

# Mahler's *Aggressive Strength*



## ***Kettlebell Workshop Manual*** *By Mike Mahler*

### Disclaimer

The exercises and advice contained within this book may be too difficult or dangerous for some people, and the reader(s) should consult a physician before engaging in them.

The author and publisher of this book are not responsible in any manner whatsoever for any injury which may occur through reading and following the instructions herein.

## **Mahler's Aggressive Strength Kettlebell Workshop Manual**

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**One-arm Kettlebell Clean**

### **Exercise Description**

Place a kettlebell between your feet. As you bend down to grab the kettlebell, push your butt back and keep your eyes looking forward. Bring the kettlebell straight up using body momentum (don't even think about trying to curl it). Drive through with the hips and raise the kettlebell to your shoulder.

### **Performance Tips**

- Crush-grip the kettlebell in the starting position.
- Open your hand as the bell passes your waist and get your hand around the kettlebell.
- Breathe in forcefully as you clean the kettlebell and out as you lower the kettlebell.
- Contract your midsection and glutes at the top position to brace for the weight.



**Bottoms-up Clean From The Hang Position**

### **Exercise Description**

Initiate the exercise by standing upright with a kettlebell in one hand. Swing the kettlebell back forcefully and then reverse the motion forcefully. Crush the kettlebell handle as hard as possible and raise the kettlebell to your shoulder.

### **Performance Tips**

- Keep a fairly loose grip when you swing the kettlebell back
- Crush the handle as hard as possible as you clean the kettlebell to your shoulder.
- Flex your bicep and shoulder as hard as possible in the top position
- Breathe in as you clean the kettlebell to your shoulder and breathe out as you lower the kettlebell to the starting position.





**Two-arm Kettlebell Clean**

### **Exercise Description**

Place two kettlebells between your feet. To get in the starting position, push your butt back and look straight ahead. Raise the kettlebells straight up as fast as possible and take the kettlebells to your shoulders. Lower the kettlebells back to the floor and repeat.

### **Performance Tips**

- Breathe in as you clean the kettlebells to your shoulders.
- Drive through forcefully with your hips
- Get your hands around the kettlebells, rather than letting the kettlebells flip around and bang up your wrists.
- Flex your stomach and glutes at the top of the clean to brace for the kettlebells.
- Avoid rounding your back at all times.



**Alternating Kettlebell Clean**

### **Exercise Description**

Place two kettlebells between your feet. To get in the starting position, push your butt back and look straight ahead. Clean one kettlebell to your shoulder and hold on to the other kettlebell. Take the cleaned kettlebell back to the floor and then clean the other kettlebell.

### **Performance Tips**

- Make sure to start each repetition with both kettlebells on the floor.
- As you clean one kettlebell, let the other kettlebell hang in the opposite arm. Do not shrug the kettlebell or bend your elbow.
- Breathe in as you clean one kettlebell and out as you take one kettlebell back to the floor.



**One-arm Kettlebell Military Press To The Side**

### **Exercise Description**

Clean a kettlebell to your shoulder. Look at the kettlebell and press it up and out until it is locked out overhead. Lower the kettlebell back to your shoulder under control and repeat.

### **Performance Tips**

- Try holding your breath as you press the weight (**Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems**).
- Look at the kettlebell as you press and lower it.
- Flex your lat as hard as possible before pressing the weight for added stability and power.
- As you lower the kettlebell back to the starting position, actively pull it with your lat as if you are doing a lat pull-down or chin up.
- Contract your abs and glutes as hard as possible as you press the kettlebell for added stability and power
- Crush the kettlebell handle as hard as possible for increased strength.



**One-arm Kettlebell Press Looking Forward**

### **Exercise Description**

This press resembles the Arnold press and is more common in gyms. Looking straight ahead, press the kettlebell out and overhead as if you are trying to make half of a circle. Press the kettlebell behind your head and lean forward slightly at the top for a stronger lockout.

### **Performance Tips**

- Try holding your breath as you press the weight (**Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems**).
- Look straight ahead (not up or down) as you press and lower the kettlebell.
- Flex your lat as hard as possible before pressing the weight for added stability and power.
- As you lower the kettlebell back to the starting position, actively pull it with your lat as if you are doing a lat pull-down or chin up.
- Contract your abs and glutes as hard as possible as you press the kettlebell for added stability and power
- Crush the kettlebell handle as hard as possible for increased strength.



**One-arm Kettlebell Para Press**

### Exercise Description

Clean a kettlebell out to your shoulder. Press the kettlebell straight overhead and then lower the kettlebell back to your shoulder.

### Performance Tips

- Try holding your breath as you press the kettlebell (**Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems**).
- Look straight ahead (not up or down) as you press and lower the kettlebell.
- Flex your lat as hard as possible before pressing the weight for added stability and power.
- As you lower the kettlebell back to the starting position, actively pull it with your lat as if you are doing a lat pull-down or chin up.
- Contract your abs and glutes as hard as possible as you press the kettlebell for added stability and power.
- Crush the kettlebell handle as hard as possible for increased strength.



**Seated One-arm Kettlebell Military Press**

### **Exercise Description**

Sit on the floor and spread your legs out comfortably. Place a kettlebell in one arm in the clean position. Press the kettlebell up and out until it is locked out overhead.

### **Performance Tips**

- Try holding your breath as you press the weight (**Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems**).
- Look straight ahead (not up or down) as you press and lower the kettlebell.
- Flex your glutes and abs before you press the kettlebell
- Contract your lat for added stability
- Crush grip the kettlebell handle





### **One Arm Kettlebell Sots Press**

#### **Exercise Description**

Clean a kettlebell and go into a full squat. From the bottom position of the squat, press the kettlebell up and out until it is locked out overhead.

#### **Performance Tips**

- Try holding your breath as you press the weight (**Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems**).
- Look straight ahead (not up or down) as you press and lower the kettlebell.
- Flex your glutes and abs for added stability.
- Contract your lat for added stability
- Crush grip the kettlebell handle
- Make sure that your glutes are resting on your calves for maximum stability
- Do not do this exercise if you cannot do a full squat



**Two-arm Kettlebell Military Press**

### **Exercise Description**

Clean two kettlebells to your shoulders. Press the kettlebells up and out. As the kettlebells pass your head, lean into the weights so that the kettlebells are racked behind your head.

### **Performance Tips**

- Try holding your breath as you press the kettlebells (**Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems**).
- Look straight ahead (not up or down) as you press and lower the kettlebells.
- Flex your lats as hard as possible before pressing the kettlebells for added stability and power.
- As you lower the kettlebells back to the starting position, actively pull them down with your lats as if you are doing a lat pull-down or chin up.
- Contract your abs and glutes as hard as possible as you press the kettlebells for added stability and power
- Crush the kettlebell handles as hard as possible for increased strength
- Pull your shoulders down before each repetition





**Alternating Kettlebell Military Press**

### **Exercise Description**

Clean two kettlebells to your shoulders. Holding both kettlebells in the top position, press one while holding the other kettlebell stationary. Lower the pressed kettlebell and immediately press with the kettlebell with your other arm.

### **Performance Tips**

- Get into a rhythm and press the kettlebells as rapidly as possible with solid form
- As you press one kettlebell, pull the other kettlebell down.
- Try holding your breath as you press one kettlebell (**Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems**).
- Look straight ahead (not up or down) as you press and lower the kettlebells.
- Flex your lat as hard as possible before pressing each kettlebell for added stability and power.
- Contract your abs and glutes as hard as possible as you press the kettlebells for added stability and power
- Crush the kettlebell handles as hard as possible for increased strength
- Pull your shoulders down before each repetition



**Kettlebell See Saw Press**

### **Exercise Description**

Clean two kettlebells to your shoulders. Holding both kettlebells at the top position, lean to the opposite side and press one kettlebell. Lower the pressed kettlebell, lean to the opposite side, and press the kettlebell with your other arm.

### **Performance Tips**

- Get into a rhythm and press the kettlebells as rapidly as possible with solid form
- Try holding your breath as you press one kettlebell (**Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems**).
- Look straight ahead (not up or down) as you press and lower the kettlebells.
- Flex your lat as hard as possible before pressing each kettlebell for added stability and power.



**Alternating Hang Kettlebell Clean and Press**

### **Exercise Description**

Place two kettlebell on the outside of your feet and deadlift both as if you are picking up two suitcases. Standing upright, swing one kettlebell back and clean it to your shoulder, while holding on to the other kettlebell. Press the cleaned kettlebell overhead. Lower the pressed kettlebell back to your shoulder and take it back to the hang position. Immediately hang clean and press the other kettlebell.

### **Performance Tips**

- Hold your breath as you press one kettlebell (**Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems**).
- Look straight ahead (not up or down) as you press and lower the kettlebells.
- Flex your lat as hard as possible before pressing each kettlebell for added stability and power.
- Make sure that you get a pre-swing before cleaning each kettlebell.



**One-arm Kettlebell Floor Press**

### **Exercise Description**

Lie on the floor and position a kettlebell for one arm to press. Push the kettlebell straight up toward the ceiling. Lower the kettlebell back to the floor and repeat.

### **Performance Tips**

- Imagine that you are trying to push yourself through the floor as you press the kettlebell.
- Flare your lat as you press the kettlebell
- Hold your breath as you press the kettlebell (**Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems**).
- Contract your abs and glutes as hard as possible as you press the kettlebell for added stability and power
- Crush grip the kettlebell handle as hard as possible for increased strength





**Double Kettlebell Floor Press**

### **Exercise Description**

Lie on the floor and position two kettlebells close to your pecs. Push the kettlebells straight up toward the ceiling. Lower the kettlebells back to the floor and repeat.

### **Performance Tips**

- Imagine that you are trying to push yourself through the floor as you press the kettlebells.
- Flare your lat as you press the kettlebells
- Hold your breath as you press the kettlebells (**Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems**).
- Contract your abs and glutes as hard as possible as you press the kettlebells for added stability and power
- Crush grip the kettlebell handle as hard as possible for increased strength
- Place a kettlebell in your weaker arm side first



**Extended Range One-arm Kettlebell Floor Press**

### **Exercise Description**

Lie on the floor and position a kettlebell for one arm to press. While you press the kettlebell, turn and pivot with one leg in order to increase the range of motion.

### **Performance Tips**

- Imagine that you are trying to push yourself through the floor as you press the kettlebell.
- Flare your lat as you press the kettlebell
- Hold your breath as you press the kettlebell (**Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems**).
- Contract your abs and glutes as hard as possible as you press the Kettlebell for added stability and power
- Crush grip the kettlebell handle as hard as possible for increased strength



### **Extended Range Alternating Kettlebell Floor Press**

#### **Exercise Description**

Lie on the floor and position two kettlebells for to press. While you press one kettlebell, turn and pivot with one leg in order to increase the range of motion. Lower the press kettlebell and press the kettlebell in your other arm.

#### **Performance Tips**

- Flare your lat as you press the kettlebell
- Hold your breath as you press the kettlebell (**Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems**).
- Contract your abs and glutes as hard as possible as you press the Kettlebell for added stability and power
- Crush grip the kettlebell handle as hard as possible for increased strength





**One-arm Kettlebell Row**

### **Exercise Description**

Using the example of the left arm, here is how you do a one-arm kettlebell row. Place a kettlebell next to your right foot. Place your left foot behind your back and rest your right elbow on your right leg. Pull the kettlebell off of the floor to your stomach. Keep your back flat at all times.

### **Performance Tips**

- Flex the lat next to the arm that you are pulling with before you pull the kettlebell.
- Breathe in as you pull the kettlebell and out as you lower the kettlebell
- Crush grip the kettlebell handle at all times.
- Pull the kettlebell back rather than straight up.
- Avoid rounding your back





**Two-arm Kettlebell Row**

### **Exercise Description**

Place two kettlebells between your feet. Bend your knees slightly and then push your butt out as much as possible as you bend over to get in the starting position. Grab both kettlebells and pull them to your stomach. Lower and repeat.

### **Performance Tips**

- Flex your lats before you pull the kettlebells.
- Pull the kettlebells to your stomach rather than straight up.
- Look straight ahead at all times.
- Keep your back flat.
- Flex your stomach and glutes for added stability.
- Breathe in as you pull the kettlebells and breathe out as you lower the kettlebells.



**Alternating Kettlebell Row**

### **Exercise Description**

Place two kettlebells between your feet. Bend your knees slightly and push your butt out as much as possible. As you bend over to get into the starting position. Grab both kettlebells. Pull one kettlebell off of the floor while holding on to the other kettlebell. Hold the kettlebell in the working arm at the stomach for a second. Lower the kettlebell in the working arm and pull the kettlebell with your other arm.

### **Performance Tips**

- As you pull one kettlebell, stretch the non working arm in the opposite direction
- Breathe in as you pull one kettlebell and out as you lower the kettlebell
- Flex the lat of the working arm before pulling each kettlebell off of the floor
- Flex your glutes and stomach for added stability



**Renegade Kettlebell Row**

### **Exercise Description**

Get into the top position of the pushup holding on to two kettlebells that are less than shoulder width apart. Push one kettlebell into the floor and pull the other kettlebell. Hold the kettlebell in the working arm in the top position for a second and repeat. Switch arms after each set.

### **Performance Tips**

- Push the kettlebell of the non-working arm into the floor with as much force as possible
- Breathe in as you pull one kettlebell and out as you lower the kettlebell
- Flex your butt and stomach for added stability
- Flex the lat of the working arm before pulling each kettlebell off of the floor



**Alternating Renegade Row**

### **Exercise Description**

Get into the top position of the pushup holding on to two kettlebells that are less than shoulder width apart. Push one kettlebell into the floor and pull the other kettlebell. Hold the kettlebell in the working arm in the top position. Lower it to the floor and push it into the floor. At the same time pull the kettlebell in the opposite hand. Repeat for several reps on each side.

### **Performance Tips**

- Push the kettlebell of the non-working arm into the floor forcefully.
- Breathe in as you pull the kettlebell and out as you lower the kettlebell
- Flex your butt and stomach for added stability
- Flex the lat of the working arm before pulling each kettlebell off of the floor



### **One Kettlebell Front Squat**

#### **Exercise Description**

Clean one kettlebell to your shoulder and take a stance that you find comfortable for your body type. As you squat down, push your butt out. Looking straight ahead at all times, squat as low as you can and pause at the bottom. Rise back up and repeat.

#### **Performance Tips**

- Breathe in as you squat down and hold your breath as you stand up (**Caution: clear this with your doctor if you have high blood pressure or any heart problems**).
- Look straight ahead at all times or look up, but do not look down.
- Flex your glutes and stomach as hard as possible before rising back up from the bottom position of the front squat
- Press the kettlebell into your upper body to keep the kettlebell in place.



**Front Squats With Two Kettlebells**

### **Exercise Description**

Clean two kettlebells to your shoulders and take a stance that you find comfortable for your body type. As you squat down, push your butt out. Looking straight ahead at all times, squat as low as you can and pause at the bottom. Rise back up and repeat.

### **Performance Tips**

- Breathe in as you squat down and hold your breath as you stand up **(Caution: clear this with your doctor if you have high blood pressure or any heart problems).**
- Look straight ahead at all times or look up, but do not look down.
- Flex your glutes and stomach as hard as possible before rising back up from the bottom position of the front squat
- Press the kettlebells into your upper body to keep the kettlebells in place.





**One-arm Overhead Kettlebell Squats**

### **Exercise Description**

Clean and press a kettlebell with one arm. Looking straight ahead and keeping a kettlebell locked out overhead, push your butt out and squat as low as possible. Pause at the bottom position for a second before rising back to the top. Repeat for several reps and then switch arms.

### **Performance Tips**

- Breathe in as you squat down and hold your breathe as you stand up  
**(Caution: clear this with your doctor if you have high blood pressure or any heart problems)**
- Look straight ahead or look up, but do not look down.
- Flex your glutes and stomach as hard as possible before rising back up from the bottom position of the front squat
- Keep the kettlebell locked out at all times



**Kettlebell One-legged Squat**

### **Exercise Description**

Pick up a kettlebell with two hands and hold the kettlebell like a steering wheel. Hold one leg off of the floor and squat down on the other. Keep the kettlebell above your knee at all times. Hold the bottom position for a second and then stand up. Lower yourself again and repeat. Make sure to do the same amount of repetitions for both legs.

### **Performance Tips**

- As you lower yourself, contract your butt and stomach and pull yourself down under control.
- Pause at the bottom for a second and contract your abs and butt as hard as possible before standing back up.
- Breathe in on the way down and hold your breath on the way up  
**(Caution: Make sure to clear this with your doctor if you have high blood pressure or any heart problems).**





**Kettlebell Windmill**

### **Exercise Description**

Clean and press a kettlebell overhead with one arm. Keeping the kettlebell locked out at all times, push your hip out in the direction of the locked out kettlebell. Turn your feet out at a forty-five degree angle from the arm with the kettlebell. Lower yourself until you can touch the floor in the opposite direction. Pause for a second and then reverse the motion back to the starting position.

### **Performance Tips**

- Look at the kettlebell during the entire duration of the windmill.
- Focus on pushing your butt out to the side as if you are trying to sit down.
- Breathe in as you lower yourself to the floor and out slowly as you return to the starting position.
- Keep the reps between one and five. Windmills require a great deal of concentration.
- Do not force the range of motion. Stay within your limits and gradually increase the range of motion.



**Advanced Kettlebell Windmill**

### **Exercise Description**

Clean and press a kettlebell overhead with one arm. Keeping the kettlebell locked out at all times, push your butt out in the direction of the locked out kettlebell. Keep the non-working arm behind your back and turn your feet out at a forty-five degree angle from the arm with the kettlebell. Lower yourself as far as possible. Pause for a second and reverse the motion back to the starting position.

### **Performance Tips**

- Look at the kettlebell during the entire duration of the windmill
- Focus on pushing your butt out to the side as if you are trying to sit down
- Breathe in as you lower yourself to the floor and out slowly as you return to the starting position
- Keep the repetitions between one and five. Windmills require a great deal of concentration.
- Do not force the range of motion. Stay within your limits and gradually increase the range of motion.



**Double Kettlebell Windmills**

### **Exercise Description**

Place a kettlebell in front of your front foot and clean and press a kettlebell overhead with your opposite arm. Keeping the kettlebell locked out at all times, push your butt out in the direction of the locked out kettlebell. Turn your feet out at a forty-five degree angle from the arm with the locked out kettlebell. Lower yourself until you can pick up the kettlebell next to your front foot. Pause for a second and reverse the motion back to the starting position.

### **Performance Tips**

- Look at the kettlebell during the entire duration of the windmill
- Focus on pushing your butt out to the side as if you are trying to sit down
- Breathe in as you lower yourself to the floor and out slowly as you return to the starting position
- Crush grip the kettlebell next to your foot and slowly stand up
- Keep the rep range between one and three. Double Windmills require a great deal of concentration.



**Kettlebell Bent Press**

### **Exercise Description**

Clean a kettlebell with one arm. Push your hip out in the direction of the cleaned kettlebell. Turn your feet out at a forty-five degree angle from the arm with the kettlebell. While you are sitting back and lowering yourself, contract your lat as hard as possible and move your body away from the kettlebell. Continue to bend to the side until the kettlebell is locked out.

### **Performance Tips**

- Look at the kettlebell during the entire duration of the bent press
- Focus on pushing your butt out to the side as if you are trying to sit down.
- Breathe in as you lower yourself to the floor and out slowly as you return to the starting position.
- Limit yourself to singles until you are confident with your form.
- Remember that you are not pressing the kettlebell. You are contracting your lat as hard as possible to hold it in a fixed position and moving your body away from the kettlebell.
- Think of the bent press as an extension rather than a press



**Kettlebell Side Press**

### **Exercise Description**

Clean a kettlebell with one arm. Push your hip out in the direction of the cleaned kettlebell. Turn your feet out at a forty-five degree angle from the arm with the kettlebell. While you are sitting back and lowering yourself, press the kettlebell at the same time. Continue to bend to the side until the kettlebell is locked out.

### **Performance Tips**

- Look at the kettlebell during the entire duration of the side press
- Focus on pushing your butt out to the side as if you are trying to sit down.
- Breathe in as you lower yourself to the floor and out slowly as you return to the starting position.
- Keep the repetition range between one and three.
- Make sure to contract your lat as you press the kettlebell for added stability.





**Kettlebell Turkish Get-up (Lunge style)**

### **Exercise Description**

Lie on your back and floor press a kettlebell to the top position. Keeping the kettlebell locked out at all times, pivot to the opposite side and use your non-working arm to assist you in driving forward to the lunge position. While looking up at the kettlebell, slowly stand up. Reverse the motion back to the starting position and repeat.

### **Performance Tips**

- Focus on keeping the kettlebell locked out at all times
- Flex your stomach and glutes to drive off of the floor into the lunge position.
- Look at the kettlebell at all times.
- Breathe in as you stand up and breathe out as you lower yourself back to the starting position.



**Kettlebell Turkish Get-up (Squat style)**

### **Exercise Description**

Lie on your back and floor press a kettlebell to the top position. Keeping the kettlebell locked out at all times, pivot to the opposite side and use your non-working arm to assist you in driving forward to the bottom position of an overhead squat. Looking up at the kettlebell slowly stand up. Reverse the motion back to the starting position and repeat.

### **Performance Tips**

- Focus on keeping the kettlebell locked out at all times.
- Flex your stomach and glutes to drive off of the floor into an overhead squat position.
- Look at the kettlebell at all times.
- Breathe in as you stand up and breathe out as you lower yourself back to the starting position.



**Kettlebell Pass Between The Legs**

### **Exercise Description**

Place one kettlebell between your legs and take a comfortable stance. Bend over by pushing your butt out and keeping your back flat. Pick up a kettlebell and pass it to your other hand between your legs. Go back and forth for several repetitions.

### **Performance Tips**

- Contract your abs and butt at each kettlebell pass
- Turn in the direction that you are passing the kettlebell to
- Set a stopwatch for a certain time period such as 30 seconds to a minute and do as many passes as possible.





**One-arm Kettlebell Push Press**

### **Exercise Description**

Clean a kettlebell to your shoulder. Squat down a few inches and reverse the motion rapidly. Use the momentum from the legs to drive the kettlebell overhead. Once the kettlebell is locked out, lower the weight to your shoulder and repeat.

### **Performance Tips**

- Push the kettlebell off of your upper body.
- Do not squat down too far.
- Breathe in as you lower the kettlebell and breathe out as you push press the kettlebell overhead.
- Look straight ahead at all times.
- Flex your stomach and butt as you lower the kettlebell to brace for the kettlebell.



**Double Kettlebell Push Press**

### **Exercise Description**

Clean two kettlebells to your shoulders. Squat down a few inches and reverse the motion rapidly. Use the momentum from the legs to drive the kettlebells overhead. Once the kettlebells are locked out, lower the kettlebells to your shoulders and repeat.

### **Performance Tips**

- Push the kettlebells off of your upper body.
- Do not squat down too far.
- Breathe in as you lower the weights and breathe out as you push press the kettlebells overhead.
- Look straight ahead at all times.
- Flex your stomach and butt as you lower the kettlebell to brace for the kettlebells.



**One-arm Kettlebell Jerk**

### **Exercise Description**

Clean a kettlebell to your shoulder. Squat down a few inches and reverse the motion rapidly. Immediately after the initial push, squat down again and get under the kettlebell. Once the kettlebell is locked out, stand upright to complete the exercise.

### **Performance Tips**

- Push the kettlebell off of your upper body.
- Do not squat down too far.
- Breathe in as you lower the weight and breathe out as you jerk the kettlebell overhead.
- Look straight ahead at all times.
- Flex your stomach and butt as you lower the kettlebell to brace for the kettlebell.



**Two-arm Kettlebell Jerk**

### **Exercise Description**

Clean two kettlebells to your shoulders. Squat down a few inches and reverse the motion rapidly driving both kettlebells overhead. Immediately after the initial push, squat down again and get under the kettlebells. Once the kettlebells are locked out, stand upright to complete the exercise.

### **Performance Tips**

- Push the kettlebells off of your upper body.
- Do not squat down too far.
- Breathe in as you lower the weight and breathe out as you jerk the kettlebells overhead.
- Look straight ahead at all times.
- Flex your stomach and butt as you lower the kettlebells to brace for the kettlebells.



**One-arm Kettlebell Snatch**

### **Exercise Description**

Place a kettlebell between your feet. Bend your knees and push your butt back to get in the proper starting position. Look straight ahead and swing the kettlebell back between your legs. Immediately reverse the direction and drive through with your hips. Pull the kettlebell towards your body as if you are starting a lawn mower. As the kettlebell rises to your shoulder open your hand and punch through straight overhead.

### **Performance Tips**

- Breathe in as you take the weight overhead and breathe out as the kettlebell swings between your legs.
- Punch through at the top forcefully to lock out the kettlebell overhead.
- At the starting position, crush grip the kettlebell. As you raise it past your chest open you hand and get your hand around the kettlebell rather than letting the kettlebell flip over your hand and crush your forearm.





### **One-Arm Kettlebell Swing**

#### **Exercise Description**

Place one kettlebell between your feet. Push back with your butt and bend your knees to get into the starting position. Make sure that your back is flat and look straight ahead. Swing the kettlebell between your legs forcefully. Quickly reverse the direction and drive through with your hips taking the kettlebell straight out. Let the kettlebell swing back between your legs and repeat. Switch arms with each set.

#### **Performance Tips**

- Breathe out as you swing the kettlebell out and breathe in as the kettlebell swings between your legs.
- Contract your midsection and glutes at the top of the exercise and as the kettlebell swings between your legs for added stability.
- Look straight ahead at all times.



**Double Kettlebell Swings**

### **Exercise Description**

Place two kettlebells between your feet. Push back with your butt and bend your knees to get into the starting position. Make sure that your back is flat and look straight ahead. Swing the kettlebells between your legs forcefully. Quickly reverse the direction and drive through with your hips taking the kettlebells straight out to chest level. Let the kettlebells swing back between your legs and repeat.

### **Performance Tips**

- Breathe out as you swing the kettlebells to chest level and in as the kettlebells swing between your legs.
- Contract your midsection and glutes at the top of the exercise and as the kettlebells swing between your legs for added stability. Look straight ahead at all times.



## **EDT/Kettlebell Program for Size and Strength**

This is a workout program that requires four workouts per week. Each workout takes forty-five minutes to an hour. If you are taking longer than an hour, then you are doing something wrong. With EDT, the goal is to do as many reps of each exercise in each “Personal Record Zone” (PR Zone). Pick exercises and kettlebells that you can handle for at least six to ten repetitions. Start each PR zone by doing three to five repetitions for each exercise. As fatigue builds, lower the reps to one to two and take longer breaks between each set. At the end of each PR Zone record the total number of repetitions that you achieved for each exercise. For example, if you did a total of forty repetitions on military presses, your goal at the next workout is to do a minimum of forty-one repetitions. As long as you are doing more repetitions, you will get bigger and stronger.

### **EDT Program Option One:**

#### **Monday and Friday: Upper Body**

##### **PR Zone 1 (20 Minutes)**

Two-arm military press

Renegade Row

Five minute break

##### **PR Zone 2 (15 Minutes)**

Kettlebell Alternating Press

Kettlebell Alternating Row

Two minute break

Core Work

2x5 (two sets of five) of Windmills

## **Wednesday and Sunday: Lower Body**

### **PR Zone 1 (Twenty Minutes)**

Front Squats with two kettlebells

One-arm snatch

Five minute break

### **PR Zone 2 (Fifteen Minutes)**

One-arm Kettlebell Overhead Squat

Double Kettlebell Swings

## **EDT Program Option Two:**

### **Day 1: Monday and Friday**

#### **PR Zone 1 (20 Minutes)**

One-arm kettlebell military press

Chin-up

**Five minute break**

#### **PR Zone 2 (15 Minutes)**

One-arm floor presses

One-arm kettlebell row

**Two minute break**

Core Work

2x25 (two sets of twenty-five) Kettlebell pass between the legs

## **Day 2: Wednesday and Sunday**

### **PR Zone 1 (Twenty Minutes)**

Front Squat with one kettlebell

One-arm snatch

### **Five minute break**

### **PR Zone 2 (Fifteen Minutes)**

One-legged Squat

One-arm Kettlebell swing

For more information on EDT, visit Coach Charles Staley's website at [\*\*www.edtsecrets.com\*\*](http://www.edtsecrets.com)

## **HOC/Kettlebell Combo For Serious Fat Loss!**

High Octane Cardio (Hoc) is based on a style of conditioning that boxers often used called “roadwork.” Roadwork combines cardio such as running with muscular endurance exercises such as push-ups and sit-ups. HOC takes roadwork to the next level by combining various forms of cardio with ballistic kettlebell exercises. The result is a fat loss program that will exceed your wildest expectations. The negative is that it is hard as hell and separates the champs from the chumps. Here are some sample HOC programs that are done three times a week to eradicate that gut of yours:

### **HOC Option One Beginner Program**

Go to a track field and place a kettlebell on opposite sides of the track. Start jogging and each time you pass a kettlebell station, stop and do a ballistic drill as follows:

**First pass:** 10 one-arm Kettlebell swings

**Second pass:** 10 one-arm Kettlebell snatches

**Third pass:** 10 one-arm Kettlebell clean and jerks

**Fourth pass:** 25 Kettlebell pass between your legs

### **HOC Intermediate Program**

**First pass:** 20 One-arm Kettlebell snatches with each arm

**Second pass:** 20 One-arm Kettlebell swings

**Third pass:** 15 Clean and push presses with each arm

**Fourth pass:** 35 Kettlebell pass between your legs

**Fifth pass:** 20 One-arm Kettlebell snatches

**Sixth pass:** 20 Kettlebell pass between your legs

**Advanced**

**First pass:** 25 One-arm Kettlebell Swings

**Second pass:** 10 One-arm Kettlebell Clean and Jerks

**Third pass:** 20 Kettlebell Pass Between Your Legs

**Fourth pass:** 25 One-arm Kettlebell Snatches

**Fifth pass:** 15 Clean and Push Presses

**Sixth pass:** 20 Kettlebell pass between your legs

**Seventh pass:** 15 One-arm Kettlebell Swings

**Eighth pass:** 10 One-arm Kettlebell snatches

**HOC Option Two Program**

This is a great program for fighters or anyone else that needs an aggressive outlet. This time you are going to combine Heavy bag boxing rounds with kettlebell exercises.

**Beginner**

On this program take a one-minute break between each round of boxing and each kettlebell set.

One minute heavy bag round

10 One-arm Kettlebell snatches

One minute heavy bag round

25 kettlebell passes between your legs

One minute heavy bag round

10 One-arm kettlebell Swings

One minute heavy bag round

25 kettlebell passes between your legs

### **Intermediate**

Same as above, only extend the heavy bag rounds to two minutes.

### **Advanced**

Same as above, only extend the heavy bag rounds to three minutes. You can also add reps to the other exercises.

### **Tips**

There are several ways you can incorporate these workouts into your current regimen.

- 1) You could do one HOC workout per week to gradually work into it.
- 2) You could cut back on other kettlebell training and do two HOC workouts per week. This would be kind of a half-and-half program in which your progress on other kettlebell days would slow down and your conditioning would improve gradually.
- 3) You could do HOC three times a week and do a strength only kettlebell workout once a week. This option would really be for those who want to lose as much fat as possible in the least amount of time. It's also a good option for those that compete in mixed martial arts or some other combat sport.

## **Basic Kettlebell Program For Strength And Conditioning**

### **Monday-Wednesday-Friday**

#### **Option One:**

One-arm Kettlebell clean and press: 3x6-10

One-arm Kettlebell Bent Over Row: 3x6-10

One Legged Squat: 3x6

Windmill: 2x5

One-arm Kettlebell snatch: 3x10

### **Monday-Wednesday-Friday**

#### **Option Two:**

Two-arm Kettlebell clean and press: 3x6-10

Two-arm Kettlebell Bent Over Row: 3x6-10

Front Squats With Two Kettlebell: 3x10-12

Turkish Get-up (Squat Style) 2x5

Double Kettlebell Swing: 3x10-12





### **Biography**

Mike Mahler is a strength and conditioning coach based in Santa Monica, CA. Mike has been a strength athlete for over ten years and is a Senior level certified kettlebell instructor. The Senior level classification means that Mike has assisted in certifying aspiring kettlebell instructors. Mike has done over twenty kettlebell workshops in the past year across the US and overseas in London, England. Mike is considered by many to be the most experienced kettlebell instructor in the US.

In addition to working with athletes around the world, Mike has two regular columns in Fightscene Magazine. Also, Mike has written over fifty articles that have been published in magazines such as: Ironman Magazine, Exercise Magazine For Men, Testosterone Magazine, Bodybuilding.com, and Exhilarate Magazine.

### **Training Style**

Mike's strength training style is focused on making athletes stronger and faster and building strength and conditioning that will carry over to various athletic activities. In addition, Mike's style of training emphasizes the importance of developing mental strength and character. While, Mike's primary focus is working with combat athletes, hundreds of everyday people have benefited from his articles and workshops. If you want to build a great physique and be as strong as you look, then Mike's Aggressive Strength training is for you. **Visit Mike's Website at [www.mikemahler.com](http://www.mikemahler.com) for more information.**