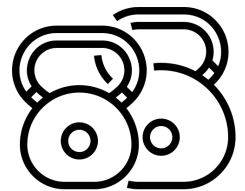


# My Timeless Simple Routine

Inspired by Pavel Tsatsouline's Simple and Sinister 2.0



Train almost **daily**, taking an occasional day off when your body or your schedule insists. Set aside 20 to **30 minutes** and practice. Do not worry about getting a pump, a burn, or a sweat.

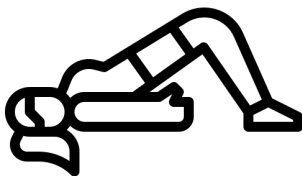
## My weights

Swing

Get-Up

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## Warmup



**3x**

5x Prying Goblet Squats (Light KB)

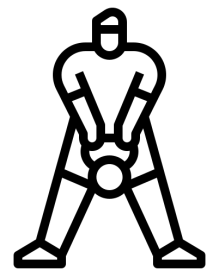
5x Hip Bridges (Shoes between knees)

5x Haloes (Light KB)

## Practice

### 10x 10 One-Arm Swings

100 reps in total. **Maximal power** in every repetition. Every 2<sup>nd</sup> or 3<sup>rd</sup> training day replace one-arm swings with **two-arm swings** with the same weight and do 100 reps.



### 5x 1 Turkish Get-Ups per arm

Pack your shoulder, keep the elbow straight, and breathe behind the shield.

**Do not rush** through the movement!



### Obey the Talk Test

Rest between sets regulated by the talk test.  
Do not look at the clock!

## Cool-Down



**1-3x**

90/90 Stretch

QL Straddle

Hang on Pull-Up Bar

Get a copy of Simple and Sinister at <https://www.strongfirst.com/kettlebell-simple-and-sinister/>

Cheat Sheet created by Stephan Hochhaus <https://www.reddit.com/user/yauh/>  
Icons made by Ultimatearm <https://www.flaticon.com/authors/ultimatearm>