



## **Copyright © 2013**

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without the prior written permission of the publisher.

## **Disclaimer**

All the material contained in this book is provided for educational and informational purposes only. No responsibility can be taken for any results or outcomes resulting from the use of this material.

While every attempt has been made to provide information that is both accurate and effective, the author does not assume any responsibility for the accuracy or use/misuse of this information.

# Table of Contents

Introduction .....	1
Chapter 1 – What The Heck Is A Kettlebell? .....	5
Chapter 2 – The History Of Kettlebells .....	9
Chapter 3 – What’re The Benefits Of Training With Kettlebells? .....	13
Chapter 4 – Begin Training Today! Steps To Choosing The Right Kettlebell .....	17
Chapter 5 – Avoid Beginner Mistakes When Starting Out .....	21
Chapter 6 – The Absolute Best Kettlebell Movements .....	25
Chapter 7 – Safety Tips For Training With Kettlebells.....	29
Chapter 8 – Kettlebell Training Revealed In These Workouts	33
Chapter 9: Are You Game? Kettlebell Competitions .....	37
Conclusion – The Future Of Kettlebells .....	41

## INTRODUCTION

---

---

What if I told you that at least 90% of what you have read, watched or heard about fitness today is much more about marketing hype, making sales of gym memberships or pushing near worthless supplements than providing information that can truly help you get fit, healthy and strong?

What if I told you much of the time you have spent in the past sweating on high priced exercise machines or tripping around following over complicated workout routines were pretty close to being a total waste of time?

What if I told there's a much simpler way to get the body of your dreams with just one very simple tool, some smart training, the willingness to work hard and the right attitude? All things I will lay out for you clearly in this very guide?

You might think I was crazy, but there's a method to my madness and it's all backed up by quick real world

## The Kettlebell Advantage

---

results.

Frankly, the state of fitness in this day and age is pretty sad unless you step away from the mainstream and dive into doings differently. Once you open that door the sky is the limit.

Before we dig in, there's a real need to address what's wrong with the state of fitness today so you can be sure to avoid falling into these traps in your current and future fitness exploits. Pay attention, my friends!

### What's Wrong With the State of Fitness Today

\* An Emphasis on Non-Functional Fitness. Walk into any mainstream gym or fitness club and look around for a minute. I guarantee most of the people you see are counting off reps on bench press machines, doing behind the neck pull downs, squeezing out leg extensions and so on. You may also notice most of these people don't have a body you would aspire to. They are also generally not very strong in real life (not on a machine) situations. By obsessing on machines they are emphasizing non-

## The Kettlebell Advantage

---

functional fitness. Read this guide and you will have the equivalent of a doctorate in functional fitness when you are through. This is strength and fitness that carries over into the real world seven days a week twenty four hours a day. Not just while you are in the gym on the bench press machine station.

\* Looking for Easy Ways Out. Very few things in life that are worth doing are "easy". There's lots of infomercial hucksters living in mansions off of the millions they have stolen selling the lie you can get fit doing three minutes of light exercise a day while staring at a TV set. Are there fitness, strength and health secrets and shortcuts, yes most certainly, this guide is full of them. They still require work and dedication. This is why getting fit is so great internally as well as externally. You will have proven to yourself (the only person who truly matters) your ability to work hard, achieve goals and to break away from the pack.

Now that I've cleared up what the masses are being fooled by in the state of fitness today, are you ready to

## The Kettlebell Advantage

---

join the ten percent who don't believe the hype?

The chosen few who are building dynamically strong, fit, healthy, great looking bodies while working hard and having fun?

Are you ready to get the Kettlebell Advantage?

I think so.

I'm very much looking forward to being your guide. Let's do it together!

## CHAPTER 1 – WHAT THE HECK IS A KETTLEBELL?

---

---

Now that I've welcomed you to the Kettlebell Advantage, there's something that is best addressed quickly. A pretty obvious question.

\* What are Kettlebells?

With their rising popularity you have likely seen one somewhere, but if not they look like an iron cannon ball with a thick looped handle on top. They, of course, come in a pretty wide range of weights growing larger as their weight rises.

Originating in hard training Russia, where they are called giryas and are a staple of both military (especially Special Forces) training and that of the world renowned Russian Olympic Lifting teams.

\* The Kettlebell Design



## The Kettlebell Advantage

---

Traditional Kettlebells are one solid piece of metal, unpainted, unfinished and round on the bottom. This definitely gives a rough and tumble "hard core" look that greatly added to their early mystique. Now with their expanding popularity more Kettlebells are made of two welded pieces, painted or coated in rubber, finished and have a flat bottom to make them less likely to roll on a toe or two. Some lighter bells aren't even iron.

Many of these design changes are welcome adjustments. No more chipping up the floor like in the old days and they make the home gym seem a little less like a Spartan camp when you add a bit of color too.

Either way as long as they are shaped the same (flat bottom or not), have a thick handle and are the weight you need they will work and work very well.

\* Kettlebell Sizing

Kettlebells are available in an extremely wide range of weights. From the ridiculously low weight of four pounds

## The Kettlebell Advantage

---

(only useful if you have a five year old child you are training) to monstrous kettlebells that weigh 175 pounds (which I have never personally seen anyone be able to do most kettlebell lifts with). For most of us we will only need to use bells within a relatively small weight range. Reasonably fit men often start with a 35lb kettlebell and take at least a few months mastering the various core lifts before needing to jump up in weight.

Speaking of weight, kettlebells are normally marked in both pounds and kilograms. The truly serious companies, in homage to the kettlebell's Russian origins also list their weight in the Russian pood, which is 36 pounds give or take. Which explains why traditionally men start off with the 35lb Kettlebell - it's our closest equivalent of a Russian pood!

### \* The Kettlebell Advantage

The design and size of the Kettlebell makes it the near perfect tool for building fitness and strength. Dumbbells and barbells, though both have their place, are not nearly as good or as versatile for quickly getting yourself into

## The Kettlebell Advantage

---

great shape.

The Kettlebell offers real advantages you just can't find elsewhere.

As we dig deeper into our Guide and, more importantly, you experiment and explore the Kettlebell exercises and programs in our Guide you will have the opportunity to experience these training miracle firsthand.

Seeing is believing after all.

Before we get into the how and the why of the Kettlebell Advantage, let's take a look at the Kettlebell's exciting history in our next chapter.

Onward

## CHAPTER 2 – THE HISTORY OF KETTLEBELLS

---

---

Kettlebells are certainly no unproven fitness fad. Not only are they producing real world results across the world today, but they have a real rich vibrant history going back to the very early days of strength training.

It never hurts to know that the method you're using has worked for others before you, does it?

Let's dig into the history of kettlebells!

### \* Kettlebells in Ancient History

There's a bit of speculation and debate on who used the first Kettlebell, but here's one thing that can't be argued - there's a 140 kilogram Kettlebell stored at the Archaeological Museum of Athens dated from Ancient Greece inscribed with a description of the weightlifter who managed to lift it overhead!

## The Kettlebell Advantage

---

So there's clear evidence the Kettlebells (very heavy ones at that) were used by early Greek athletes in training and to demonstrate feats of strength.

### \* Kettlebells in Russia

Fast forward to Mother Russia, in the mid 1700s. Kettlebells were being used in these days as a counter-measure to weigh grain and other materials. The ever boisterous Russian workers began engaging in contests to see who were stronger with the heavy bells. Slowly this progressed into informal systems of training being developed by budding (and actual) Russian strongmen.

Enter Dr. Vlad Kraevsky. Starting in the 1870s this Russian legend began assembling ideas he picked up all over Eastern Europe on progressive strength and conditioning training and used this as the foundation his own system of physical culture. A chief tool Vlad advocated using was, of course, the Kettlebell.

## The Kettlebell Advantage

---

By 1885 Kraevsky had his own gym, many students and his ideas (and the use of the Kettlebell) spread in Russia like wildfire!

A few strongmen brought the Kettlebell with them to America, but sadly World War 1, the Russian civil war and then World War 2 prevented the spread of the Kettlebell into the West. The former Eastern Block was another story - the Kettlebell developed a love affair with the military (and especially elite military units) of the former Soviet Union and the stunningly successful Soviet Olympic weight lifting teams.

### \* Kettlebells Come To America

With the breakup of the Soviet Union and the fall of Russian Communism, many former Russian strength coaches and athletes made their way to America. Chief among these was Pavel Tsatouline, a ex-Russian Spetznaz trainer who became a American fitness author.

## The Kettlebell Advantage

---

In 1998 Pavel wrote a article for a power-lifting magazine describing Kettlebell training that inspired a company to not only publish his first book on the subject but to also being manufacturing the first line of American made Kettlebells in 2001. The company, Dragon Door, made their bells to strict Russian standards and marketed them to hardcore athletes and martial artists.

Eventually Pavel went on to create the Russian Kettlebell Club as both a certification program for trainers as well as a body which held and judged competitive Kettlebell lifting contests.

The age of the American Kettlebell athlete had begun.

Now the RKC is not the only game in town by far (in fact Pavel himself has even broke ranks with them) and there is at least a small handful of American Kettlebell certification training programs and competitive bodies.

The Kettlebell Advantage has hit America and it's here to stay.

## CHAPTER 3 – WHAT'RE THE BENEFITS OF TRAINING WITH KETTLEBELLS?

---

Need more specifics about the benefits of kettlebell training before you are convinced? No problem, I much prefer skeptics to the gullible! Besides I love writing about the benefits of this awesome tool. If there's anything I'm passionate about it's the Kettlebell Advantage.

Now there's lots of other strength and conditioning tools which offer some of these benefits - barbells, dumbbells, sandbags even Indian Clubs all flash to mind. In my opinion none of them, however, can offer ALL these benefits. Which the Kettlebell certainly does!

The best part? This is only a partial list. I'm sure it's more than enough to get most people concerned with health, strength and fitness's interest!

\* Kettlebell Training Develops Functional Fitness. Training



## The Kettlebell Advantage

---

with Kettlebells will quickly build your strength and conditioning over your entire body, in a way that carries over into all areas of normal life. Your joints and ligaments will become stronger along with your larger muscles. This is something you won't see with machine training and only see to a much smaller degree with barbell and dumbbell training. What you develop through training with Kettlebells is the real deal and not "show" muscles in any way, shape or form.

\* You Can Train with Kettlebells Nearly Anywhere. Most of only need two Kettlebells to do a complete full body workout. These can easily fit in a closet, under a bed or in the trunk of a car. No need for big spaces being taken up by a massive amount of gym equipment. You can train with your kettlebells quite easily in a living room, bedroom, backyard or basement. Really just about anywhere. Try doing that with machines or barbells.

\* Kettlebells offer a Vast Amount of Training Options. There's more Kettlebell exercises than this Guide could fit. You don't NEED to do a large number of different Kettlebell movements to get into great shape, but should

## The Kettlebell Advantage

---

you want to the sky is quite literally the limit.

\* Getting Setup with Kettlebells is Very Inexpensive. With two Kettlebells you have enough equipment to get yourself into top shape. Their prices are dropping everyday. This investment compared to a gym membership, a homework out machine or a full weight set is insignificant. Also they last forever. I've never seen anyone break a Kettlebell even with extreme abuse.

\* Kettlebells offer Cardio Benefits as Well. Don't feel like running or riding the bike? Do high rep sets of Kettlebell swings and watch your heart rate soar. Many Kettlebell athletes leave behind cardio of other kinds entirely and burn fat quicker than ever.

\* Kettlebell Training Builds a Powerful Core. Every heavy or high rep standing Kettlebell exercise you do builds core strength much more efficiently than any situp or crunch. Are you ready to get visible abs without ever even laying on your back in training once?

\* Kettlebell Movements Create Awesome Power. This is

## The Kettlebell Advantage

---

especially cool for those of us who play other impact sports, practice martial arts or box. No other means of training builds power so quickly or by such great means as the Kettlebell. The Kettlebell snatch and clean and press are like magic for building real earth shattering power.

This is just the tip of the iceberg for the benefits the Kettlebell Advantage offers. Are you ready to explore exciting new fitness horizons? I hope so!

## CHAPTER 4 – BEGIN TRAINING TODAY! STEPS TO CHOOSING THE RIGHT KETTLEBELL

---

---

When you first make the decision to begin training with Kettlebells and get the Kettlebell Advantage a obvious question will rise... what size Kettlebell do you need to start?

A great question, but though there's no hard answer that will cover all people there are some sound guidelines that can help you pick the right Kettlebell and begin your training.

Here's my thoughts on the subject!

### Picking the Right Kettlebell

The first thing you should do when getting ready to pick

## The Kettlebell Advantage

---

the right Kettlebell is to honestly take a look which one of the following broad categories you broadly fall into. The advice that follows should be a big help in making the right choice of which Kettlebell size is a good first choice.

\* The Traditional First Kettlebell. If you are an average to fit man between say 160lbs to 210lbs the traditional Russian recommendation would be for you to begin with a 35lb bell (or 16 kg / one Russian pood). This weight will allow you to train in and master the Kettlebell basic movements and exercises with a weight you can manage safely. Once you become used to the movements, weight and build some strength you will be able to make the jump up to a heavier bell.

\* The Kettlebell Starting Point for Stronger Men. Some people will, of course, come to the Kettlebell Advantage with a greater base strength. If you have an extensive base in bodybuilding or power lifting, are a large man or just naturally very powerful, my suggestion is to first see how easily you can lift a 35lb bell to your shoulder. Very easy? Then start with a 45lb bell. This is close to the

## The Kettlebell Advantage

---

standard sized Kettlebell used by Eastern European military units, which is 24 kg. I would advise against beginning your training with a heavier Kettlebell until you are more comfortable with the movements. Safety should always come first. You won't make progress if you are injured!

\* A Good Starting Point for Most Women. Kettlebells are becoming more and more popular with women fitness enthusiasts. A great starting point for most women is the 15lb Kettlebell. Some women may find this a bit heavy and some a bit light and should adjust their starting point accordingly.

### Three Things to Keep in Mind When Choosing Your Starting Kettlebell

1. It's always better to start lighter than heavier. You will build up the weight as your skills progress. The Kettlebell Advantage is as much about skill as it is about strength.

## The Kettlebell Advantage

---

2. Try your best to remove ego from the process of choosing your starting weight. Progress will often come faster in the long run when you start with a lighter weight.

3. The weights you use with barbells and dumbbells don't carry over in a straight line to Kettlebell training. Many men who can do 75lb dumbbell shoulder presses cannot do a 50lb Kettlebell shoulder press and many men who can squat with 200lb loaded on a barbell can barely squat with two 50lb Kettlebells. This is part of why taking the Kettlebell Advantage will ultimately make you so fit and strong!

There's a large number of great companies making high quality Kettlebells today so keep your eye on prices and deals when it's time to go Kettlebell shopping. Don't forget you will likely never have to replace them so sometimes spending a extra few dollars on the right set may well be the right decision in the long run. Your grand kids may even use them someday!

## CHAPTER 5 – AVOID BEGINNER MISTAKES WHEN STARTING OUT

---

---

With the exploding popularity of Kettlebell training a dilemma presents itself. Kettlebells aren't "thigh masters" or "shake weights". Kettlebells are serious strength and fitness training tools that require a bit of skill to develop mastery in. Beginners Kettlebell training is not dangerous in itself, but there are common mistakes that can be avoided with a bit of good instruction, common sense or, in this case, a few smart tips here in Kettlebell Advantage.

Pay attention to these and you will not only increase your chances of staying injury free but you will also get the most out of your early Kettlebell training!

Mistake 1: Going Way too Heavy. I touched on this in our chapter on choosing your first Kettlebell, but it's well worth repeating. There's no easier and quicker way to at



## The Kettlebell Advantage

---

best discourage yourself from further Kettlebell training or at worst to injure yourself badly than to attempt to train Kettlebell movements with a Kettlebell that is too heavy. Many rotator cuffs have been stained by ego-driven fitness enthusiasts who tried to do Kettlebell clean and presses with a 65lb bell who should have been using a 45lb bell. Friends, check your ego at the door when you take the Kettlebell Advantage.

Mistake 2: Using Isolation Movements. Kettlebell training is all about compound movements, not small joint isolation moves you may see people in a gym doing with light dumbbells. Please don't do things like wrist curls with your Kettlebells unless you want to end up with sore joints. Kettlebell training will build your strength, power and fitness over your entire body by working your entire body as a whole, not by making the mistake of trying to focus on very small body parts one by one. This is a key difference in the Kettlebell Advantage that puts the program heads and shoulders above the nonsense you see most people wasting their time with in big commercial gyms.

## The Kettlebell Advantage

---

Mistake 3: Over Relying on Your Arms to Move Your Kettlebells. When training with Kettlebells most of your power comes from your shoulders, hips, quads and core acting as one. Trying to pull them off the ground using a rounded back and the strength of your arms is a common beginner's mistake that will not only limit the power you can generate but that can also lead to injury. Learn the habit of using your whole body to move your Kettlebells. A look at some of the good YouTube videos on the subject (think Pavel, Mike Mahler and Steve Maxwell) can be a big help in this if you are training at home without a instructor.

Mistake 4: Not Building a Solid Kettlebell Foundation. There's plenty of Kettlebell exercises for you to learn as you become a more advanced lifter. In fact there's almost no limit to them. All in good time. As a beginner focus all your energy on building a solid and strong Kettlebell foundation. This may take a year or two. This is one of the beautiful things about the Kettlebell Advantage - it's simplicity and focus on back to basics aspect of what works, period. Embrace it!

## The Kettlebell Advantage

---

---

Avoid these beginner mistakes and you will find yourself on the fast track to Kettlebell and fitness success!

## CHAPTER 6 – THE ABSOLUTE BEST KETTLEBELL MOVEMENTS

---

I've talked a bit in the past chapters of our guide here about the advantages of building a strong foundation in basic Kettlebell movements. These have been shown, again and again, to give us the most "bang" for our buck and to lead to huge strength and fitness gains in a very short amount of time. They provide the real meat of the Kettlebell Advantage.

Dig in to the Top Kettlebell Movements!

\* The Kettlebell Swing. Some swear that the "squat is king" but this may be the most powerful fitness movement of them all. The Kettlebell swing is so powerful and trans-formative there's been entire fitness books and programs wrote around this one simple move, and rightly so. A few months of swings and you may not be able to recognize yourself in the mirror!

## The Kettlebell Advantage

---

To execute the swing, stand with your legs a bit wider than your shoulders holding your Kettlebell between your legs with both hands. Bend your knees and hips swinging your bell behind you between your legs. Swing bell forward while straightening your knees and thrusting your hips in one motion. Stop at eye level and swing backward under control.

The Kettlebell Swing is often used for high repetitions as a fat burner as well as for its strength building properties.

\* The Kettlebell Press. There's a variety of Kettlebell presses and they will all do wonders for building your shoulders, upper chest, triceps and core.

The basic Kettlebell shoulder press involves starting with the Kettlebell on your shoulder and pressing it overhead. A slight bend in the knee and hip thrust is acceptable, turning this into what most trainers would call a "push press".

## The Kettlebell Advantage

---

You can also begin with the Kettlebell hanging swinging it to the upper chest and pressing in a fluid motion. This builds massive power and makes the move a "Kettlebell clean and press". This move is loved by martial artists, boxers and other high impact sport's athletes.

\* The Kettlebell Front Squat. Swing Kettlebell(s) to upper chest, with help of a training partner. Instead of pressing overhead drop down in a controlled manner glutes as close to the floor as possible. Pause and explode to starting position.

This will tone and strengthen your quads, hamstrings, glutes and core.

\* The Kettlebell Deadlift. Position the Kettlebell on the floor in front of you. Bend knees, grip bell and tighten both your lower back and your core. Think of your hands as hooks. Extend your knees and pull with whole body ending with the Kettlebell at your waist. Repeat.

## The Kettlebell Advantage

---

The Kettlebell deadlift builds nearly every muscle in your body. Don't neglect it. Equally useful for very heavy sets with low weights and lighter sets with very high reps.

\* The Kettlebell Russian Twist. Yes we even have a abdominal specific Kettlebell exercise. Sit in the sit up position on the floor. Lower your upper body until it is in the midway spot between your knees and floor. Hold a light Kettlebell on your chest. Twist your upper body from side to side with the Kettlebell nearly touching the floor at both ends.

This fantastic exercise will build total core strength like no other. Crunches and sit ups can't come close to comparing to it's effectiveness!

There's many other Kettlebell movements but these tops moves are a great start for new and experienced lifter alike. Are you ready to master them?

## CHAPTER 7 – SAFETY TIPS FOR TRAINING WITH KETTLEBELLS

---

---

Training safely is one of the keys to getting fit fast. Time spent away from your Kettlebells nursing wounds, or icing shoulders, wrists and knees is a waste of time that could have been spent burning fat and building lean muscle. So let's do our best to train safe and not get hurt, OK?

Here's some safety tips not to be ignored. A few were even picked up the hard way! I'm sharing them so maybe you can avoid any unnecessary discomfort.

That's what friends are for after all.

### Safety Tips with Kettlebells

\* You Are In Control. "I am in control" should be your mindset and mantra when you are training with Kettlebells. It's easy to fall into the trap of letting your thoughts slip into "I'm being moved by the weight of the Kettlebell" especially when you are in your early training



## The Kettlebell Advantage

---

days. This can quickly lead to mishaps. What your mind thinks your body is much more likely to do. So remind yourself again and again that you are in control of the Kettlebell it's not in control of you.

\* **Be Focused.** A second and almost equally important mental element of Kettlebell training is to always stay focused. Think about what you are doing. Not about work, school, the cute person doing lunges, dinner or anything else. Even for experienced trainers it's important to respect the Kettlebell movements and always stay focused on them while exercising. Numerous studies have shown this will also help you build strength faster as well.

\* **Make Room.** Don't allow yourself to have to compete for space with your Kettlebell. Sooner or later your toes will lose. Ditto for training very close to other people. If you do drop a Kettlebell let it be on the floor and not on your foot or on one your friends!

\* **Keep Neutral Wrists.** Make sure you never hyper extend your wrists. I've done it and it's no fun. Now I wear wrist wraps mainly as a reminder to not make the mistake

## The Kettlebell Advantage

---

again. Wrists are an easy joint to hurt so a little attention can save a lot of aspirin in the long run!

\* Always Warm Up. If you've progressed to the point of using heavier Kettlebells be sure to always do a few lighter sets first. All of us need to do some light stretching, push-ups and a few minutes of cardio (jumping jacks work) before hitting the Kettlebell to make sure we don't pull any muscles. Common sense right?

\* Correct Your Form Between Reps. Sometimes we will find ourselves breaking good form during a repetition of a Kettlebell movement. The smart safety tip is to not attempt to fix the issue in mid swing, press or lift. This could rebound into an even greater issue. Correct your form between reps when the Kettlebell is not in motion.

\* Respect Even the Lighter Kettlebells. Respect all sized Kettlebells. Even lighter movements and warm ups. You are still dynamically moving a heavy weight that can hurt yourself, others or the surrounding architecture!

Kettlebells are fun, effective and generally safe.

## The Kettlebell Advantage

---

---

Ultimately, they will help you build a much more injury resilient body. We just need to make sure we treat them, and ourselves, with the respect they deserve!

## CHAPTER 8 – KETTLEBELL TRAINING REVEALED IN THESE WORKOUTS

---

Now that you're more familiar with the Kettlebell Advantage, it's time to put your new knowledge to good use in fat burning, power building Kettlebell training program.

Ideas for Kettlebell workouts are near limitless. Here's some tried and true proven ones to get you started. Are you ready to put thought into action?

### Sample Kettlebell Workouts

#### The Kettlebell Advantage Workout

This is my favorite plan covering your entire body. Do this twice a week with at least two solid days of rest in between. For those who haven't done full body workouts

## The Kettlebell Advantage

---

before (like many used to following typical magazine style bodybuilding or women fitness plans) be prepared to be shocked at how they work. Truly almost a lost secret of training that, thankfully, Kettlebell athletes are bringing back to the forefront. Being ripped and strong is right around the corner when you follow this along with a solid diet plan!

1. Kettlebell Swings. 15 reps. Rest 1 minute.
2. Push ups with Hands on Kettlebells Giving a Extended range. Use Kettlebell handles as push up bars. If you only have one Kettlebell do push ups on the floor instead. Do as many reps as possible. Rest 1 minute.
3. One Arm Kettlebell Clean and Press. 10 reps. Rest 1 minute. Repeat with other arm. Rest 1 minute.
4. Kettlebell Front Squats. 15 reps. Rest 1 minute.
5. Kettlebell Russian Twist. 15 reps. Rest 2 minutes.

Repeat this entire sequence three times. As you build

## The Kettlebell Advantage

---

your strength and conditioning to higher levels, begin subtracting rest time by 15 second blocks until you are down to 30 second rest periods after the first four exercises. When this also becomes easier add another sequence. When you can do six complete sequences with 30 second rest times go up to a heavier Kettlebell.

I've seen this plan leave trained mixed martial artists gasping for air, so be sure to pace yourself! I know you can do it.

Now if your aim is more geared towards burning fat, here's a program that's a bit simpler, but that will torch fat off your body. It is simple and works quite magically. It requires a slightly "lighter" Kettlebell to be done in its purest form.

### Kettlebell Advantage For Fat Loss

1. The Kettlebell Swing. 25 reps. Rest 2 minutes.
2. The Kettlebell Front Squat. 25 reps. Rest 4 minutes.

## The Kettlebell Advantage

---

Perform sequence three times. When you get your 25 reps in all three sets begin adding reps. You want to build up to 50 reps in each set of both exercise. High rep Kettlebell swings and front squats have been shown to not only give great cardiovascular benefits, but to also to supercharge a person's metabolism.

I've never seen two other exercises re-sculpt an out of shape body so thoroughly. Women find their bodies transformed in all the right places, in particular by the Kettlebell swing and front squat combination. They work and work big time.

Of course there's lots of other Kettlebell training programs that can be designed to meet your own specific needs or desires.

Kettlebells are being embraced by a wider range of coaches in everything from martial arts, to football, to skiing. I even saw an interesting article recently that some American NASCAR drivers have taken to Kettlebell training to increase their reaction times!

## CHAPTER 9: ARE YOU GAME? KETTLEBELL COMPETITIONS

---

---

Once you find yourself deeply in love with Kettlebell training, like I suspect you will be, you may be excited to learn you can actually enter Kettlebell Sport competitions. Kettlebell Sport? Yes, Kettlebell Sport!

Taking their cue from Mother Russia we are now seeing various sanctioning bodies holding Kettlebell Sport competitions worldwide.

Sounds cool doesn't it?

What Is Kettlebell Sport

The details vary slightly between the various Kettlebell sanctioning bodies, but they generally are structured something like this...

Three Kettlebell Events. Men can compete in one of (or all three) Kettlebell events. 32Kg Kettlebells are used by



## The Kettlebell Advantage

---

professionals, 24kg for amateurs and 16kg for juniors and women. The three events are the Kettlebell jerk and press, Kettlebell snatch and press and the Kettlebell Long Lift.

Women in most of the sanctioning bodies compete only against other women and only in the Kettlebell snatch. They are divided by weight, Kettlebell weight and age.

Men are divided by weight class, Kettlebell weight and age.

All exercises are performed for ten minutes with the person who gets the most reps winning. Rep form is strictly watched by judges to ensure no cheating or sloppy reps are allowed.

### A Look at the Kettlebell Competition Exercises

This is what's expected in the three Kettlebell sport movements.

Kettlebell Jerk and Press. In this event you bring the

## The Kettlebell Advantage

---

Kettlebell to your chest one time followed by as many presses overhead as possible in the ten minute limit.

Kettlebell Snatch and Press. Using only one hand the Kettlebell must be swung up from between the legs and brought above the head in one motion as many times as possible in the ten minute limit.

The Kettlebell Long Lift. In this rugged event you must clean the Kettlebell to your chest and then press overhead also in a contest of reps within a ten minute limit.

Pretty wild!

I can tell you there's few things more challenging or exciting than Kettlebell Sport competition. Here's some of the real benefits of giving yourself the challenge of Kettlebell competition.

Giving Yourself a New Type of Motivation. Getting strong and fit is great motivation, but it's also true that some of us need a little extra boost to get the most out of our

## The Kettlebell Advantage

---

training. Especially those of us who have competed in sports while we were in school and still have that instinct burning inside us! Getting ready for a Kettlebell competition can give us just what we need to really go into high gear. Compare it to how runners use a future marathon as a goal to keep them pushing forward. Except Kettlebell events are much cooler!

Helps Plug You Into the Kettlebell Community. One of the really fun things about becoming more involved in Kettlebell training is there's a rich and vibrant subculture of guys and girls into Kettlebell lifting. Forums and websites are one thing, but entering a competition and meeting people face to face can't be beat. You may meet some life long new friends!

Bragging Rights. Yes, a Kettlebell medal looks good on the wall even though 99% of house guests may not have a clue what it means. The few who do know will appreciate its awesomeness.

So are you getting ready to compete? Maybe I will see you at an event one day!

## CONCLUSION – THE FUTURE OF KETTLEBELLS

---

---

Now we've seen Kettlebell lifting has a impressive past and a shining present. A final question to consider here in our Kettlebell Advantage guide - what does the future hold for Kettlebell training?

Now I'm certainly no psychic, but I do have a wealth of experience both generally in the health and fitness field and specifically in the area of Kettlebells.

Here's my thoughts on the future of Kettlebells.

\* Wider Spread Acceptance for Kettlebell Training. The ground is truly fertile for Kettlebell training to become more and more prevalent outside of Russia. Inexpensive Kettlebells, a key to more people giving it the training method a shot, are now very widely available and very many mainstream gyms are also equipping themselves with complete Kettlebell sets. Couple this with several celebrity trainers endorsing Kettlebells and we can expect

## The Kettlebell Advantage

---

their rise in popularity to continue to grow.

\* Development of New Kettlebell Training Techniques.

This has already begun to manifest in the work of coaches like Steve Cotter. Expect Kettlebell exercises that are even more skill based as well as Kettlebell methods that are especially sports specific. The creativity that a simple heavy round weight with a handle can inspire has been, is and will continue to be truly remarkable!

\* Experiments with the Kettlebell Design Itself. This will come, but is something I personally stand in opposition to. Adjustable Kettlebells, cheap light plastic Kettlebells all these types of things are making their way to the market. I still say, if it's not broke don't fix it. This is one probable future development we can do without in my opinion.

\* A Rise in Popularity of Kettlebell Competition. Kettlebell sport has a great likelihood of exploding in popularity. If you need prove of the possibilities of Kettlebell competition look no further than the new high profile of CrossFit. Kettlebell Sport has all the elements that have

## The Kettlebell Advantage

---

made Crossfit popular and then some.

\* More Russian Kettlebell Experts Sharing Their Own Experience. For now we've only seen one major Russian figure share his knowledge and experience with Western Kettlebell enthusiasts. The near future will likely see more Eastern European Kettlebell masters also opening up and bringing their Kettlebell wisdom to the English speaking world. I expect this will truly revolutionize much of what we are doing. Our own methods may even change some of their own ideas in the East. Two sets of eyes are almost always better than one!

\* In depth Scientific Studies of the Benefits of Kettlebell Training. Word in the fitness grape vine is that many scientific and research studies are either being launched or already under way to confirm, prove and objectify the health, fitness and strength benefits of structured Kettlebell training. This is exciting news and will help cement the Kettlebell's place in the more mainstream sports and exercise world. Those of us who have used them for years know first hand how well they work, but getting independent confirmation never hurts to win over

## The Kettlebell Advantage

---

some of the skeptics and inspire them to explore new things.

One thing about the future of Kettlebells that is certain is that it is blindingly bright! I hope you will be celebrating the Kettlebell Advantage with me for a long long time to come.

Yours for vibrant health and the Kettlebell Advantage!