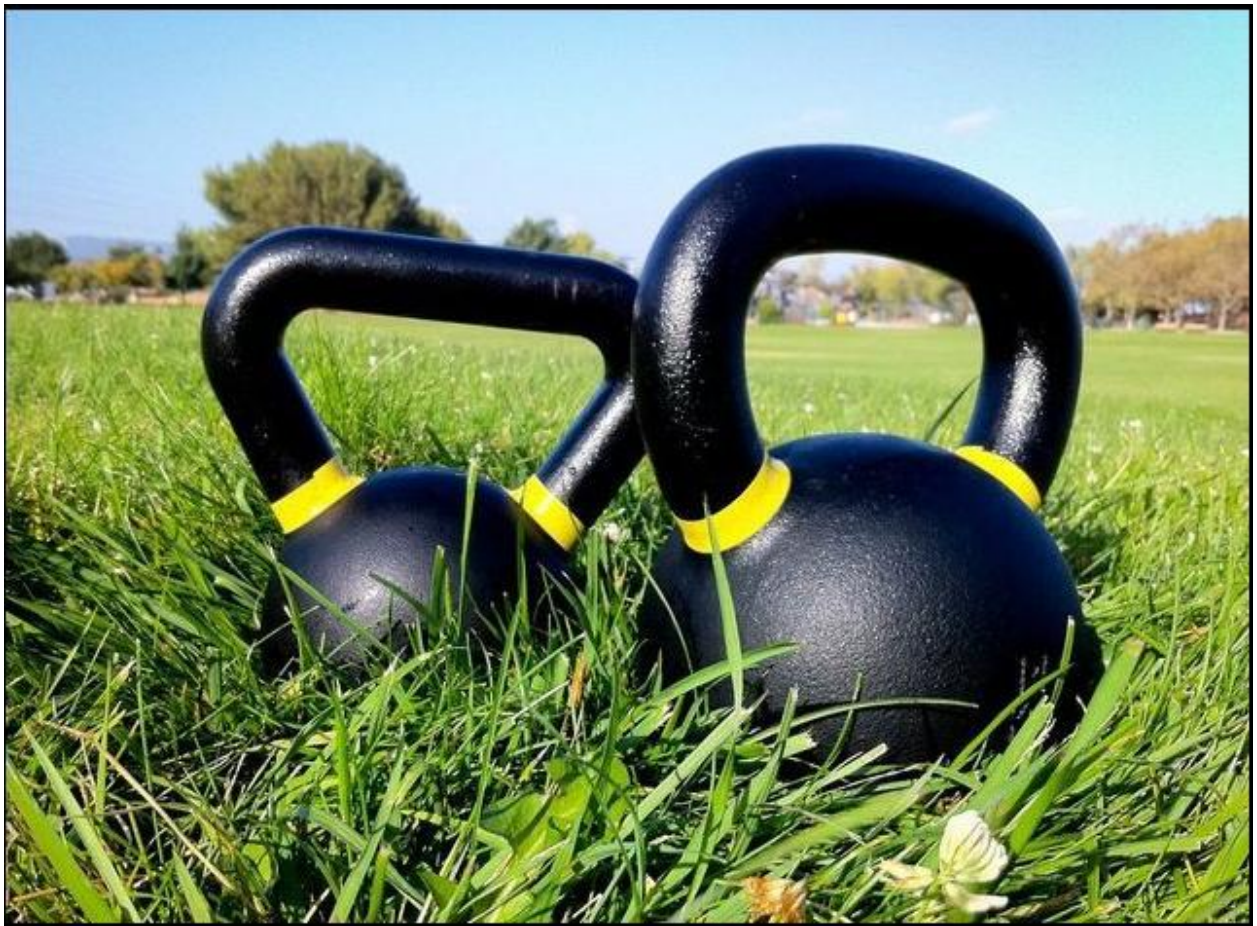


# Coyote Point Kettlebell Club



## Introduction:

The Coyote Point Kettlebell Club represents the finest mix of humanity ever gathered! Or, perhaps, it represents a great group of people who get together once a week to work out, train and enjoy delicious food together. It is a community of people that have bonded by shared interests, ideally the perfection of the human physique, but, more likely, the excellent sandwiches.

The Internet is a big part of the history of the Club. For years, at sites like “Old School” and “Bulk and Power,” Dan Martin (Founding Member and Maker of Sammies) talked with Gary John. Gary has only been to one gathering of the CPKC, the first, only to make fun and leave. Five years before the first gathering of the CPKC, Fred Cordova noted that there was a need for some help “carrying things” at the Santa Cruz Strongman Show. Gary volunteered himself and his son, David, to help.

At the event, Gary met Dan Martin finally. Gary and David worked tirelessly dragging all the implements back to the starting lines. Laree Draper, famed publisher, wife of legend Dave Draper and all around “good person, asked Dan “who is this guy?”

Dan Martin’s simple reply started not only the CPKC, but, in addition, the publishing career of someone else: “That’s Gary John. Do you know his brother, Dan John, who writes stuff about strength training? You two should meet.” Thus began the wonderful relationship between Laree and Dan John that has let to multiple successful DVDs and the bestselling book, “Never Let Go.”

A year later, Dan Martin and Laree joined Dan John at the Pleasanton Highland Games (Dan's winning Caber Toss is here: <http://www.youtube.com/watch?v=diRs0dPITpw>) and the friendships were cemented. The following year, Laree asked Dan John to host and speak at the annual DraperFest, a gathering of all the wonderful people that meet at davedraper.com and associated forum.

Martin, who had been struggling to rebuild himself, made a brave and valiant decision following the workshops in Utah: he would toss out all of his training and following the "Program Minimum Minimum:"

Goblet Squats

Get Ups

Swings or Snatches

He would do this each and every day. In a few months, he had transformed the way he looked, the way he felt and the way he thought about training. But, there was about to be a change in the universe. Tiffini John, Dan's wife, was being transferred to the Bay Area. The transition was quick and the move even quicker!

Dan Martin had a good idea: why not get together once a week and just workout? He googled "Parks" and found Coyote Point. The day after Dan arrived in California, a group of like-minded fitness enthusiasts showed up at the park with kettlebells. Dan Martin made a commitment to provide sandwiches to the group and the nickname "Sammich Workout" arose.

Since that June day, as long as the schedule provides, we gather at Coyote Point or the wonderful facilities at Park Road Fitness in Burlingame, the finest gym in Northern California. We have only two rules: Don't get hurt. Of course, now I wait for you to ask the second rule...and then I say: "Don't get hurt." This should make you laugh so hard your ab workout is finished for the day.

One issue kept arising: people kept asking questions about the workouts! So, the group agreed to put together a simple little overview of what we do. The photos are by Alyssa Umsawasdi and Kristina Ironmaiden. As you go through the workouts, remind yourself that this is simple a "suggestion." Our goal is to mix mobility, strength and cardio seamlessly through our training. So, keep the spirit of the CPKC in mind while you train: occasionally have a random discussion about any topic under the sun, try something you think you might have seen in a book or on the Internet, experiment with some new rep scheme that made perfect sense when you thought of it in the shower.

In other words, Enjoy the Process!

We are with you in spirit,

*The Coyote Point Kettlebell Club*

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# Equipment:

A reasonable Kettlebell (For most men, 16, 20 or 24, for women, 12 or 16 ((or the 8))

An area you can move around in.

A towel (Please read "The Hitchhiker's Guide to the Galaxy")

Water is always a good idea

# Waiters Walk:



Carrying Variations video:

<http://www.youtube.com/watch?v=MosjCJfCjRM>

For more information go here:

[http://www.davedraper.com/fitness\\_products/product/VDJEO.html&I D=DJ](http://www.davedraper.com/fitness_products/product/VDJEO.html&I D=DJ)

Our Favorite Warm Up:

20 Swings

Left Hand Waiter Walk

20 Swings

Left Hand Waiter Walk

20 Swings

Right Hand Waiter Walk

20 Swings

Right Hand Waiter Walk

20 Swings

It adds up to 100 Swings and a lot of walks and a warmed up human being.

# Goblet Squat:



Video:

<http://www.youtube.com/watch?v=qaQPfi8f27E&feature=related>

Thank you Phil Scarito for the Video!



# Vents:



## 1) Toes

Toes -- sit on your knees, balls of your feet together behind you, weight over your ass. Try to move your heels together too. Reach back and grab your heels with one hand and force them together (keep your toes dug in the ground and the balls of your feet together.) This is likely pretty uncomfortable. Make it more so by leaning your weight back on your toes/feet.

## 2) Wrists with palms down

Palm down - Get on all fours, rotate your wrists so that your middle finger is pointing to your knees, palms down, but your watch face is pointing towards your knees, and you are resting on the palms of your hands. It should not feel great. Now lean forward and put some weight on it and stretch out your wrists. Try to move your elbows around a bit to loosen up.

## 3) Wrists with palms up

The "palms up" vent is just like the palms down, but this time your palms are facing palm up and you are resting on the top of your hands, index fingers pointing towards your knees, watch face pointing forward. Same drill with your weight.

## 4) Fins

Fins - All fours again, you put your weight on only two fingers of your hands, specifically the thumb and pointer finger, take them and form a "V", point out with both of your pointer fingers to the left and right (right pointer pointing right, left pointer pointing left), you will notice that to do this your wrists again get turned down and now your weight will be on the inside of your wrists. Again, put some weight on them and try to rotate your elbows a little to loosen you up.

# Hip Flexor Stretch Series/ With Press:



Hip Flexor Stretch, from the RKC Manual:

Assume the kneeling lunge position on a soft surface. Your hips must be square, your feet “on railroad tracks” rather than in line, and your torso upright at all times.

The shin of the front leg should be near vertical; you may have to step forward during the stretch as you are sinking lower and the knee is moving forward.

You may hold on to something on your side for balance; you may not lean forward on your knee. Better yet, press your palms into the small of your back.

Squeeze your glutes and push your pelvis forward. Your pelvis, not your chest! The hips must lead and most of your weight must stay on the rear knee!

Relax and go back. Get into a rhythm of approximately one rep every two seconds.

Your left foot is forward; you are stretching the hip flexors on your right.

We add some easy presses from this position to insure proper hip position (note Dan is leaning in his press....wrong!), add some stability challenges and get in some additional pressing.

# Horizontal Shrug/ Crappy Push-Ups/ Elbow Rotations:



## Horizontal Shrugs:

Years ago, this exercise was often done with bench presses and was called “the Horizontal Shrug.” Now it is often called “Scap Pushups” or what we call “Crappy Pushups.” Simple shrug your body up and down in the Push Up position with OUT bending the arms. Go deep and then really extend high.

## Elbow Rotations:

These are “half Push Ups.” The only thing is that you drive your elbows “back, out and around” trying to really loosen the elbows up. That’s not the right term, but you will notice that a few of these make the wrists and shoulders feel better. Do the rotations in both directions.

# Rosenbergs (Dolphin Pose):



Mike Rosenberg insisted that we include these in our warm ups. These are the classic Yoga movement, but we slide our bodies through the downward dog and cobra pose and pump that arm pit area of the shoulder. The web is filled with explanations of this movement, so don't worry if the details are light here.

# Downward Dog:



This is another classic Yoga movement. We do this with our hands together (triangle between the thumbs and index finger) and in our vents positions. We mix this with the cobra. The key to this combo, again, is the gentle pumping action of the hips high to the hips low.

To lengthen and open up the chest more, turn your hands away from you (fingers facing away from you) and bring them closer to the hips.

# Bird Dog/ Horse Stance Series:



Watch video on Dan's Blog:

<http://danjohn.net/2011/05/bird-dogs-can-openers-and-frogs/>



# Can Openers:



Same thing as a yoga pigeon pose except you're making small movements in the "hot" / tight spots in an effort to "grease" the area and stretch deeper.

Watch video on Dan's Blog: <http://danjohn.net/2011/05/can-openers/>

# Tactical Frog:



Same as a frog stretch with small movements back and forth in the "hot" / tight spots in an effort to "grease" the area and stretch deeper & wider.

Watch video on Dan's Blog: <http://danjohn.net/2011/05/tactical-frogs/>

# Get-Ups:



Video: <http://www.youtube.com/watch?v=t-ymPDhyPvg>

# Get-Up Planks:



This exercise goes by other names, but don't get lost in the language. Begin in an "Up" Push Up position. Raise your right leg, leading with the knee if possible, as high and as far to the left as you can go. Hold the right hand firmly on the ground as long as you can. Reach the foot into the "Hips High" Position of the Get Up. That's it. We return to the Push Up position without any special instructions and move to the other side. The stretch and plank in this drill are very unusual and seems to be more tiring that it should be as you first look at the movement.

# Starfish:



This is one of Martha Peterson’s moves. We lay on the ground and actively stretch ourselves simply by pushing the right heel as far from the body as possible. Rest and relax in that position. Then, actively drive the left hand in the opposite direction. Relax. Repeat to the other “side.”

## A tip from Martha Peterson:

You get even more use out of the Starfish when you add the arms: one reaches up, comes back and relaxes, then the other reaches up, then relaxes. Now you’ve got length through the core and the lats release as well.

Thanks Martha! Visit her blog at:

<http://essentialsomatics.wordpress.com/>

# Hip High:



Turkish Get Up Progression:

Roll to side (I call this "Cuddle") (Be sure when on your back put your right ear to the ground at least once and your left ear to the ground at least once)

Up to elbow (Raise your "straight leg" up and down a few times)

Up to post (I call this the "T Position" like I use in explaining the discus)  
(I also look back and forth at both hands a few times, too) (Do the leg  
raises, too)

To high hips (The Key. Hold the Hips High for a while and keep  
stretching the "Four Knots")

Rarely do we finish the exercise...but, here you go:

To kneel

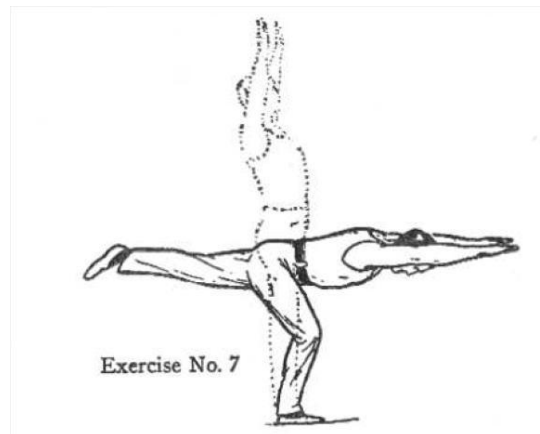
To stand and then back down.

The "Four Knots:" Right shoulder, left shoulder, right hip, left hip.

They are also the Fence Posts that hold the "chain link" fence (the core,  
but I loath that term)

# One Leg Dead Lift

(BatWing/ Hip Assessment Bat Wing)



**Georg Hackenschmidt did these back in 1911!**

BatWing/Hinge Assessment Test:

A typical workout ignores the rhomboids. Developing this muscle in the middle of your upper back will balance your workout and help you stand taller. Moreover, for most guys struggling to gain Lean Body



Mass, they also seem to have posture issues that lead to soft issue issues that lead to long-term issues. Let's fix it now.

Grab a heavy pair of kettlebells or dumbbells and lie facedown on a bench, resting the weights on the floor. Pull the weights up toward your rib cage, squeezing your shoulder blades together at the top for a second; from a bird's-eye view, your torso should resemble bat wings.

This movement is slight, the weights should move up and down only about 6 inches. The higher you pull, the harder you should squeeze your shoulder blades together. Perform 4 or 5 sets of 5 repetitions. The repetitions are simple something akin to an isometric squeeze.

When in doubt: stick your thumbs in your armpits on this drill. And, it seems to look like “Bat Wings” from the side. In a way, maybe.

We combine our Bat Wings with the Hinge Assessment Test. It is a drill I use to teach the Hinge. Basically, get on one foot and “Hinge” the upper body forward and lift the off leg. Don't let the toe turn out on the unweighted leg. Keep pulling the body back on the supported leg until the hamstrings really get tight and uncomfortable. In this position, actively flatten out both buttcheeks so they are BOTH horizontal; don't let one “pop” up. This alone is worth learning to do and watching for others to do it right.

If you can do the HAT right, grab a bell and do a single arm Bat Wing, too. You will feel the body cramp up “across” itself. It feels odd, but it is a great training movement.

# Martha Peterson Hip Drills:

Please go to Martha's Blog for more information:

<http://essentialsomatics.wordpress.com/>

# The Actual Workout(s)\*

\*The following workouts are what we do most often:

1. Bulgarian Goat Belly Swings/Goblet Squat Medley (A true butt buster.)
2. Clean/Front Squat Cardio (Fibonacci Rules!!)
3. Swing/Push-Up combo's (Mix in additional exercises for fun and excitement. For example: Goblet Squats, Farmer's Walks, Leg Raises, etc.. )

Many don't understand that the warm-up is pretty extensive and for the most part comprehensive. Doing just the warm-up you would be well served. However, by including a workout, you really can have it all. You just have to pay for it with hard work. (As a general rule-of-thumb, we try to get in at least 200 swings during the warm-up. Any additional swings done during the workout is gravy.)

# The Workouts

## Workout One:

### ButtBlaster 4000

This is a simple workout mixing the Pattern movement for squats, the Goblet Squats, and the Grind movement for the Hinge, the silly named “Bulgarian Goat Bag Swing.” A great workout on the road, too, by the way.

See this for how to do Bulgarian Goat Bag Swings:

[The Metabolic Swing Article](#)

See this for how to do Goblet Squats:

[The Step by Step Approach I use for teaching Squats](#)

The Workout is simple: for every BGBS you do, add a Goblet Squat. I tend to go simply 1/1/2/2/3/3/4/4/5/5...but you can also go with diminishing numbers or simply do something like 2/2/5/5/10/10. With a heart rate monitor, I discovered that this combo really shocked my HR up to 150 and kept it there. Moreover, this workout keeps the HR above 110 (for me) for a long time. So, if EPOC exists (look it up), this is an EPOC workout.

1 Bulgarian Goat Bag Swing  
1 Goblet Squat

2 Bulgarian Goat Bag Swing  
2 Goblet Squat

3 Bulgarian Goat Bag Swing  
3 Goblet Squat

4 Bulgarian Goat Bag Swing  
4 Goblet Squat

5 Bulgarian Goat Bag Swing  
5 Goblet Squat

This is the basic workout and it is my favorite “mini-workout.” If you feel it in the hamstrings, *you did it right*. Having sore hamstrings is usually a sign that your butt is doing the work. A sore lower back indicates you don’t know what a hinge is, so take some time reviewing it until you master it.

## **Workout Two: The Cardio Clean Article and Program**

Not long ago, I decided that my javelin throwers needed “something.” Like an artist, coaching is sometimes as much about instinct and intuition as it is about applying physics to the human body. Actually, science can often lead one astray as did the famous biomechanical study of the shot put that determined that the second place thrower at the Olympics actually beat the winner according to the calculations. (If you remember the cartoon character “Foghorn Leghorn” and his attempts to outwit the young “Egghead, Jr.,” you might have an insight into why the winner kept his gold medal even when the science geeks thought he got second place.)

So, I had this idea. My athletes have always complained about some kind of early season malady for javelin throwers. “Coach, my elbow hurts.” “Coach, my shoulder hurts.” “Coach, my back hurts.”

My normal response has always been “So?” ‘Compassion’ is not my middle name (it is “Arthur,” actually and I have dinner at a Round Table every night...and that’s all true.). But, this year, I had already had an idea. Before the season started, I took them out to the back part of our campus where we have a set of Monkey Bars. If you ever want a full upper body workout in about a minute, swing from hand to hand across the Monkey Bars.

Hold on. Why do we call them Monkey Bars? In Wikipedia's definition of "Brachiation," there is a very interesting description of the traits of brachiators:

*"Some traits that allow primates to brachiate include short fingernails (instead of claws), inward-closing hook-like fingers, opposable thumbs, long forelimbs, and freely rotating wrists."*

Sound familiar? Yeah, well, look in the mirror! As we so often say in the RKC community, the Monkey Bars (the Javelin Thrower Bars?) were actually "Reverse Engineering" the Javelin throw. In the same way that the upper body works in harmony to move from bar to bar mimics the movement of the javelin throw. Moreover, it is difficult to do this movement without an RKC approved "packed shoulder." And, for once, I didn't hear about "this hurts" in the preseason.

And, like all my insights, this one kept gnawing at my brain for a few weeks. There was something "right" about this idea and I knew that it would help me (Help me. Help you! Where's Jerry McGuire when I need him.) in my recent long venture into studying the potential of the kettlebell clean.

For the record, not long ago, I looked at the "Kettlebell Six," the six core moves of the RKC Kingdom (Snatch, Get Up, Press, Squat, Swing and Clean). It occurred to me that we had "Champions" of every movement with entire books being written about some (the Snatch and the Get Up come to mind) and others so insightfully drilled and corrected that

there is literally an answer for every questions for the movements, even if you don't have any questions!

And, then...the Clean. In response to any question about the Clean, the answer is usually something as uninspiring as “Well, um, it gets you in place for the press and, well, we teach it on Day Two.” I felt we needed a “Champion of the Clean” and I laid the mantle upon my shoulders! This is how I began a long dark journey into studying the Kettlebell Clean. As an Olympic lifter, I knew firsthand the issues teaching the Kettlebell Clean as there are stunning differences between the Olympic version and the correct Kettlebell style. In the Olympic lifts, you finish with soft legs (think of a quarter squat position) to absorb the shock of the weight. Not so in the Kettlebell version as you strive to “zip up” the finish. From “Enter the Kettlebell,” Page 98, we read this:

*“Tense your glutes and brace your abs—don’t suck them in, but wall them up as you would for a punch—to absorb the impact. Don’t rebend your knees.”*

In the Olympic lifts, we need loose, bendy wrists to catch the barbell in the clean with elbows high to not only secure the weight as you rise from the squat catch, but to allow a springy jerk. Again, the kettlebell is the opposite:

*“The fist should be kept on a straight line with the forearm and there should be no bending of the wrist in any direction.” Ditto with the kettlebell lifts. A limp wrist bent back is a guarantee of weakness and injuries. (ETK, 90)”*



It's funny to look at those first two points as the BULK of the teaching for a young athlete concerning the Olympic style clean. They are dealing with technique and timing of the squat catch while also dealing with the constant issue of wrist flexibility usually resulting pain in the forearms.

You might remember that we started this conversation with soreness and injuries in the javelin throw. Don't worry, we will make the connections soon.

In the standards of the Kettlebell Clean, two points rang out to me:

1. The kettlebell, the elbow, and the torso must "become one" on the top of the clean.

The shoulders must be pressed down.

2. The arms must stay loose, and the hips must do all the work.

Number Two practically defines what we began to witness on the Monkey Bars. In addition, Number Two literally IS the definition of excellence in not only the throwing sports but probably the kicking and fighting sports, too.

The two points collided in my brain: Our javelin throwers were becoming better at the javelin by doing the Monkey Bars. They were getting stronger, more supple, and remaining pain free by "becoming one." Moreover, they were learning to keep the arms loose and move through space with their upper body by using huge hip movements as part of their locomotion.

So, if the insights of the Kettlebell Clean helped me appreciate the relationship between Monkey Bars and Javelin throwing, wouldn't it make sense to look at the Kettlebell Clean as a way to replace the Monkey Bars?

All I can answer you with is a resounding: "Maybe."

So, I began to add a lot of Kettlebell Cleans to our training for all of our athletes. Oddly, an additional insight came from my athletes: "Coach?" Yes. "Hey, my arms have been getting bigger lately." It was an interesting point and it led Pavel and me to an interesting concept that we are now calling "Armor Building." In our upcoming book, I note:

*"I played varsity football for South City High back in the glory days (key Bruce Springsteen) and all my games were at night. My last game was played on Thanksgiving early in the morning. Hours later, when I normally would've been asleep, we ate Thanksgiving dinner. I was simply amazed at how much pain my upper arms felt from the banging of a game. Since that time, I've bought into the idea of armor building for football. There's no question that the more time one spends under load, the more hypertrophy that will result."*

So, "Armor Building" is a term I used for Functional Hypertrophy; it is that extra mass that allows you to handle the contact and collisions of sports and life. Yes, it is possible to compete without a lot of mass, but for greater mileage consider a little padding of muscle.

The best exercises I know for Armor Building are:

Kettlebells

Single and Double Cleans

Double Kettlebell Front Squats

The Kettlebell Press Variations

Barbells

Zercher Squats

Suitcase Deadlifts

Snatch Grip Deadlifts

Bench Press

Curls (Try doing them with a Thick Bar!)

So, why do Kettlebell Cleans work the “guns” so well? To continue from our upcoming book:

*“I hate being any kind of anatomy geek, but I need to add one thing: the Kettlebell Clean might be the best “gun,” or bicep, exercise made. Now, every school kid knows how to “make a muscle” showing off the bicep and we soon learn that the twisting into the “guns” position is also a big key. The third function tips us off to why the Kettlebell Clean is superior for rapid gun advancement:*

*“The biceps brachii assists in forward flexion of the shoulder joint (bringing the arm forward and upwards). The short head of the biceps brachii also assists with horizontal adduction (bringing the arm across the body) when the arm is internally (or medially) rotated. Finally, the long head of the biceps brachii, due to its attachment to the scapula (or*

*shoulder blade), assists with stabilization of the shoulder joint when a heavy weight is carried in the arm.”*

And, honestly, it makes sense. No part of the body works in isolation (well, maybe the “mind,” but even then try losing it!) I discovered some amazing soreness in my lats after doing a recent “Cardio Clean” workout (see below) and I am convinced that when you do something that is both heavy and dynamic, good things happen. I nominate that as the understatement of the year.

The more I work and teach the Kettlebell Clean, the more simple insights I have and I am willing to share with our community. There are few technical cues that seem to need universal review.

First, the Clean is related to the Swing. Check that: it IS a SWING. Don’t dead hang clean the weight (and then wonder why you keep crashing into it!). In ETK, we are given the simple directions:

*“Pick up a kettlebell, swing it back between your legs as if for a swing, and bring it to the rack in one smooth movement.”*

So, insist on “Hike Passing” each and every Kettlebell Clean, then zip up to the rack position. Remember, it is a Swing that finishes in the Rack. It is not a drop and flop backwards!

Herein lies the great issue with NOT Swinging the Kbell to start: You end up “Swinging.” Okay, definition alert here: In Tommy Kono’s brilliant recent book, “Championship Weightlifting,” he notes (page 132) the differences between “Pullers” and “Swingers.” Folks, we want to be

pullers, or better stated: we want to be Hike Passers. The Swing exercise is the RKC approved hip exercise that will burn fat and train jumping better than anything I know. Tommy's concern is that many lean back away from the bar/bell well past vertical to accelerate to finish. He calls this the "Swing" as the body is countering the bar/bell by leaning backwards and causing a kind of "false acceleration."

In the RKC Community, we call this "slouching." Don't do it. Yet, so many do. They are wrong.

In the Kettlebell Clean, it would be great to have a device that doesn't allow any rearward movement beyond vertical of the upper back after the hip snap. It is easy to see, and even easier to hear, when this is done wrong. At the "finish" of this kind of Kettlebell Clean, the person's upper body travels about a foot forward (to regain vertical) and the bell travels a foot backwards to meet the shoulder. Auugh. Listen for it. Watch it. Enjoy it when others do it. Don't do it.

So, for clarity:

RKC Swing: Great movement, do it often.

Tommy Kono's Swing: Awful movement, don't do it ever.

Remember the sound advice from ETK (95):

*"Throw the kettlebell behind you between your legs— not straight down. Just like the hike pass from football. The closer your forearm is to your groin, the better. The*

*tighter the arc, the better. Taming the arc is a very important concept in kettlebell quick lifts.”*

Don't start from a dead stop, a dead hang clean, or a plumb line position. Swing it and Clean it!

The Second great recent insight involves the elbows. Whereas wall cleans are a good start (protect your face!), many people, especially those from either Olympic lifting or a sport that does Power Cleans in training, want to do large, loud, big elbow movements.

Try to stress something I call “Quiet Elbows.” You can also use the term “Small Elbows” or really anything you want to teach the movement as a Swing followed by a Rack with very little flair or movement from the elbows. I continue to flail my left elbow around too much in my Double Cleans. The Monkey Bars are actually excellent for teaching this: try doing a set with a lot of conscious arm bend and see how fast or efficient you move. The elbow should be “whippy” with the hands the tip of the whip, not the bend of the elbow. Take a few sets actively trying to “quiet” the elbow movements.

The third element I am stressing is a drill. I have noticed for a while something I call “Tick Tock Cleans.” On the first rep, the body finishes just a little off vertical to the side away from the bell. On each successive rep, the athlete slowly comes up to vertical so that on the final rep, we have a suitable clean with a vertical snappy finish. Like a second hand on a clock, the athlete seems to “Tick Tock” to the top: 56, 57, 58, 59, Gong!

A quick side note here: a good coach doesn't correct a thousand details per rep. In fact, the opposite would be true: one should strive to focus on one issue for a thousand reps. I remember asking a great high school football coach the secret of his success, he told me: "You just can't let yourself get bored watching the same play over and over again. It's really up to you to have the discipline to keep getting it right." So, when working with someone, find and fix the key issue. It's amazing but true: if you fix the big problem, the little ones disappear, too.

This is especially true with Single Kettlebell Cleans, it is difficult to get the person to zip up both legs. I have been doing a very simple drill called "Off Leg Snaps." (Feel free to find a better term as my originality has been wiped out by a lifetime of stealing and copying everything I can get my hands on.) Very simply, during a Single Kettlebell Clean, place the off hand on the off leg's Quad. After the hip snap, focus on "making a muscle" with the Quad. Squeeze the off heel deep into the ground and feel everything tighten up. This will end "Tick Tock" Cleans in about one set. Don't worry if you need to come back to this movement over and over again. Especially with stronger males, there seems to be a tendency to want to simply "bully" the bell into place. This simple drill seems to cure that need.

I think the Kettlebell Clean has also been underappreciated as a cardio trainer. I know we have all explored the avenues of the snatch as a VO2 trainer and a Man Maker, but I would offer the "lowly" clean as an option. Let me offer an important point, too: since reading Mike Boyle's "Advances in Functional Training," I have reassessed my opinions about

certain things. Now, Mike doesn't teach the KB snatch because of the wrist banging. I am sure I hear our community scoffing at that, but Mike has an important point: if his client, say a young high school athlete, goes home and complains to mom about these bruises and the soreness, mom is going to stop writing checks to Mike and his business will go elsewhere.

My other concern about high rep snatches has been both grip issues: first, the grip goes out. Well, you might counter, you need more grip strength. Well, maybe so, but if our cardio workouts are getting cut because of grip issues, it seems like we have the "horse before the cart," or, whatever, as I never knew what that phrase meant anyway. Yet another issue is the tearing of the skin. Even well trained athletes with excellent technique find skin issues on high reps snatches. Again, if you have an athlete preparing for "this" yet is in the training room for skin tears, you may find your career on a short list.

I must also add this after conversations with some of the brightest names in our community: high rep snatches seem to lead to Brett Jones's concept called "Uglystyle." I noticed in my own training that when I start to push the reps on snatches, the lock out becomes more and more dicey.

Can all of my objections to high rep snatches be addressed? Yes, of course. But, if you are coaching athletes, just remember that every minute you spend on overcoming something in the weightroom or in a drill is time away from the actual performance of the sport. Moreover, if you become more famous for the perception that you are hurting



your clients rather than helping, your income is going to be impacted in some way. This isn't a "good" or "bad" discussion, merely some observations and thoughts about our approach to fitness. If you feel like you need another option, consider the Cardio Clean.

So, what is the "Cardio Clean" workout? It is very simple on paper and a bit harder in reality. For a massive hit to the body, do them with Double Kettlebells, but for most of us, like me, I choose the single bell. It is simply a set of Cleans, followed by an active rest with the single front squat (or Double) to rest the grip and keep things ratcheted up.

Let's start with the Left Hand:

8 Single Kettlebell Cleans

3 Single Front Squats

Swing and Switch Hands

8 Single Kettlebell Cleans

3 Single Front Squats

Swing and Switch Hands

5 Single Kettlebell Cleans

2 Single Front Squats

Swing and Switch Hands

5 Single Kettlebell Cleans

2 Single Front Squats

Swing and Switch Hands

3 Single Kettlebell Cleans

1 Single Front Squats

Swing and Switch Hands

3 Single Kettlebell Cleans  
1 Single Front Squats

It's a simple gasser where you end up with 32 Cleans and 12 Front Squats. Try it with a heavy bell (I use my 28 although certainly one could use less or more) and note the impact throughout the body.

Notice how the squats are minimal? I would recommend you keep them in the range recommended. On the cleans, doing more than eight with a heavy bell seems to begin to sneak into the area of technical issues, although your mileage may vary.

So, there you go: I'm still experimenting and learning with the clean. I offer some insights and ideas here to improve yourself and those you work with in the gym. But, I'm not done. I am still looking for the Holy Grail of the clean the Alternating Double Kettlebell Clean, but I can't make it work for everyone. Yet.

Variations: add a Pull Up after every Front Squat (follow the 3-2-1 reps, for a total of 12 Pull Ups). Or, add Push Ups, same rep scheme

## **Workout Three:**

### **Swings and Push Ups**

I enjoy the questions that people ask me, “should I just do more swings?” I usually tell you “no.” I love swings, I do, but I like to keep the reps “around” twenty for reasons of safety and technique. No, nothing bad is going to happen...usually, but high rep swings often lead to some people degrading their movement. So, I prefer to stop at twenty or so and do Push Ups or whatever.

Here is the key: the HR monitor indicates that doing ONE Push Up between sets of Twenty Swings really pops the HR up. Why? You have to get off the ground. It is that simple: getting off the ground each and every time (I’m sure the act of pushing up helps, too...) is a big movement and it helps you keep the heart pumping.

So, for a “cardio/fatloss/super workout” mix Swings and Push Ups.

### **Workout Option #1**

Swings for 20 seconds

Pushups 6

Rest - 30 seconds

Repeat for 15 mins

\* Per workout, increase pushups by 1

## **Workout Option #2**

Swing 30 seconds

Rest 30 seconds

Repeat up to 15 minutes

## **Workout Option #3**

At the top of the minute:

20 swings, 10 pushups, rest the remainder of the minute.

20 swings, 9 pushups, rest ... and so on down to

20 swings, 1 pushup.

If you want to do 15 minutes start with 20 swings, 15 pushups.

Next time do 21 swings each time...

## **Workout Option #4**

Swings 20

Gather yourself

Pushups 10

Finisher -- Farmer walks

\* Note: Instead of time, add sets

## **Workout Option #5**

In your own time:

10 swings, 10 Goblet Squats (GS), 10 Pushups

10 swings, 9 GS, 9 pushups.

< down to >

10 swings, 1 GS, 1 pushup

## Workout Option #6

Drive to a park you and ...

On the minute:

1 Swing and 1 Push Up, then carry the weight to the top of the next minute

2 Swings - 2 Push Ups, carry the weight to the top of the next minute

Continue until you're finished

## Workout Option #7

Goblet Squat: 10

Rest (length up to you)

Swing x17 -> Push Up x7

Rest 45 seconds

Swing x17 -> Push Up x7

Rest 45 seconds

Swing x16 -> Push Up x5

Rest until you catch your breath

Goblet Squat x7

Rest/Cool Down

*For more clarity, the author added this:*

Goblet Squat: "comfortable stop"\*\*\*

Rest (length up to you)

Swing to comfortable stop -> Push Up to comfortable stop

Rest 45 seconds

Swing to comfortable stop-> Push Up to comfortable stop

Rest 45 seconds

Swing to comfortable stop-> Push Up to comfortable stop

Rest until you catch your breath

Goblet Squat to comfortable stop

Rest/Cool Down

(Optional Farmer Walk)

"Comfortable stop" as in not train to fail but don't cut yourself short, a la ETK

Thanks to Dave Miklasevich who put the above workouts together!

## Swing/Push Up/Goblet Squat Workout from Park Road

1 Push Up

1 Goblet Squat

10 Swings

2 Push Ups

2 Goblet Squats

10 Swings

3 Push Ups

3 Goblet Squats

10 Swings

4 Push Ups

4 Goblet Squats

10 Swings

5 Push Ups

5 Goblet Squats

10 Swings

### **From Dan Martin:**

5 Goat Bag Swings

5 Goblet Squats

5 Push-Ups

1 Ab-Roller Roll Out



Lather, rinse, repeat.

**Another from Dan:**

10-9-8-7-6-5-4-3-2-1

Swing

10-9-8-7-6-5-4-3-2-1

Goblet Squat

10-9-8-7-6-5-4-3-2-1

Push-Up

Go until you're done.

*I would suggest doing them 10-10-10-9-9-9-8-8-8...*

# Brettzel

(closer/calmativ):



See: <http://www.youtube.com/watch?v=UySxRO95T5E>

# Tips:

(It is always good to remember...)

- \*Swings should be related to the bell. If you snap your hips and the bell goes "this" high, well, that's great. I Double Swing with 32s to teach my athletes that the snap is the key as the bells don't go very high.
- \*Exaggerating the swing is not a good idea. It is an exercise that gets its benefits from the snap to the plank. It's other benefits, like the cardio hit, are just swell but secondary.