

Kettlebell: Basic Protocols

(Ron Jones, MS, ACSM Health Fitness Specialist, Corporate Wellcoach)



Like Pavel said in his *Enter the Kettlebell DVD*, there are enough kettlebell variations to make a Comrade go insane! Keeping it simple, safe, and effective will go a long way in KB fitness. These are the basic workouts, program designs, and protocols I use for myself, corporate clients, and athletes. There are plenty more out there—but these basics will provide *plenty* of action for now. Let us begin—in HARD style. *Enjoy the Pain!*

Title & *Objective	Exercise	Duration	Notes
HARD Style Swings!	2-Arm Swing	1:00-3:00	These should have perfect HARD-style form! Every rep—HARD. Start with just 1:00. Add duration each week until you can go a full 3:00 with excellent form.
30x30 Circuits	2-Arm Swing (+ Others)	10:00-30:00	This format is often used with KB circuit training and is very user friendly. 30 second duration is some good work, but with 30 seconds of rest, it's doable. If you don't feel you can control 10:00, just do 5:00 to begin. <i>Safety first!</i>
Ladders	Clean & Press	3-5x	<p>A "Ladder" is a "grind" set that pyramids up in reps. For example, clean & press (CP) the KB once, switch arms, repeat. Your first ladder would be one CP rep each side, then two, then three. That is "one" ladder. Numerically three ladders on Week #1, would look like this: 1,2,3/1,2,3/1,2,3.</p> <p>To get started, you need to be able to do 5-8 reps of CP with a short break in-between each grind set of 1+1. Make sure to pick a weight that enables you to do this. If you can do this with quality, then you're ready for below:</p> <p>Week #1: 3L, 3 Rep Max=18 total reps Week #2: 4L, 3 Rep Max=24 total reps Week #3: 5L, 3 Rep Max=30 total reps Week #4: 5L, 4 Rep Max=50 total reps</p>
Minute Sets	Snatch	10:00-30:00	Using a clock, at the top of each minute do 5 snatches per arm then park the KB. Keep repeating 5+5 at the top of each minute. This gives you 10 very clean HARD-style reps with a good rest. You can get a lot of volume with quality and safety using this design. (10 reps≈25 to 30 seconds)
V02 Max Protocol (15:15 Intervals) <i>*Combative Fitness!</i>	Snatch	10:00-40:00	Snatch the KB 7-9 reps with one arm then park the KB. Rest for 15 seconds. Snatch the KB again for 7-9 reps with the other arm. Continue this back and forth using one arm then the other. 10:00 is a good starting point. Work your way up to 30:00 or more. Again, you'll get a lot of volume with enough rest to keep your HARD style and safety.

* Ron Jones (7.18.09)