clean Thrusters + 1 x Snatch + 2 x Thrusters

Notes from Coach:

All Aspects of the Ladder are to be performed Unbroken, Dropping the Bells or Resting the bells on top of the Shoulders terminates the set

Rest 45 seconds Between your 2X Efforts

And Rest 90 seconds Before adding rungs/movements on the ladder

2) 5 Rounds for time

25 Foot Yoke walk

4 SandBag tosses over the yoke

25 Foot Yoke walk

4 SandBag tosses over the yoke

Notes from Coach:

Ideally this is performed with two heavy sandbags set up at two different points. Walk from one bag to the other toss it over the yoke 4 times, walk back with the yoke to the other bag and toss that over 4 times and that's one round. This one will get burly if you choose the right weights for the yoke and the bags, so choose wisely.

Strength/Endurance Training #3

1) 20 Minute AMRAP

For 20 Minutes Switching R/L perform the following

5 Kettlebell Snatches + 1 Top Down TGU

Notes from Coach:

The TGU must be performed from the standing position after your 5th snatch. Then down to the ground and then back up to the standing position before Switching Sides

This is a lot of overhead work in this piece. So don't only take your ability to snatch a bell weight into mind when picking what bell size you use but also the time under tension factor of the TGU's.

2) Congrats!

You have finished KettleBell StrongMan, we hope to see you with the Rx+ Program again soon. Reminder you can get further privatized programs from Zach by emailing oldcountrystrong@gmail.com. This can include custom approaches to these blocks available for purchase as well as your private training program as well.

In the meantime, get some rest, and then get back out there and get lifting.