OVER 40 KETTLEBELL BLUEPRINT



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I. INTRODUCTION TO KETTLEBELLS



When it comes to the REAL value that training with kettlebells offers, to me, it's all about the versatility they offer up to the lifter. In the palm of your hand you have an implement that can simultaneously build size, strength, explosiveness, and stamina in manner that is far more time efficient than most others can...

Is there a little bit of a learning curve when it comes to using them effectively? Sure! But no greater than any other implement you've used before...

Bottom line, for the busy professional or Dad over 40 who simply does not have the time to spend hours at the gym (like he did in his teens or twenties), sticking with different variations of the most fundamental kettlebell lifts in a **BALANCED** and **INTENSE** manner can turn 10-20 minutes of training a few times per week into a bulletproof game plan for serious results!

Here are those fundamental lifting patterns (along with a few samples of each) that you should focus on...Do so, and I promise, you'll QUICKLY improve how you look and perform!

1. HINGE BASED LIFTS (BALLISTIC AND NON-BALLISTIC)

- Ballistic: Swings, Cleans, & Snatches
- Non-Ballistic: Deadlifts & Windmills

2. SQUATS

- Goblet Squat
- Front Squat (pair of kettlebells in rack position)
- Rack Squat (one kettlebell in rack position)
- Overhead Squat
- Box Squat (any of the above onto a box)

3. SINGLE LEG LIFTS

- Goblet Step Up, Reverse Lunge, or Walking Lunge
- Hang, Rack, or Overhead Step Up, Reverse Lunge, or Walking Lunge
- Double Kettlebell Step Up, Reverse Lunge, or Walking Lunge

4. HORIZONTAL PUSH

- Single Arm Flat/Incline/Floor Press
- Double Kettlebell Flat/Incline/Floor Press
- Alternating From Top or Bottom Flat/Incline/Floor Press

5. HORIZONTAL PULL

- Single Arm Row
- Double Hand Row
- Alternating From Top or Bottom Row

6. VERTICAL PUSH

- Single Arm or Double Arm Strict Press, Push Press, or Jerk
- Alternating From Top or Bottom Strict Press
- Z-Press

7. VERTICAL PULL

- Pull Up/Chin Up (with or without kettlebell weight attached)

8. CARRY'S

- Single Arm or Double Arm Farmers Walk, Rack Carry, or Waiters Walk
- Goblet Walk
- Multi-Position Loaded Carry (i.e. one in rack position and one in overhead position)

II. PAIN FREE (AND POWERFUL) LIFTING

One of the worst things about lifting as you age are the aches and pains that are seemingly at the turn of each corner. It can be nagging and frustrating to the point that it's debilitating. Joints and muscles aching don't have to be the norm if you know what you're doing though. If you follow the simple cues listed below, I promise not only will your aches and pains go away, but you'll start lifting with far greater power output!

A) CORE TIGHT :

- In order to insulate your spine from the possibility of any injury, AND help create more of intra abdominal pressure that increases maximal force production, you need to keep your core properly engaged throughout the lift. This means (1) pulling air into your belly/diaphragm and making sure that your pelvis, diaphragm, and thoracic spine are in alignment, and (2) holding this neutral position while bracing your core hard (don't suck in, push out!)...

B) SHOULDERS PACKED :

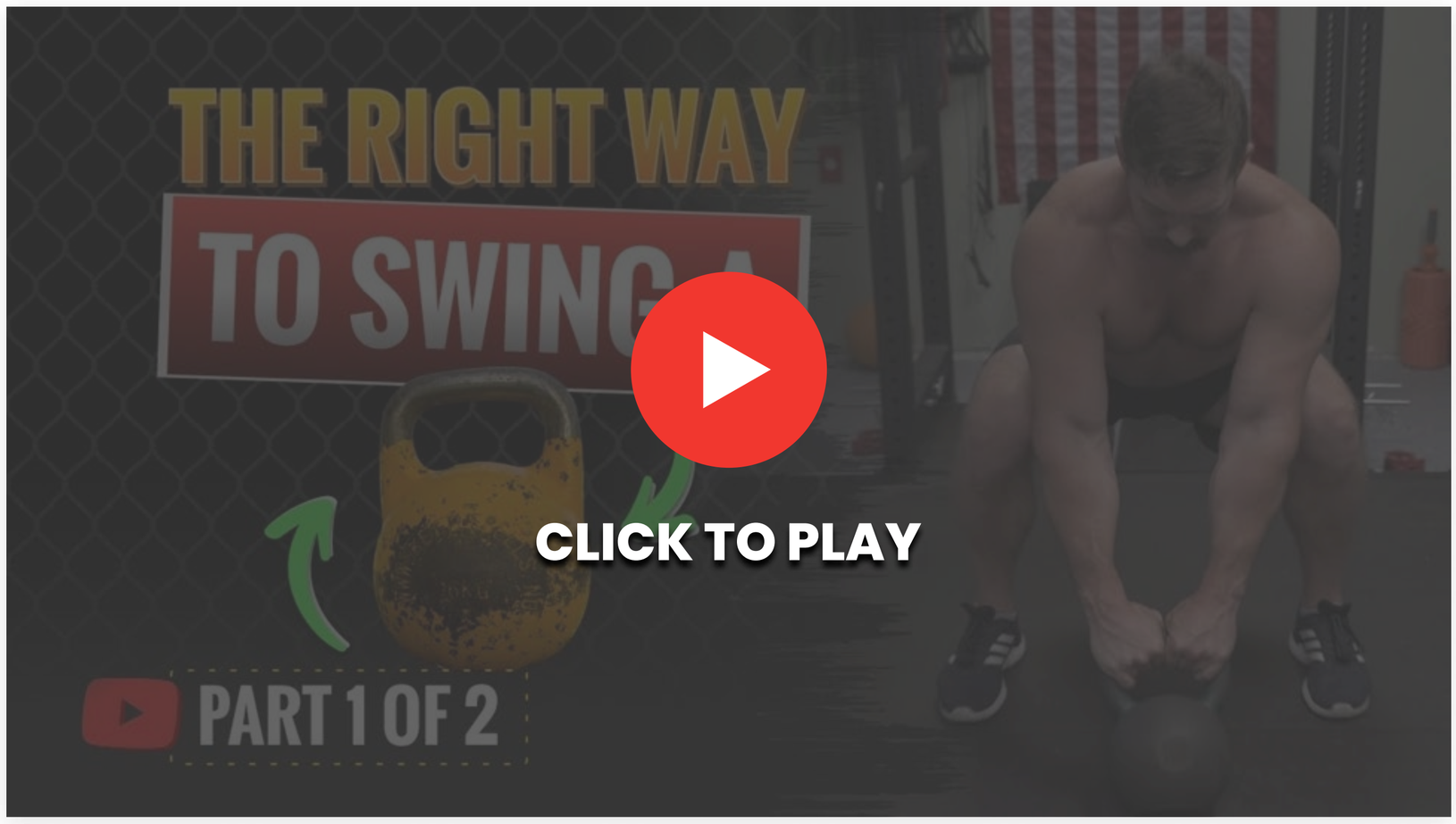
- To make sure that the head of your humerus sits in a strong and stable position in your shoulder joint, we need to make sure that our scapula (shoulder blades) are depressed (pulled down) and retracted (pulled back) while we keep our shoulders themselves externally rotated (elbows tucked into belly). This action allows for a more safe and powerful lift no matter what the lift is!

C) JOINTS STACKED :

- When performing any lift, you wan to keep each of the joints in alignment (stacked one on top of the other) so that you not only don't experience any drop in force production, but prevent any shear forces that can irritate or compromise your joints structural integrity. So for a squat, think about keeping your knees on top of your ankles. For a press, keep your wrist on top of your elbows.
  This stacked joint orientation combined with packed shoulders AND a tight core lead to more powerful, and PAIN FREE lifts!

For more detail on how to execute common kettlebell movements WITHOUT pain (joint, muscle, or the dreaded “smacking of your wrist”), here are a list of popular tutorials I’ve done in the past. Watch them, put them to use, and I promise, your kettlebell experience will be far better!

A) KETTLEBELL SWINGS (PART 1)



B) KETTLEBELL SWINGS (PART 2)



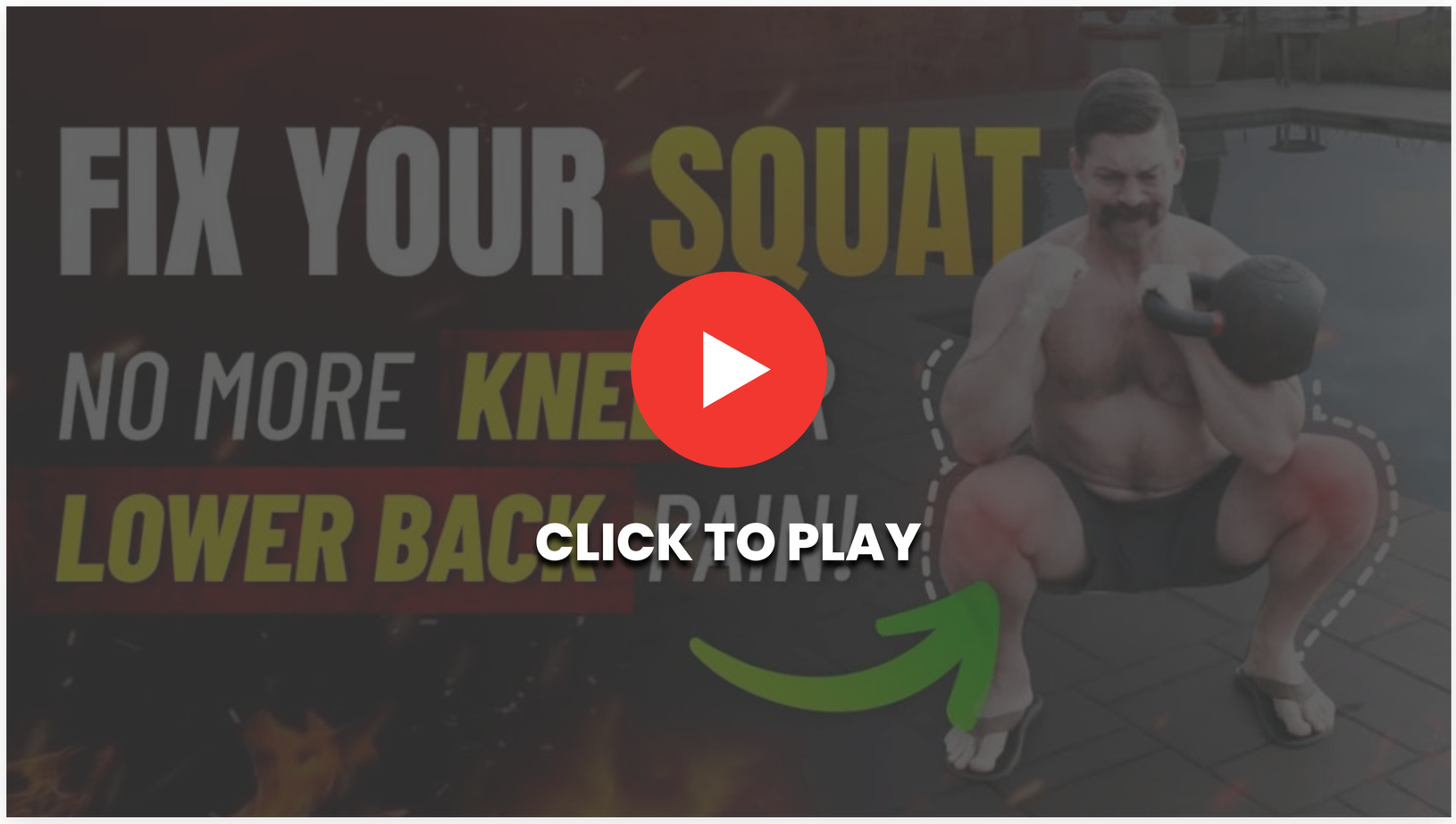
C) KETTLEBELL CLEAN



D) KETTLEBELL SNATCH



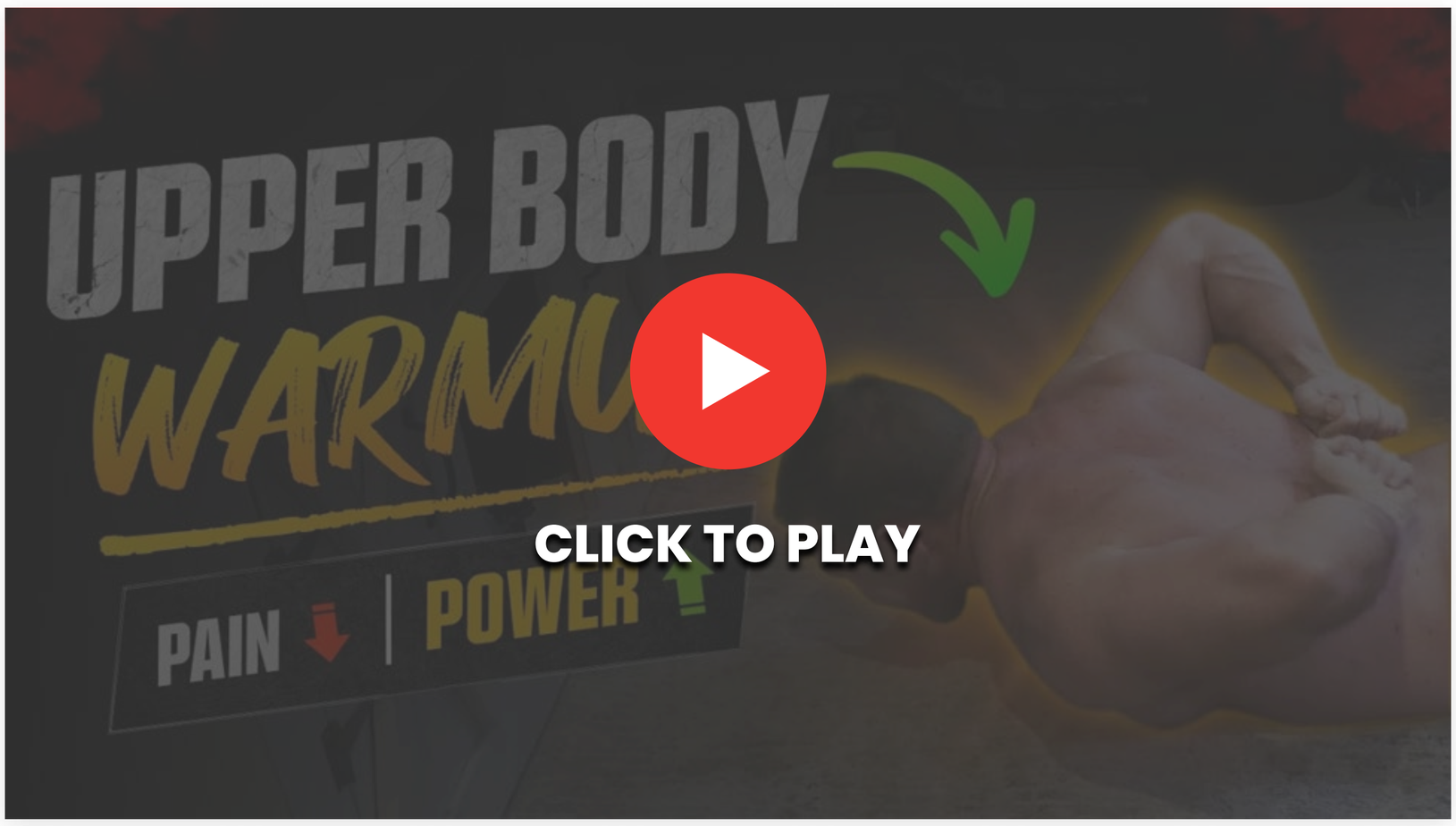
E) KETTLEBELL SQUAT



F) KETTLEBELL PRESSES & PULLS



G) **BONUS UPPER BODY WARM-UP ROUTINE**



H) 8 MORE HELPFUL "PAIN FREE LIFTING" HACKS



III. THE "WORKING MAN'S SPLIT"

In order to prevent any imbalances and have a better overall gameplay for what you want to accomplish, it's imperative that you create a "training split". When your schedule is difficult to navigate training around like it is for most adults with REAL responsibilities, it can be difficult though.

Here are my three favorite options I find work best to help seamlessly fit into a hectic life while still delivering solid gains void of any imbalances...Each contingent on how many days you can dedicate to a training session...

1) DAILY TOTAL BODY :

- Determine how may days you can train per week and hit a balanced combination of your fundamental upper and lower body lifts in every session. Simple and effective way to get solid work in while preventing any imbalances that can easily be caused by missing scheduled training days on a more segmented style of training split...

SAMPLE WEEK

Monday: Total Body 1

Tuesday: Rest/Light Cardio

Wednesday: Total Body 2

Thursday: Rest/Light Cardio

Friday: Total Body 3

Saturday: Rest/Makeup Day/Light Cardio

Sunday: Rest/Makeup Day/Light Cardio

2) UPPER/LOWER/TOTAL (3X/WEEK) :

- This format is typically done in a 3 day per week fashion where one day is dedicated to an upper body dominant session (usually following a push to pull to hinge format), the next is dedicated to a lower body dominant session (usually following a ballistic hinge to squat variation to single leg lift), and the last being a total body session (combining upper & lower lifts like a thruster or a “Man-Maker” routines and following that up with a deconstruction set of the lead total body complexes individual parts)...

SAMPLE WEEK

Monday: Lower Body

Tuesday: Rest/Light Cardio

Wednesday: Upper Body

Thursday: Rest/Light Cardio

Friday: Total Body

Saturday: Rest/Makeup Day/Light Cardio

Sunday: Rest/Makeup Day/Light Cardio

3) UPPER/LOWER (4X/WEEK) :

- This is my personal favorite and the one I’ve used for years now! It follows a two day on and one day off model and uses a balance of the fundamental lifts as a means to organize the structure of each training day

SAMPLE WEEK

Monday: Lower Body 1 (Squat as core lift)

Tuesday: Upper Body 1 (Horizontal Push as core lift)

Wednesday: Rest/Light Cardio

Thursday: Lower Body 2 (Hinge as core lift)

Friday: Upper Body 2 (Vertical Push as core lift)

Saturday: Rest/Makeup Day/Light Cardio

Sunday: Rest/Makeup Day/Light Cardio

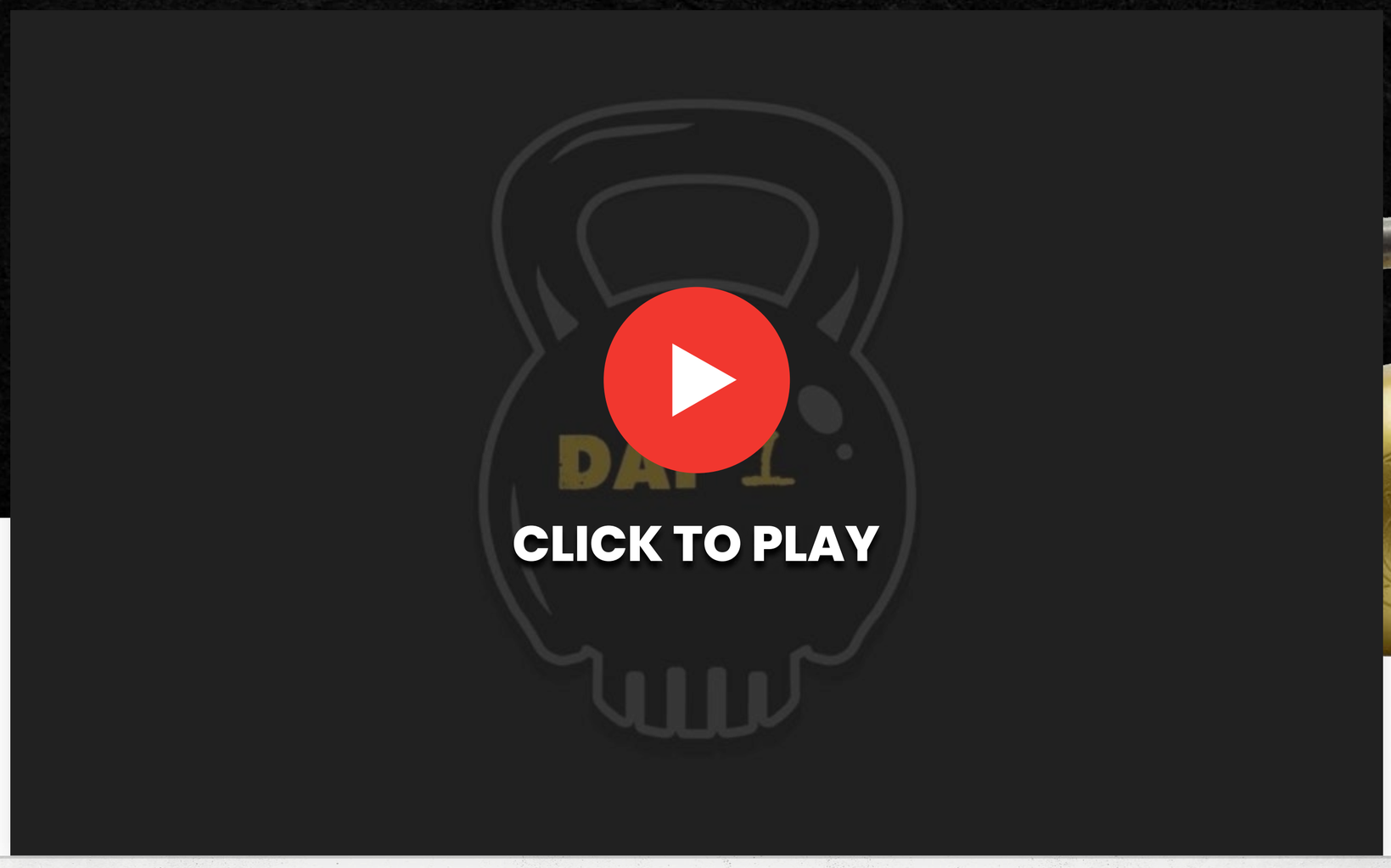
ALL of these splits will work if you lift with intent (intensity, balance, and consistency). It's just a matter of figuring out which split works best around your schedule. So figure out how many days you can realistically dedicate to training, and go from there...

IV. SAMPLE WEEK OF TRAINING

Here's a sample week of training using the 4 day split I highlighted above with a BONUS total body day in the middle of the week for you overachievers looking to REALLY get after it. Though you cannot simply do it over and over again, what you can do is take from it the principles that make it an effective week of training and apply that to YOUR training. That means constantly varying the types of movements you do, the weight you use in them, and the rep schemes used as well. Do that in a manner that constantly challenges you, and I promise you'll continue to see progress!!!

MONDAY

LOWER 1



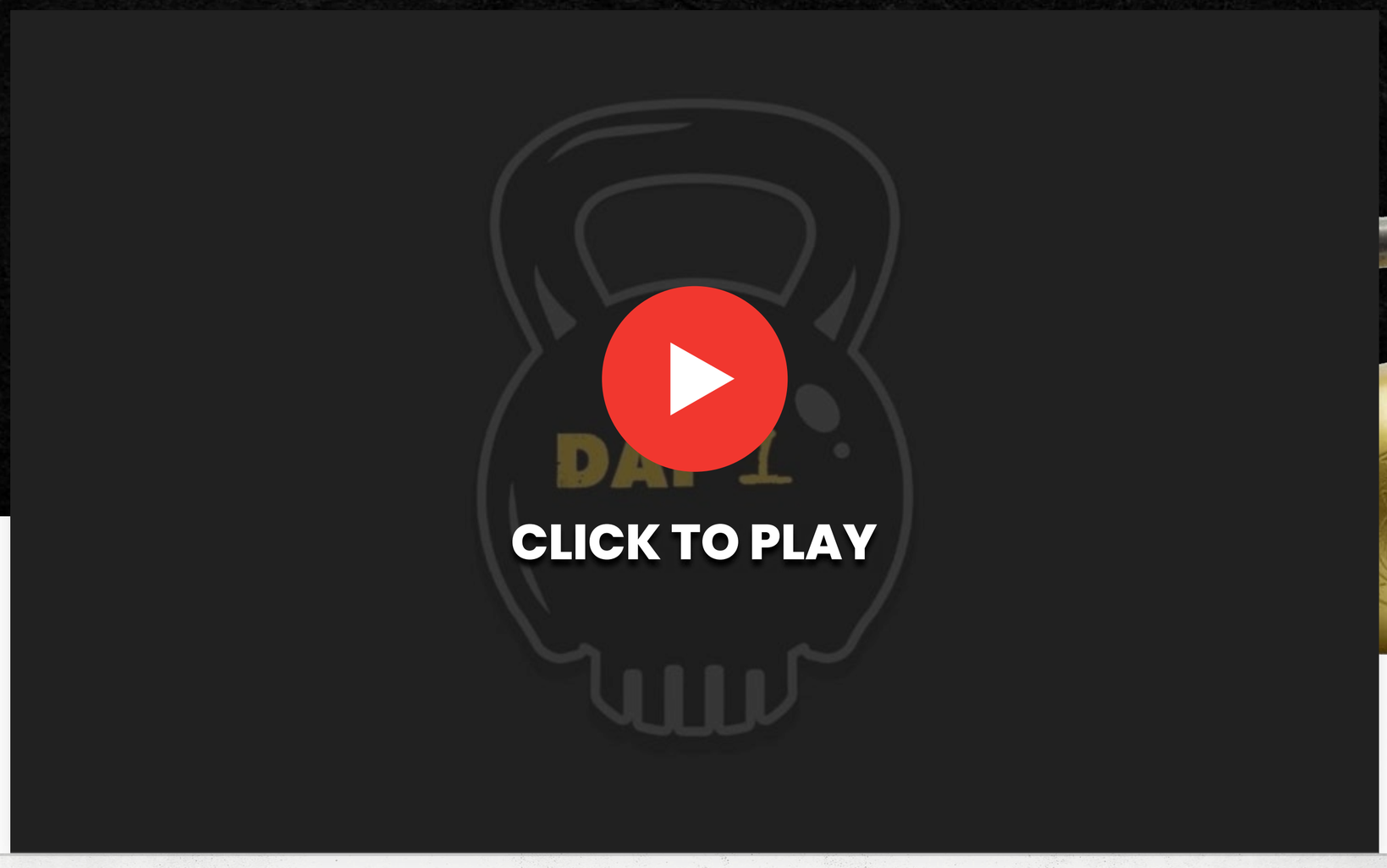
Phase 1 :

- Offset Clean & Pause Rack Squat (5 reps/side)
- Single Arm Swing (5 reps/side)
- [Perform 3 Rounds - Rest 2-3 minutes between each]

Rest 2-3 minutes b/w each

MONDAY

LOWER 1



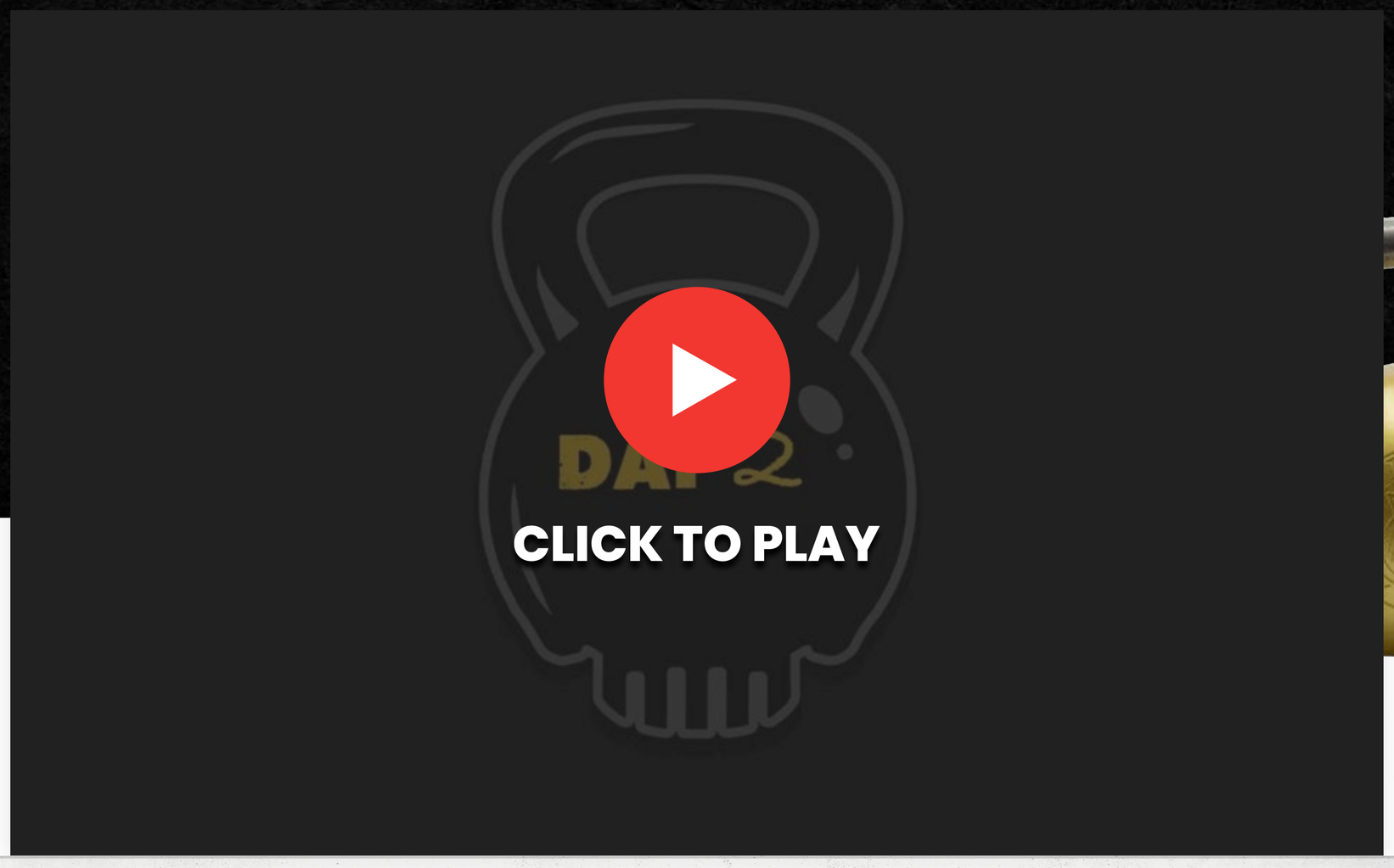
Phase 2 :

- Goblet Clean & Reverse Lunge (5 reps/leg)
- Double Hand Swing (10 reps)
- Deadlift (10 reps)
- [Perform 3 Rounds - Rest 2-3 minutes between each]

Rest 2-3 minutes b/w each

TUESDAY

UPPER 1



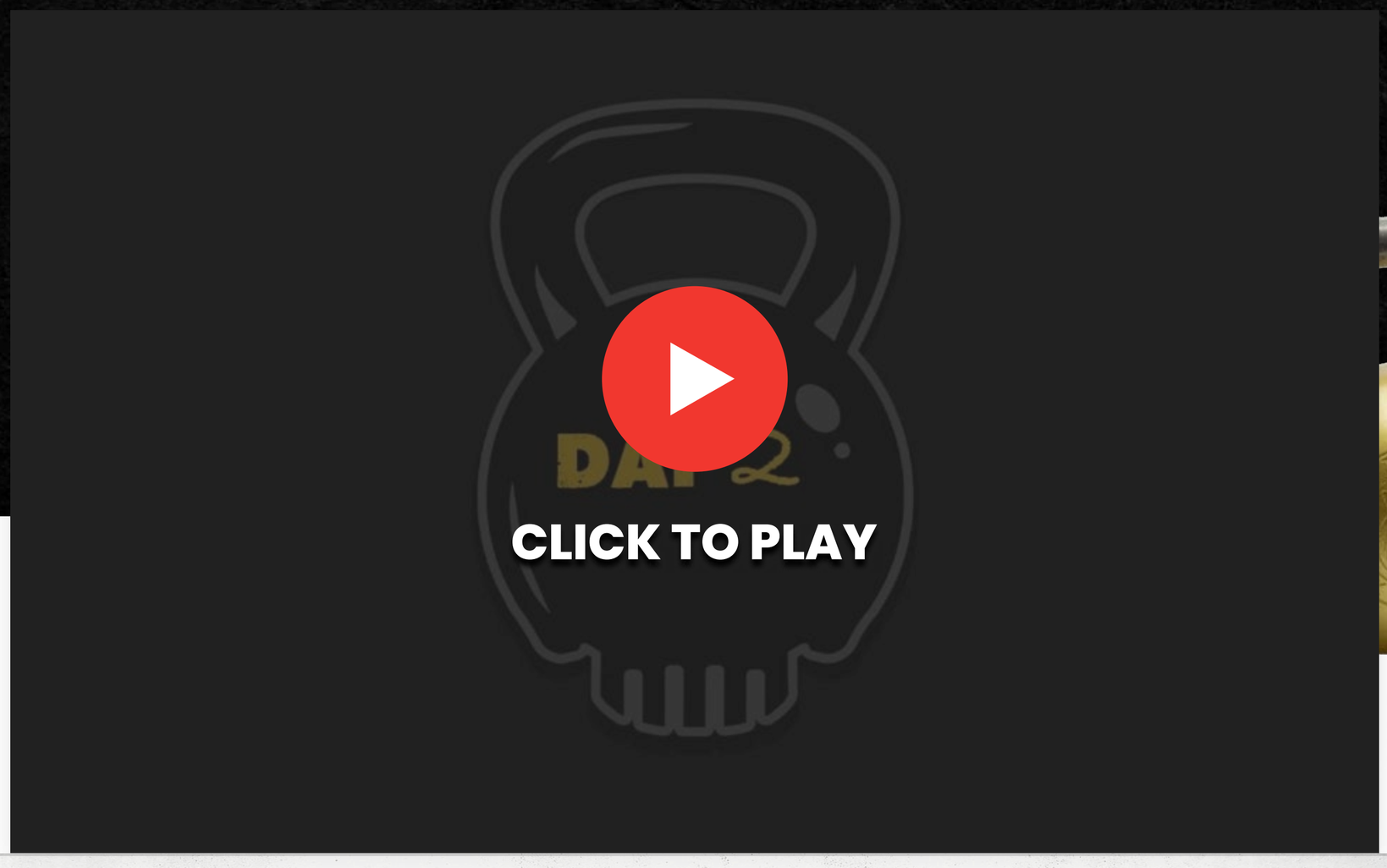
Phase 1 :

- Offset Floor Press (5 reps/side)
- Goblet Floor Press (10 reps)
- Push Ups (10 reps)
- [Perform 3 Rounds - Rest 2-3 minutes between each]

Rest 2-3 minutes b/w each

TUESDAY

UPPER 1



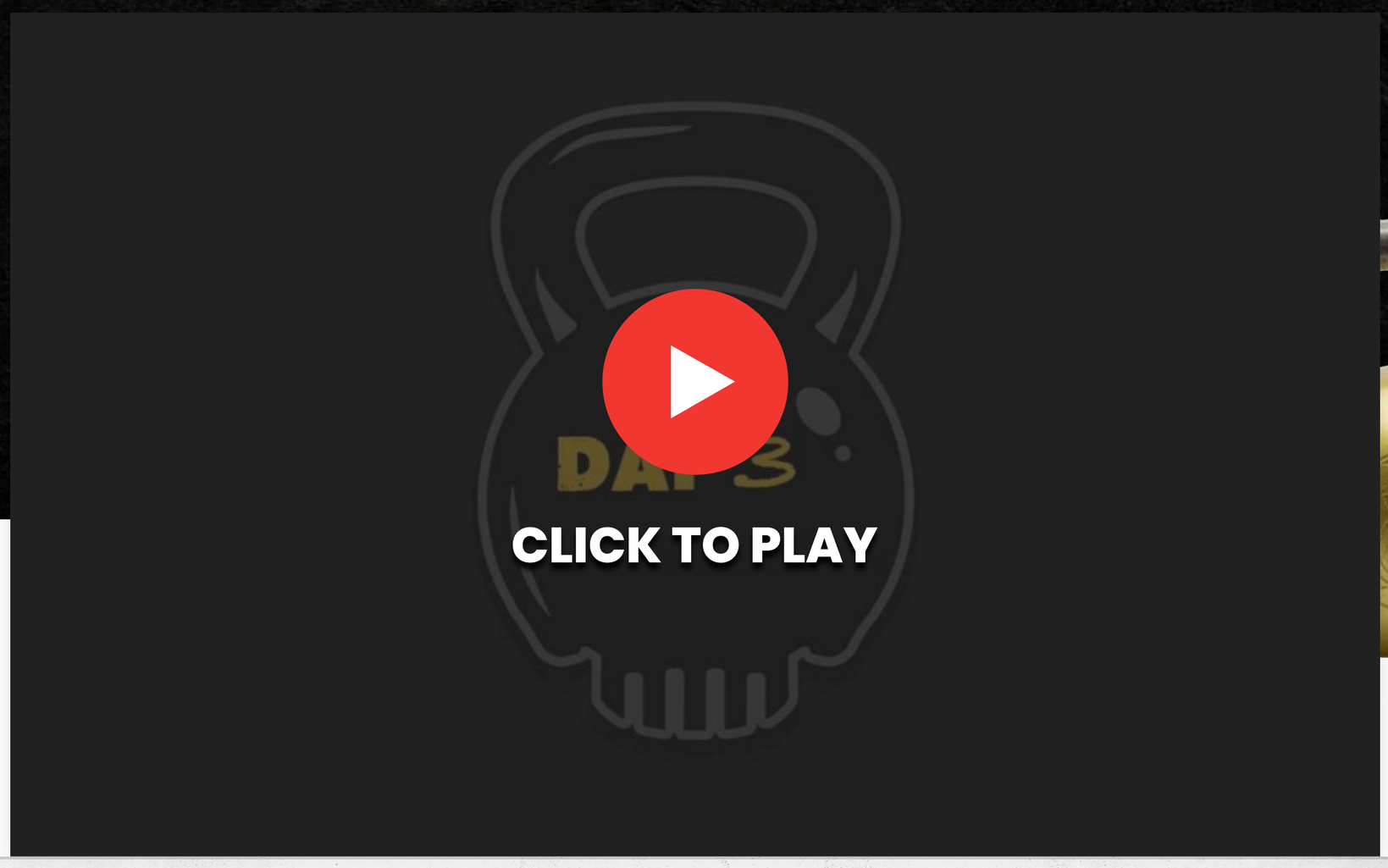
Phase 2 :

- Offset Clean & Strict Press (5 reps/side)
- Pause Anti-Rotation Row (5 reps/side)
- Single Arm Swing (5 reps/side)
- [Perform 3 Rounds - Rest 2-3 minutes between each]

Rest 2-3 minutes b/w each

WEDNESDAY

TOTAL BODY METABOLIC CONDITIONING



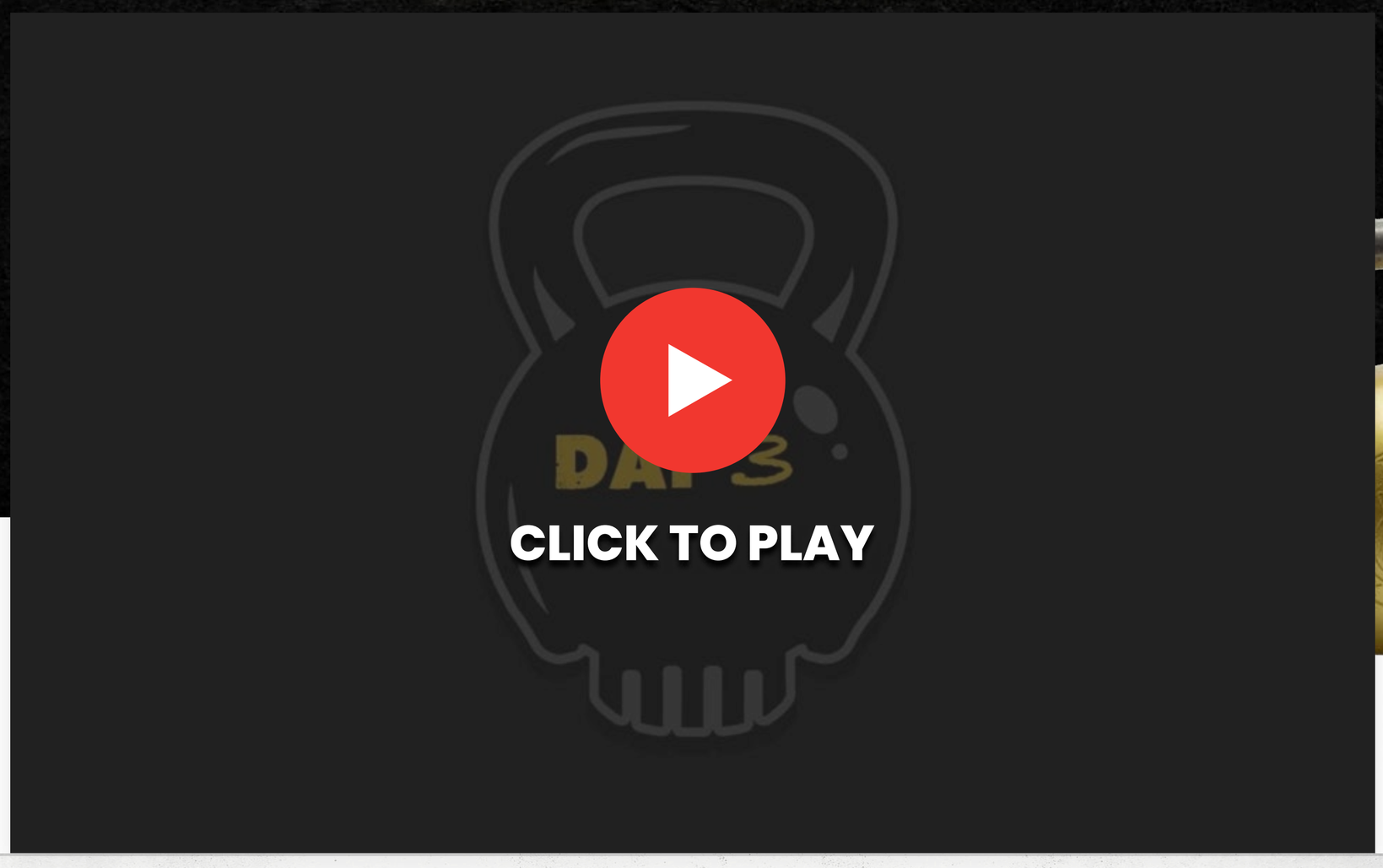
Phase 1 :

- Offset Cossack Thruster (5 reps/side)
- Double Hand Swing (10 reps)
- [Perform 3 Rounds - Rest 2-3 minutes between each]

Rest 2-3 minutes b/w each

WEDNESDAY

TOTAL BODY METABOLIC CONDITIONING



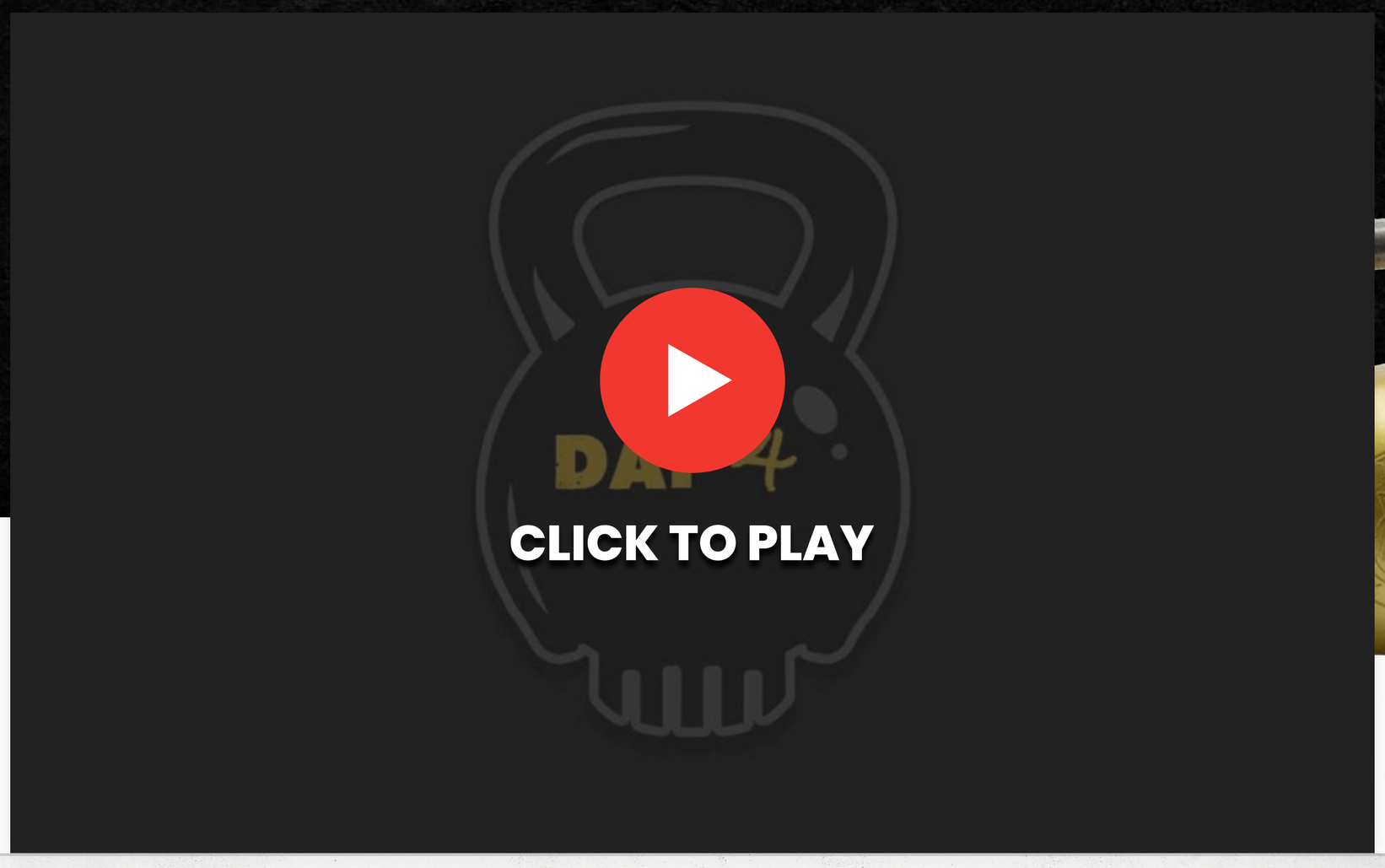
Phase 2 :

- Goblet Clean & Thruster (5 reps)
- Goblet Overhead Press (5 reps)
- Goblet Squat (5 reps)
- (d) Double Hand Swing (5 reps)
- [Perform 3 Rounds - Rest 2-3 minutes between each]

Rest 2-3 minutes b/w each

THURSDAY

LOWER 2



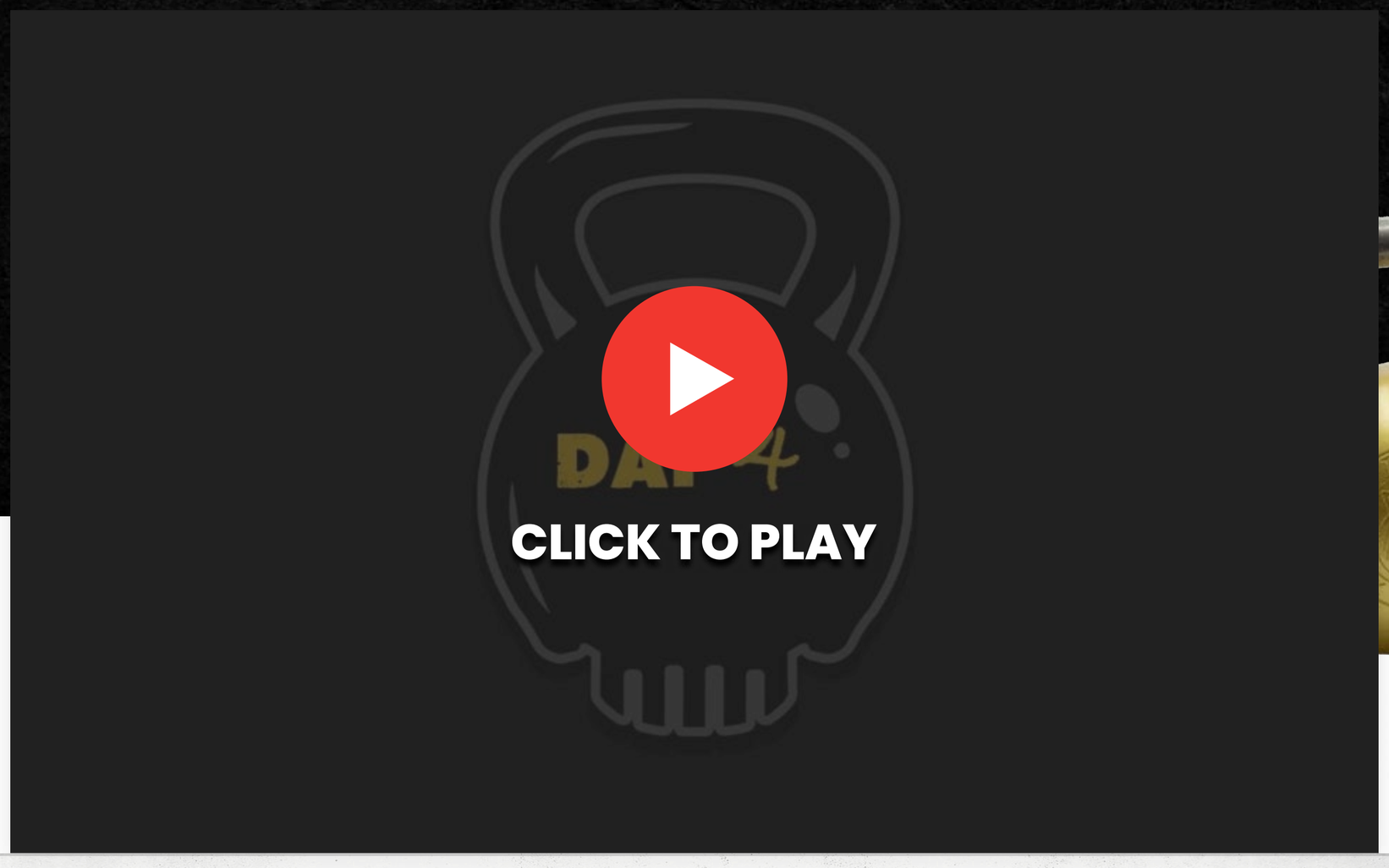
Phase 1 :

- Suitcase Deadlift (5 reps/side)
- Deadlift (10 reps)
- [Perform 3 Rounds - Rest 2-3 minutes between each]

Rest 2-3 minutes b/w each

THURSDAY

LOWER 2



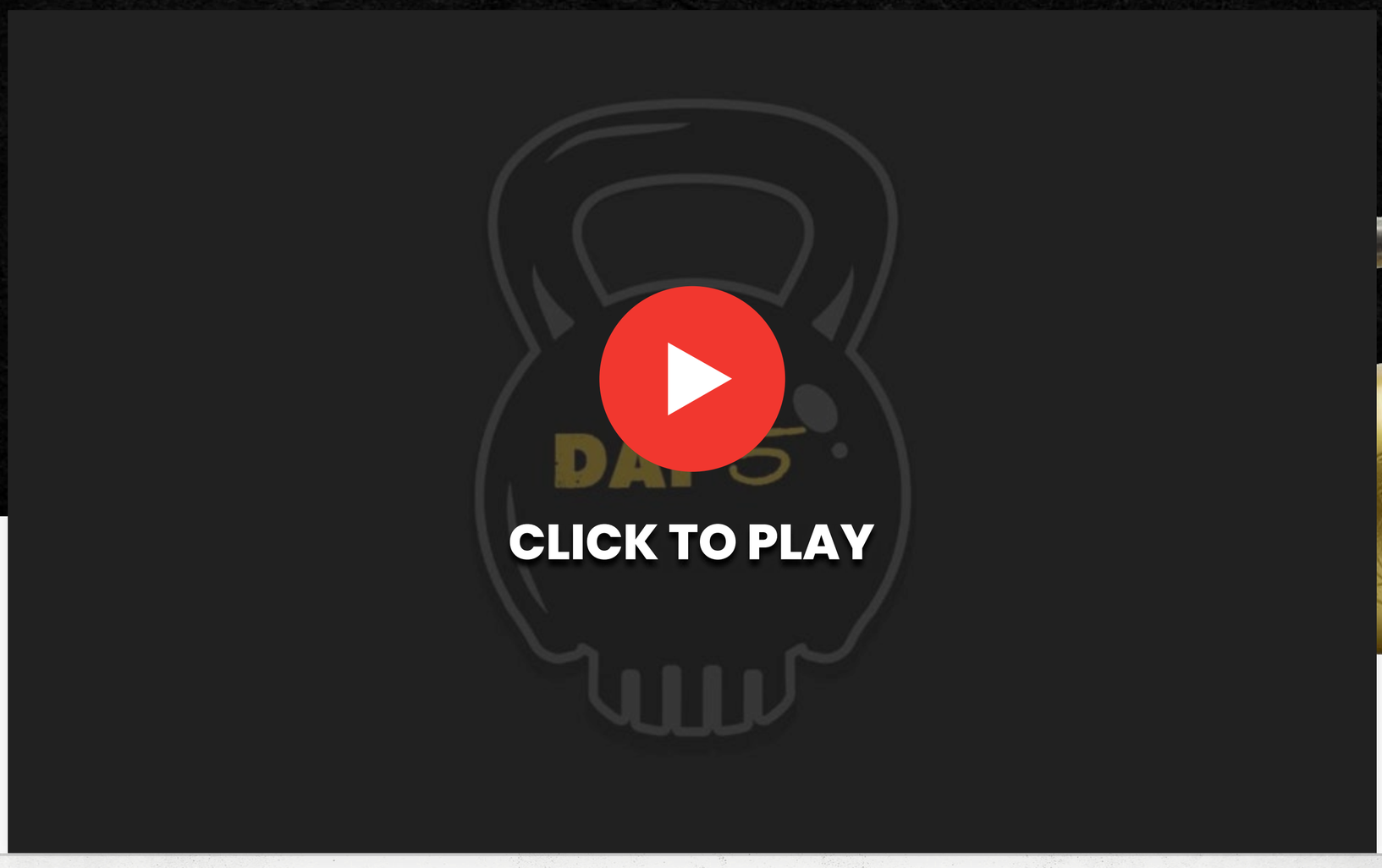
Phase 2 :

- Offset Snatch to Overhead Reverse Lunge (5 reps/side)
- Goblet Squat (5 reps)
- Double Hand Swing (5 reps)
- Deadlift (5 reps)
- [Perform 3 Rounds - Rest 2-3 minutes between each]

Rest 2-3 minutes b/w each

FRIDAY

UPPER BODY 2



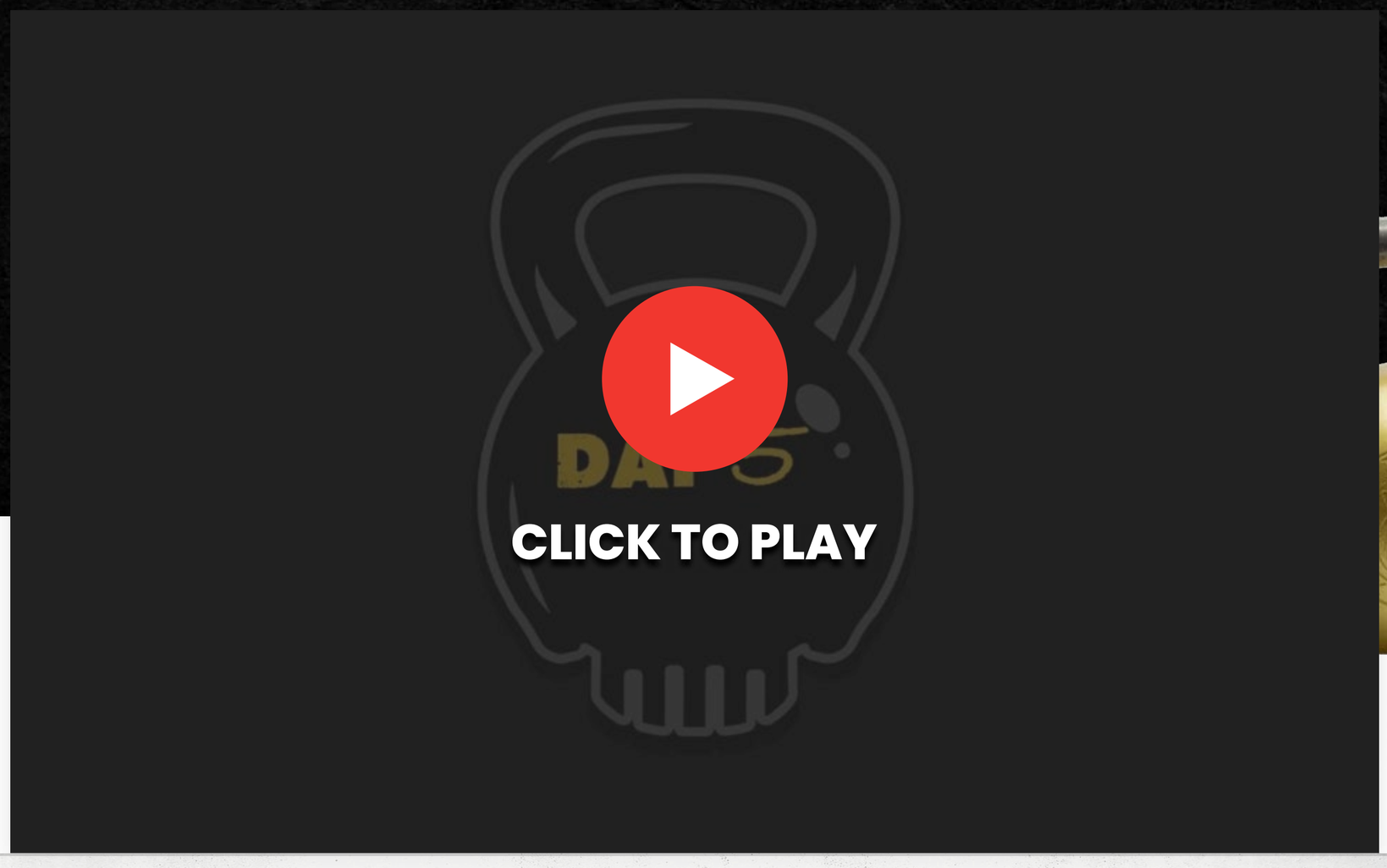
Phase 1 :

- Offset Z-Press (5 reps/side)
- Double Hand Swing (5 reps/side)
- [Perform 3 Rounds - Rest 2-3 minutes between each]

Rest 2-3 minutes b/w each

FRIDAY

UPPER BODY 2



Phase 2 :

- Push Ups (10 - 8 - 6 - 4 -2 reps)
- Double Hand Swing (5 reps after each push up interval)
- [Perform 3 Rounds - Rest 2-3 minutes between each]

Rest 2-3 minutes b/w each

V. KEYS FOR CONTINUED PROGRESS

In order to ensure that you see consistent gains in size, strength, explosiveness, and stamina while simultaneously leaning up, remember that you must not just knock out routines like this, but match it with short bouts of low intensity steady state cardio (think a 20 minute brisk walk), a sound goal specific diet, and good quality sleep.

On the daily training front, it's also imperative that instead of doing the same routine with the same weight and rep schemes, you make sure that you mix things up to constantly give your body a new stimulus to adapt to.

LOW INTENSITY CARDIO

Short bouts of steady state cardio, like a 20 minute brisk walk.

GOAL SPECIFIC DIET

Follow a sound, goal specific diet to support your training and results.

QUALITY SLEEP

Get good quality sleep to recover, perform better, and see consistent progress.

If you want to learn more about how Coach MANdler can personally help craft a constantly crafted workout AND diet plan to help get you BETTER and FASTER overall results, then head to this link, **fill out the contact** form, and he will get in contact with you shortly!

FILL OUT THE CONTACT FORM →

