

ENTER THE KETTLEBELL!

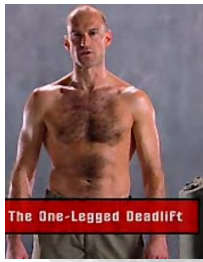
Strength Secret of The Soviet Supermen



Kettlebell Exercises

Kettlebell exercises

One legged

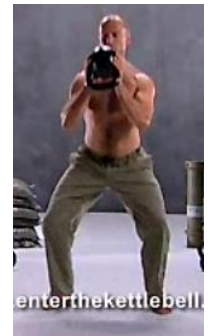
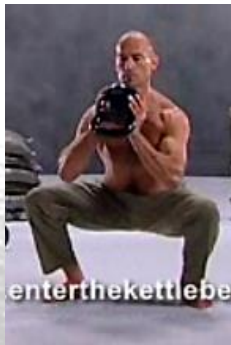
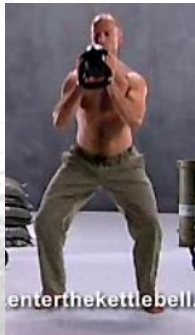


Deadlift

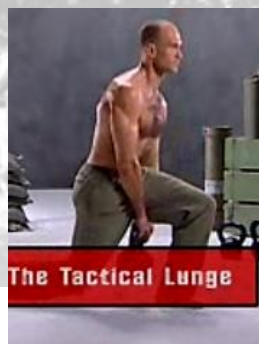
Mixercist Row



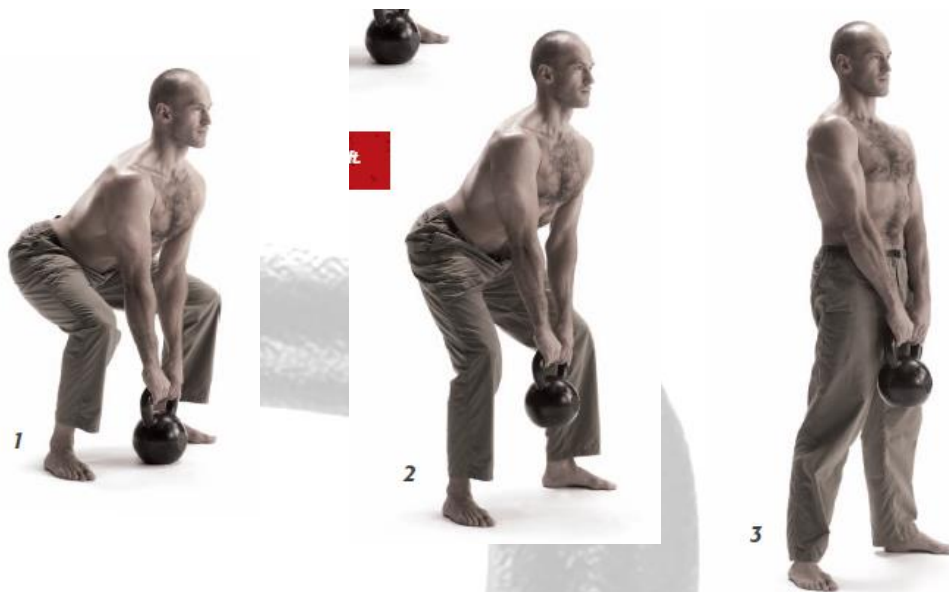
The squat flip clean



The tactical lunge



The sumo dead-lift



Face the wall squat



48
kg

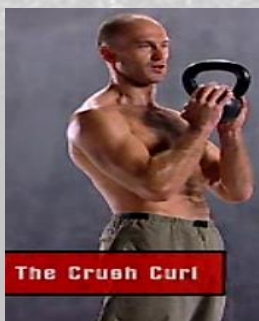
The Hot Potato Russian Twist



The figure of 8 to hold



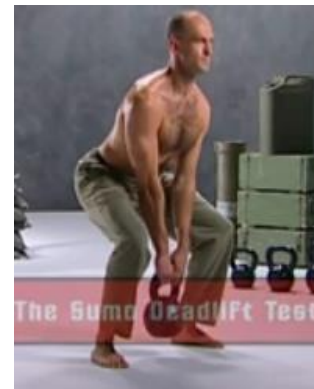
The crush curl



The long push press



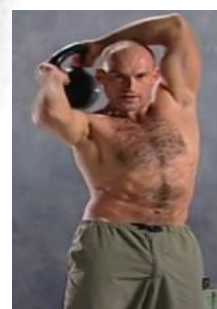
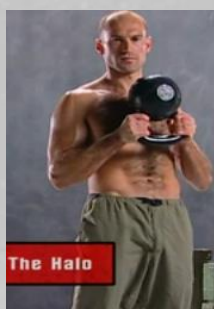
The sumo Deadlift test



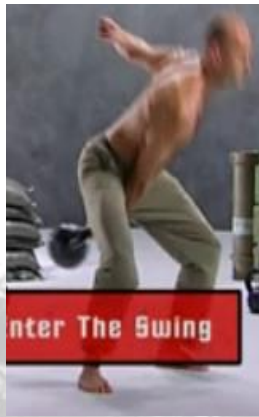
The pump



The Halo



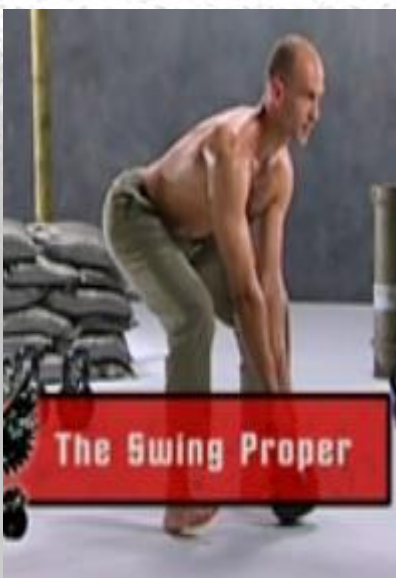
Enter the Swing (single arm)



The Towel Swing



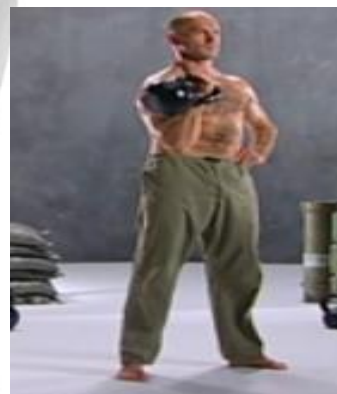
The swing proper



Enter the Clean



The Press



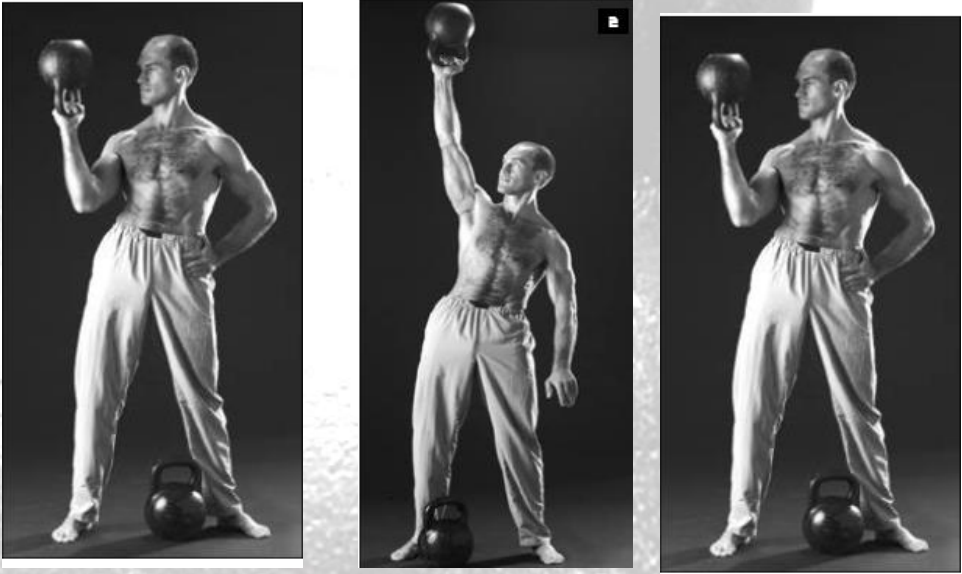
Snatch



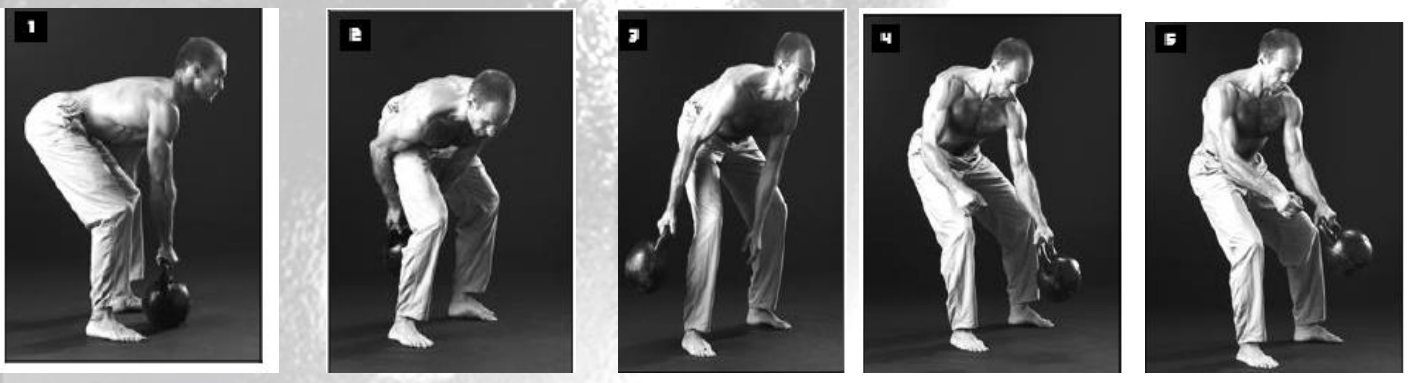
Tame the Arc



Bottom-up



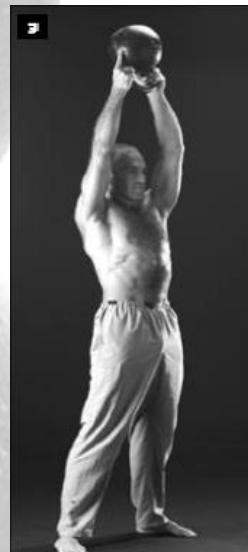
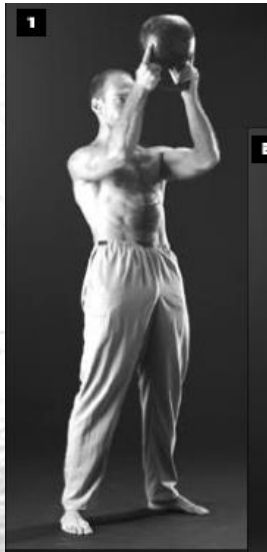
Under leg pass



Waiter press



Finger and thumb pressing a bottom up



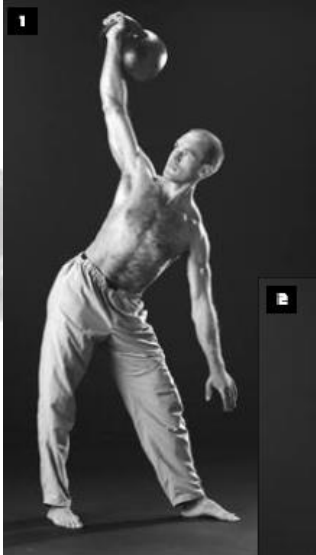
Floor pull-over press



Lee Doran

RKC

Windmill



Turkish get-up



Lee Doran

RKC

Poods and Kilograms to Pounds

Approximate Conversion

<i>Poods</i>	<i>kgs.</i>	<i>lbs.</i>
0.25	4	9
0.375	6	13
0.5	8	18
0.75	12	26
1	16	35
1.25	20	44
1.5	24	53
1.75	28	62
2	32	70
2.5	40	88
3	48	106



The most popular sizes in Russia are shaded in red.

Male beginner's weight

Most popular in the military

Advanced men

Start out with the Right Kettlebell!

Is It You?

Kettlebell to Start with

Ideally, Buy This Set

An average lady

18 lbs.

18, 26, 35 lbs.

A strong lady

26 lbs.

26, 35, 44 lbs.

An average gentleman

35 lbs.

35, 44, 53, 70 lbs.

A stronger-than-average gentleman

44 lbs.

44, 53, 70 lbs.

A very strong gentleman

53 lbs.

53, 70, 88 lbs.

Kettlebell program

Pump Intensity

Reps-10-12

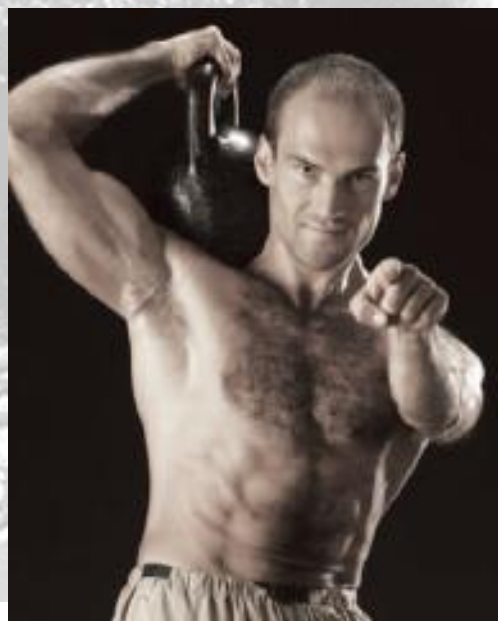
Sets- 6 sets per exercise

Load- challenging weight that allows you to finish all reps

Rest- 60 seconds between sets

Day 1 (upper body)

Exercise	Weight lifted in kgs	Sets	Reps
Cleans		6	10-12
Over-head press		6	10-12
Snatch		6	10-12
Halo			
Pec-press		6	10-12
French press		6	10-12
Renegade row		6	10-12
Sit-up		6	10-12
Hot potato Russian twist		6	10-12
Bicep curl (with towel)		6	10-12
Turkish get ups		1	10



Lee Doran

Kettlebell program day 2

Pump Intensity

Reps-10-12

Sets- 6 sets per exercise

Load- challenging weight that allows you to finish all reps

Rest- 60 seconds between sets

Exercise	Weight lifted in kgs	Sets	Reps
Cleans		6	10-12
Tame the Arc		6	10-12
Bottom up		3	10-12
Snatches		6	10-12
Waiter press		3	10-12
Windmill		6	10-12
Figure of 8 to hold		3	20
Abb work (Swiss ball)		6	10-12



Kettlebell program day 3

Pump Intensity

Reps-10-12

Sets- 6 sets per exercise

Load- challenging weight that allows you to finish all reps

Rest- 60 seconds between sets

Exercise	Weight lifted in kgs	Sets	Reps
Good Mornings			10-12
High pull			10-12
The long push press			10-12
One arm swings			10-12
Face the wall squat			10-12
The squat flip clean			10-12
One legged dead lift			10-12
Under leg pass			10-12
Windmill			10-12
Turkish get up			10-12

“The hardest thing about exercise is to start doing it. Once you are doing exercise regularly, the hardest thing is to stop it”. - Erin Gray



48
kg

Double Kettlebell program (Advanced)

Pump Intensity

Reps-10-12

Sets- 6 sets per exercise

Load- 2 Kettlebells per exercise

Rest- 60 seconds between sets

Day 1 (upper body)

Exercise	Weight lifted in kgs	Sets	Reps
Double Cleans		6	10-12
Double Military press		6	10-12
Double kettlebell Row		6	10-12
Double Floor Press			
Double windmills		6	10-12
Double Swings		6	10-12
Double Snatch		6	10-12
Double high pull		6	10-12
		6	10-12
		6	10-12
		1	10

***When We Say “Strength,” We Mean
“Kettlebell.” When We Say “Kettlebell,”
We Mean “Strength.”***

My Kettlebell Workouts (Day ____)

Pump Intensity

Reps- _____

Sets- _____

Load- _____

Rest- _____

Exercise	Weight lifted in kgs	Sets	Reps

My Kettlebell Workouts (Day ____)

Pump Intensity

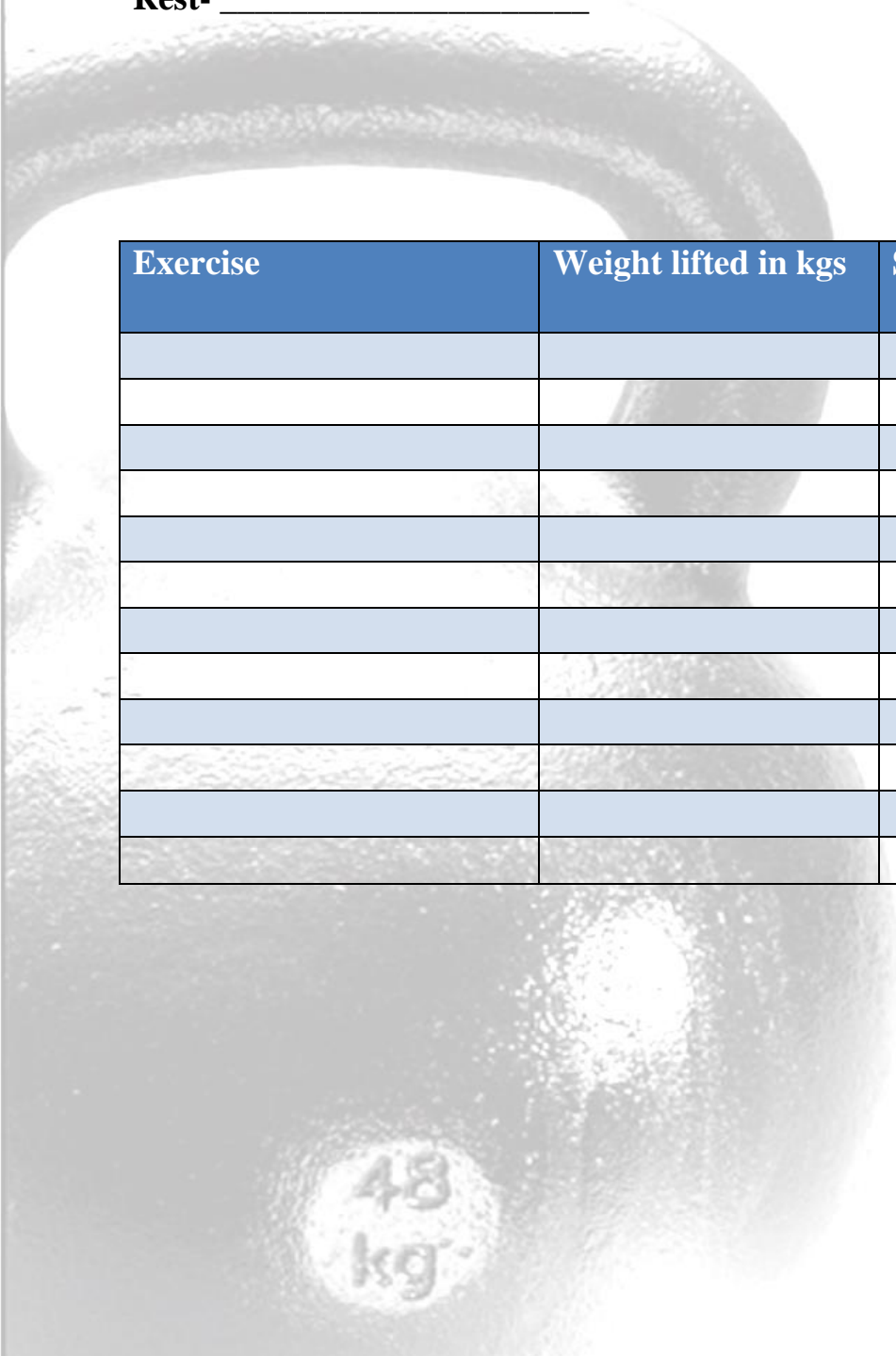
Reps- _____

Sets- _____

Load- _____

Rest- _____

Exercise	Weight lifted in kgs	Sets	Reps



My Kettlebell Workouts (Day___)

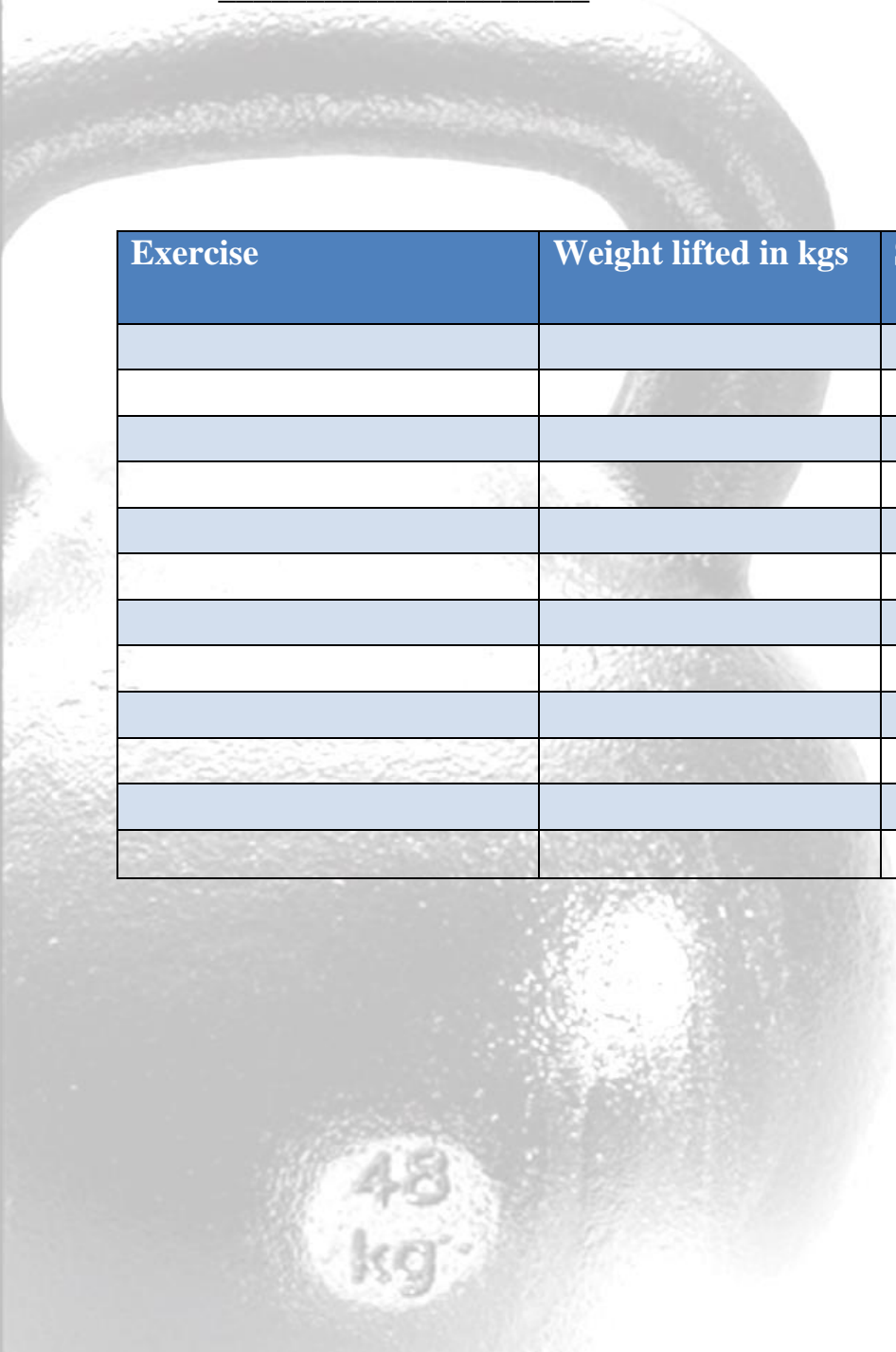
Pump Intensity

Reps- _____

Sets- _____

Load- _____

Rest- _____



Exercise	Weight lifted in kgs	Sets	Reps

Kettlebell Safety

1. Check with docs

before you start training. Especially an orthopedist and a cardiologist. The latter is no joking matter, since kettlebell training is unbelievably intense.

2. Always be aware of your surroundings.

Train in a place where there are no concerns about property damage or injury to anyone—including yourself.

How is the surface? If it is slippery or not flat—*move!* Dents left in the ground by kettlebells are something to watch out for as well.

3. Wear authorized shoes.

Everything in this program must be practiced barefoot or in flat shoes without cushy soles. Wrestling shoes, work boots, tactical boots, and Converse Chuck Taylors are authorized. Almost any shoes worn by a guy named Chuck will do.

Any sneakers a basketball player, runner, or aerobic instructor would wear are no good! Not only will the fancy shoes compromise your performance, they might set you up for a back or knee injury.

4. Never contest for space with a kettlebell.

“Never contest for space with a kettlebell!” stresses Nate Morrison. “You will lose. Evade it and don’t be where it wants to go.”

If the bell wants to twist your elbow, shoulder, or any other joint in a way it is not supposed to go in our species, don’t fight it. Abort! Guide the kettlebell to fall harmlessly, and move out of the way if necessary. Move those feet.

5. Keep moving once your heart rate is high.

The need to warm up before exercise is an old wives’ tale, but you do need a cool-down if you are coughing up a hairball. If you stand, sit, or lie down gasping for air following a hard set, your heart has to work unreasonably hard. You are still in severe oxygen debt, and moving your muscles—especially in the legs, by jogging, shadow boxing, even walking—pushes the blood back to the heart. Stop moving and your ticker has to work extra hard—too hard for some. Don’t come to a complete stop until your heart rate and breathing are halfway down to normal.

6. Take care of your hands.

Ripped calluses are manly, but since they make you lose training time, try to avoid them when you do your quick lifts.

It is elementary, Watson—you must gradually build up the volume of swings, cleans, and snatches to let your skin adapt.

You may want to sandpaper your kettlebell's handles, as kettlebell sport competitors do. Remove the paint and smooth out the iron.

Unlike presses and other grind lifts, swings, cleans, and snatches call for a loose grip. “Hook” the handle with your fingers rather than gripping it.

Try to lift in a way that minimally stretches the skin on your palm. Figure it out.

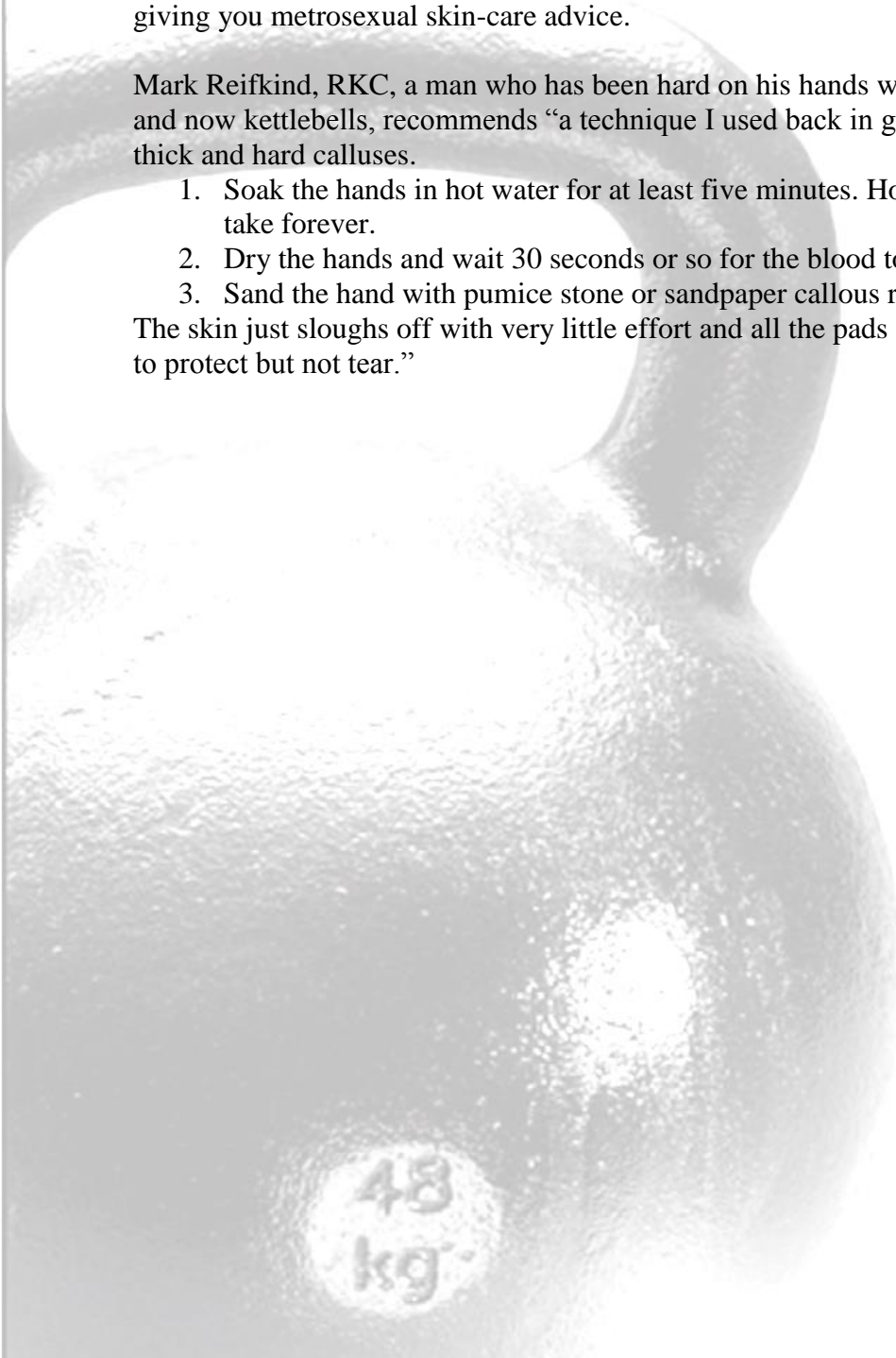
Load the calluses at the bases of your fingers as little as possible; let the kettlebell handle glide from the “hook” of the fingers to the heel of the palm and back in a manner that does not pinch the skin at the bases of the fingers.

Do not let the calluses get thick and rough. Russian gireviks soak their hands in hot water at night, then thin out and smooth out their calluses with a pumice stone, and finally apply an oily cream or a three-to-one mix of glycerin and ammonia. I hang my head in shame to be giving you metrosexual skin-care advice.

Mark Reifkind, RKC, a man who has been hard on his hands with gymnastics, powerlifting, and now kettlebells, recommends “a technique I used back in gymnastics to deal with overly thick and hard calluses.

1. Soak the hands in hot water for at least five minutes. Hot baths work well but showers take forever.
2. Dry the hands and wait 30 seconds or so for the blood to come back.
3. Sand the hand with pumice stone or sandpaper callous remover.

The skin just sloughs off with very little effort and all the pads get nice and flat. Just enough to protect but not tear.”



THE USSS COUNTER ASSAULT TEAM

10-MINUTE SNATCH TEST

Albert Einstein once said that “everything should be made as simple as possible, but not simpler.” We have come to view kettlebell training in this way. I’ve always loved the simplicity of the training . . . one man, one bell (sometimes two) and a field of green grass. However, while simple, I also feel that the training can be incredibly difficult, in fact, sinister would be a better description.

*The history of our ten-minute snatch test comes from this philosophy. **We do not need incredible amounts of gear or elaborate venues, just one bell, one man and a lot of green grass.***

When we developed the test, we were actually looking for something that would push the operators past their physical pain threshold while forcing them to maintain their situational awareness.

*In our opinion, kettlebell snatches were the perfect fit, as they tested the **strength, anaerobic conditioning** and intestinal fortitude that every special operator must possess. It’s a well-known fact that it’s most difficult to concentrate when we are extremely exhausted. Therefore, it becomes vitally important to remain focused on the small details (i.e. sink the hips, breathe through the nose, powerfully thrust the hips, stabilize the spine, stabilize the shoulder) while we are performing this test or the results could be catastrophic. We originally believed that snatches for five minutes would do the trick, but quickly realized that this wasn’t going to be enough. When an operator performs this test, we find that many look fairly comfortable at the five-minute mark. It is at this point that we tell them not to worry, as they will quickly get over it. At approximately seven minutes, the looks of extreme horror begin to come over their faces and we let them know that it will only hurt up until this point, and then it really doesn’t get any worse. At nine minutes, it is no longer about who’s bigger or stronger, but rather about who has the most guts. **At ten minutes, we have the buckets ready!***

*The test has been a real success and we have not had an injury to date. In addition to all operators regardless of their size using the same **24 kg kettlebell**, all that is required are boots, BDU’s and a stopwatch. Oh, and I almost forgot, **remember to bring the bucket!***

Name withheld

United States Secret Service

Counter Assault Team Instructor