

Kettlebell Techniques

Numbered Exercises are considered the backbone of the RKC system.

Pure Strength (slow or *grind* lifts)

1. Military Press—single or double
2. Front Squat
3. Bent Press

Single Leg Stiff Leg Deadlift (RDL)

Single Leg Conventional Deadlift (leg bends at knee, KB returns to ground)

Pistol Squat holding KB in front

Bent Row/Renegade Row

Crush Curl and Press

Explosive Strength (fast or *ballistic* lifts)

4. Swings—one hand, two hand, alternating hands, double inside and outside
5. Clean
6. Snatch
7. High Pull—one hand, two hand, or double

Strength+Mobility Drills

8. Turkish Get-Up
9. Windmill

'Hand-to-Hand' Drills

Slingshot

HALO

Figure 8

Tactical Lunge

Ukrainian Basketball Drill

Hot Potato—standing and Russian Twist style

Sample Kettlebell Sessions

Format #1—Pure Strength

This type of workout is designed to increase the maximum amount of force you can exert at one time—that is, to make you stronger.

Rest as long as necessary between sets, and perform reps as slowly as you need to—they are all ‘grind’-type lifts.

Do not train any lift to failure and if you begin to lose form, stop training and finish later or another day.

Plank	Work up from 3 sets of 20 seconds to one minute
Basic Deadlift	3 sets 20 seconds—you may use sumo stance and two 12kg bells; move slowly but continuously for 30 seconds and then rest at least one minute before the next set.
Military Press	2 sets of 2 each side
Single Leg Stiff Leg Deadlift	3 sets of 5 reps each side
Windmill	2 sets of 2 each side
Front Squat	As deep as possible, 3 sets of 5; work up from one 8kg KB to one 12kg KB to two 8kg KB to one 8kg and one 12kg then two 12kg KBs—this will be about 53 pounds, and 5 reps with half your bodyweight is impressive.
Turkish Get-Up	6 reps total; alternate sides and go slowly.
Bent Row	Both KBs; 3 sets of 5 reps

Sample Kettlebell Sessions

Format #2—Speed Strength

This type of workout concentrates on swings, pulls, snatches, and cleans—the explosive or ballistic lifts. The goal is to improve your power, or the amount of force you can generate quickly.

You may rest as long as necessary between sets in order to keep your reps fast.

At all times, think *fast—crisp—snappy—explode* or similar mnemonics to remind you that speed is of the essence.

Breathe out forcefully with each rep to pressurize your abdomen and add explosion to each technique—think of the ‘KIAI!’ of a karate punch or the snort as a boxer throws a punch.

Two Hand Swing	3 sets of 15
Single Hand Swing	2 sets of 10/side
Two Hand High Pull	2 sets of 10
Single Hand High Pull	2 sets of 5 each side
Snatch	Begin with 8kg KB, 5 sets of 3 reps each side Work up to sets of 10/arm with 8kg, then increase to 12kg and aim for sets of 2 or 3. Goal is 10 continuous reps each arm with 12kg.
Clean and Press	Begin with 8kg KB, 3 sets of 2 reps each side Work up to sets of 10/arm with 8kg, then increase to 12kg and aim for sets of 2 or 3. Goal is 10 continuous reps each arm with 12kg.

If your technique gets worse with each successive rep and set, it is a sign of fatigue and you should knock it off and move to a simpler exercise.

If your technique improves as the workout continues, you are *learning*.

Sample Kettlebell Sessions

Format #3—Full Body Workout

HALO	1 set of 10 each direction
Windmill	3 reps each side, continue until you feel 'opened up'
Slingshot	10 reps each direction, continue directly to:
Figure 8	10 reps each direction, then repeat slingshot—figure 8 combo until you feel that you are fully aware of your core muscles
Tactical Lunge	20 reps total or for time; one minute is pretty ambitious
Turkish Get-Up	Sets of four performed as 2 left, 2 right, or for one minute.
Swing/Press Ladder	10 One Hand Swings then 5 Presses left hand, then repeat on the right. The 8 swings and 4 presses each, 6 and 3, 4 and 2, 2 and 1.
Single Leg Stiff Leg Deadlift	2 sets of 10 per leg. After each 10, perform 5 Pistol Squats on the same base leg.
Ukrainian Basketball Drill	Until you get bored

Sample Kettlebell Sessions

Format #4—Core plus Full-Body Strength

Abdominal exercises can be substituted depending on available equipment and knowledge. The important thing is to alternate the kettlebell movements with 20-60 seconds of abdominal or low back training. KB exercises in this routine are chosen to use all major muscle groups and movement patterns in the body. For pure strength and power, use the same reps and heavier bells. For strength-endurance or general conditioning, increase the reps and time for both kettlebell exercises and core work.

1. KB 2-handed swing—20 reps
Weighted sit-ups—10 reps
2. KB Front Squat—10 reps, as deep as possible
Russian twist—20 touches, 10/side
3. KB snatch—5/side
Hyperextension, weighted if necessary
4. KB clean to shoulder—3/side
10 side lying leg lifts+10 side crunches/side, repeat twice
5. KB clean and jerk—4/side
Pike on ball—5, pause for 30 seconds, 5 more
6. KB side or bent press—3/side, repeat twice, total of 6/arm
Plank on ball—hold for 30 seconds
7. KB towel curl—max reps in 30 seconds
Bridge on ball—10 reps
8. KB single-leg deadlift—5/side, repeat twice
Evil Wheel—10 roll-outs
9. KB bent row—5/side, repeat twice, total of 10 reps per arm
Reverse hyperextension on ball
10. KB Pistol Squat—4/side, repeat twice, total of 8/side
Lying leg raise 20 reps

Sample Kettlebell Sessions

Format #5—Core Concentration

This routine targets the waist, hips, and trunk. Use this program specifically to improve the strength of your core. The emphasis is on exercises that can be weighted. Kettlebell exercises are chosen to require stabilization. If your goal is to improve fatigue tolerance or reduce body fat while training your core muscles then use higher rep, faster KB exercises such as swings, pulls, cleans, and snatches. For strength, rest between sets and avoid fatigue. For strength-endurance, rest as little as possible; elevate your heart rate and keep it there. **Reps shown are for strength.**

10xWeighted Sit-Up on Mat
3xTurkish Get-Up Right

20xStanding Twist with medicine ball, KB, weight plate, etc.
3xTurkish Get-Up Left

10/side Wood Chop high-low standing
20xKB Two Hand Swing

10/side Wood Chop low-high kneeling
20xKB Double Outside Swing

10/side Wood Chop middle seated on mat or ball
20xKB Figure 8

5/side Cosmonaut Sit-Up
5/side KB Snatch

10xFull-Contact Twist
3/side KB Windmill

10xSeated Jackknife
20xKB Two Hand Swing

10xPlank on Ball with leg lift
20xKB Tactical Lunge

10xRussian Twist on mat or ball
10xKB Double Inside Swing

MMA Conditioning

Round #1:

- :30 I-RDL
- :30 Pistol
- :30 I-RDL
- :30 Pistol
- :60** Rope
- :30 Pivot/Twist
- :30 Figure 8
- :60** Rope

Round #2:

- :30 Two Hand Swing
- :30 Plank static
- :30 Two Hand Swing
- :30 Plank reps
- :60** Jump Rope
- :30 Alternating Hand Swing
- :30 *T-Push-Up*
- :60** Jump Rope

Round #3:

- :30 HALO
- :30 Pivot/Twist
- :30 HALO
- :30 Tactical Lunge
- :60** Jump Rope
- :30 Front Squat
- :30 Tactical Lunge
- :60** Jump Rope

Round #4:

- :30 Military Press
- :30 Figure 8
- :60** Jump Rope
- :30 Military Press
- :30 Alternating Hand Swing
- :30 Hot Potato
- :30 Crush Press
- :60** Jump Rope