

BRETT JONES

IRON



IRON

KETTLEBELL STRENGTH &
CONDITIONING PROTOCOL





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IRON CARDIO

KETTLEBELL STRENGTH & CONDITIONING PROTOCOL

Iron Cardio is a story of one man's triumph over adversity—and a guide to your future strength and conditioning success. I would be hard pressed to find a reader who would not benefit from this book.

—Pavel Tsatsouline, the author of *Kettlebell Simple & Sinister*



FOREWORD

One of the unique features and beauties of this book is that it allows you to take a more intuitive approach though what Brett calls “adventures”, or to be more structured. Whichever way you decide to go, both art and science will support you and guarantee you will enjoy every single training session and the results.

—Fabio Zonin

The first time I saw Brett was on the DVD “Kettlebell for Power Athletes” I purchased during my RKC II Certification back in 2010. I had the chance to meet him in person during my CK-FMS Certification, in 2011. I was so impressed by his charisma, his teaching skills and his humanity, and since then I have always considered him a role model and a mentor. In the past decade I have been lucky enough to be Brett’s student on several other occasions, but also to work together with him, teaching events and working for Pavel and StrongFirst HQ. I am honored I can now call Brett my friend.

There are three things I always say about Brett when his name is mentioned in a conversation and he’s not there to hear me:

1. Brett Jones has a heart that is so big, it barely fits his chest
2. If there were more Brett Jones in the world, it would be a better place
3. The only person who doesn’t know who Brett Jones is, is Brett Jones

And everyone always agrees.

But I am not here to speak about Brett, but rather about his book.

One of the very first chapters is entitled “**Intuitive vs Structured**” and explains how physical training is both an art and a science and that balancing these two features is crucial for a training process to be successful. Brett’s approach to training is definitely towards art, while mine is definitely towards science. I need to use a spreadsheet to precisely track the progress of all my training parameters for the upcoming weeks, and stick to a structured plan. Brett needs to feel unleashed from structured plans, listen to his body and follow his intuition. But



he also keeps track of everything he does in his detailed training log. I plan ahead and decide what I will be doing in the upcoming weeks and commit to it, no matter what. Brett looks back into his training log and decides what he will do today. I'm not ashamed to admit that Brett's approach is a sign of superior self-awareness and wisdom. I must plan ahead in order to prevent myself from being lazy one day and overdoing another day. Brett is experienced and wise enough to choose what is the best training choice for him today. Anyhow, both Brett and I have found the compromise that works for us and we enjoy our training and the results and keep ourselves healthy and strong.

But what about you?

Do you need more of an intuitive or a structured approach to your training? You may rely too much on your intuition and need more structure, or vice-versa. Or you may be training in a perfectly balanced situation. Regardless of where you are, this book is for you. One of the unique features and beauties of this book is that it allows you to take a more intuitive approach though what Brett calls "adventures", or to be more structured. Whichever way you decide to go, both art and science will support you and guarantee you will enjoy every single training session and the results.

But there are many other features that make *Iron Cardio* unique.

Minimalist

Minimal equipment and space are required. All you need is a few kettlebells. If you want to be fancy, you may add a pullup bar, and one of those you can fit in a doorway works perfectly. If you are traveling and cannot bring your full kettlebell set along, bring one kettlebell only, there will be a training option for you that fits with it. You can train in very limited spaces, even in a tiny hotel room. But of course you can also enjoy training outdoors—all you'll need to add is a little bit of farmer's walk.

Flexible

You can make your sessions fit into your schedule, no matter how busy it is. You have options for basically any duration and training frequency, and you may train at the time of the day that best fits your schedule.

Fun

Regardless of its minimalist approach, with limited equipment and exercise choices, there are countless exercise combinations and training options that will keep you miles away from boredom and will make every single session entertaining.

Skill enhancement

Iron Cardio sessions are structured so that you will be led into plenty of perfect practice of your kettlebell skills. Your very last reps of your very last round will always be as technically



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competent as the very first ones of your very first round, and probably even better. Practice in training and this is what you will get.

Safety

Iron Cardio sessions always make sure you keep yourself miles away from failure or technique deterioration, and will allow you to accumulate some volume into your training while always staying safe.

All-round results

Iron Cardio will enhance your conditioning, make you stronger, build your muscles and help you become leaner. Yes, all of them!

Specificity

This one may seem in contradiction with the previous bullet, but it's not. While *Iron Cardio* will still improve several qualities at the same time, there are training options that allow you to bias the sessions towards a specific goal, whether this is becoming stronger, building muscle, losing fat, or even practicing and improving your kettlebell skills to prepare for an SFG I or SFG II Certification.

If the bullets above check the boxes of what you are looking for in your training, enter *Iron Cardio* and enjoy the fun and the benefits of its art and science.

—Fabio Zonin

years



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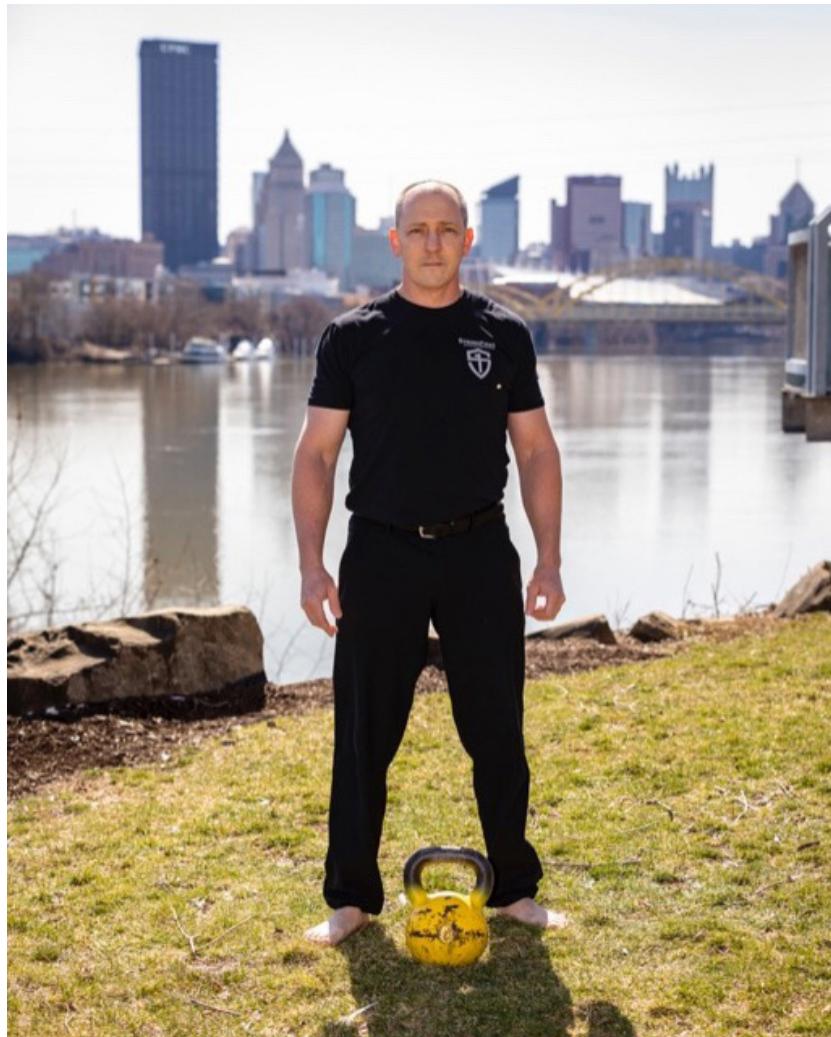


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“Make things as simple as possible but no simpler”

—Albert Einstein



INTRODUCTION

“To inspire starts with the clarity of WHY.”

—Simon Sinek

I was speaking with a colleague that I had asked to review an early version of this project and he asked me why. Why are you taking this on? Why is this important to you?

Now this should have been a blindly obvious thing to have asked myself at some point, but I hadn't.

Why write a book at all? I mean I had threatened to do it many times and have 60+ articles out in the interwebs but I had never worked on or completed a book.

Why now and why this?

WHY NOW?

I am a cancer survivor.

In February of 2020 I was diagnosed with stage 3 primary tonsillar squamous cell carcinoma and had seven weeks of radiation five times a week with two chemotherapy infusions. That experience makes you step back and look at things from a different perspective and realize that you just might want to stop hesitating.

WHY THIS?

During treatment I lost 40 pounds going from 205lb down to 164lb. This meant when I restarted my training I was, for me, starting from zero. Of course, I returned to the kettlebell training and quickly realized that I needed to rebuild my strength.

Understand that my strength and physicality have always been a big part of who I am. Over the years I have squatted 518lb and pulled 573lb belt only in competition at 198lb, and was the 11th person in the world to bend the *Red Nail*. I have been known for having a decent level of strength and skill. And while that strength and physicality have been challenged over the years...I had never experienced anything like this.

Iron Cardio became the base of my training and I progressed from struggling with the 24kg for 20 sets to performing 60 sets with the 36kg. My weight came up to a steady 185lb and I rebuilt the muscle I had lost in treatment.

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WHY TRAIN AT ALL?

I do not train because I have a goal. I train because I enjoy training. And I think in the end to find consistency and/or recover from “anything,” like cancer for example, you must enjoy training, enjoy the process, enjoy the physicality, enjoy building strength.

And as I posted my training on the Instas people started to ask if I was going to write something up on this protocol and how I was using it. And here we are.

First day of treatment 03/30/2020



Second chemo infusion 4/20/2020



Last day of treatment 5/15/2020



March 2021



WIIFM: THE BENEFITS

An old marketing strategy focuses on WIIFM—*what's in it for me?* Or what can you expect to gain from working on *Iron Cardio (IC)*?

EFFICIENCY

I fit my training into my life just like everyone else. While people may perceive a fitness professional to “get paid to workout.” I can assure you that that is not the case and I find myself fitting my training into gaps in my schedule. Especially post cancer, I prioritize making this happen but it is squeezed in on most days. *IC* allows me to quickly get to work and accomplish what I need to for that session and get back to it.

Iron Cardio, my experience

*The greatest return in strength with minimal investment I've had with any strength training program. Emphasis on **minimal investment**. Four weeks, two chains, 15-25 minutes a day. 3 days a week (ballistic training 2 days) I couldn't strict-Press 32kg once post-surgery. It's now in my Monday routine 32kg—10 Presses, 10 Snatches. I'm left with more than enough energy to take care of an infant, run a business, and landscape our backyard.*

—Adam Pierre

SKILL

Using the *IC* protocol builds skill through the repetition of exercises. A practice not a workout. The essential kettlebell skills are the six we teach at the StrongFirst Level I Kettlebell Certification (SFG I): Swing, Get-up, Clean, Press, Squat, and Snatch. Combine *Simple & Sinister* with *IC* and you have a perfect way to build or maintain those skills. Throw in the double bell work and Jerks, Push Press, etc... and you can prepare for the SFG II and build more skills into the practice.

“CONDITIONING”

As noted in the “Short and Extended Efforts” section on page 38, the *IC* protocol can address that need for extended efforts building the general endurance and potential productivity that provides a base you can expand from.

STRENGTH

I have seen 4-8kg jumps in Military Press one repetition max (1RM) from following the IC protocol. In addition, it strengthens the “patterns” themselves.

HYPERTROPHY

As you begin to accumulate volume going to 40-60 sets there is a hypertrophy response. Hypertrophy is simply volume under adequate load and slightly acidic conditions and IC succeeds in this quite well.

CONSISTENCY

The concept of a “punch the clock” type of workout has been around for a while and describes the “do the work” concept I like. And Pavel has described the A&A (anaerobic and aerobic) style of training as feeling like heavy manual labor. Put those two together and you have a perfect consistency over intensity protocol.

How will you be successful? How will you find these benefits?

By doing the work.

Which brings me to one final area to discuss—**boredom**.

How do you deal with the “boredom” of doing the same exercises over and over and over?

First, I would say that **results are not boring** and that is what we are training for—results.

Second, I would say that **professionals do not get bored**. When the legendary cellist Pablo Casals was asked why he continued to practice at 90. He replied: *“Because I think I’m making progress.”*

He did not switch to the flute because he was bored of the cello, and he was still practicing the same notes and progressions he had been practicing for decades. He was seeking skill and to play just a bit better every time. Do the same in your practice.

I have been swinging and using kettlebells for 20 years and every rep of every set I am trying to learn and get better. “I think I am making progress.” To quote Casals.

Do the practice. Do the work. Get the benefits.

THE ORIGINAL PROTOCOL

“Less is more”

—Mies van der Rohe

I am a minimalist at heart. And I try to be in my actions.

Specifically, in my training I try to cultivate a **minimalist reality**. There may be a hundred routines that can get me to my goal but what is the most direct or simplest one.

This is the antithesis of the fitness magazine *101 ways to “get fit” or lose weight*. Or *10 new ways to blast your glutes*. **The minimalist training perspective strips away the excess to arrive at the essential.**

Strength Aerobics by Pavel and Alexey Senart is one of these brilliant minimalist programs.

Originally published on the StrongFirst site in Oct. 2014, I began using it shortly thereafter and it has had a place in my training ever since.

Before I get too far ahead of myself you might be asking: **What is Strength Aerobics?**

From the original article:

“Enjoy” this “strength aerobics” circuit by Alexey Senart, StrongFirst Certified Master Instructor. Take a kettlebell you can comfortably press ten times or so and do:

- ▲ 1 left-hand Clean
- ▲ 1 left-hand Military Press
- ▲ 1 left-hand Front Squat (*change stance if needed before squatting*)
- ▲ Park the bell
- ▲ Shake off the tension with “fast and loose” drills
- ▲ Repeat on the right

Easy so far, right?

Shake off the tension with “fast and loose” drills and keep going. Select a pace you can sustain for a long time (a metronome might be helpful) and carry on. For ten, twenty, even thirty minutes.”

The change in name to **Iron Cardio** is a gift from a student and accounts for the progressions and updates I have added.

Note that if that doesn’t sound like the aerobics or cardio you are used to then I deal with that in an upcoming section, “*Aerobics/Cardio vs. General Endurance*” section on page 34.

Now I must admit that I am awful at following programs. So much so that no one sends me programs to experiment with because they know I will tweak it or change it as I use it. You see there are two types of trainees. One type **needs and thrives on structured programs**. The other is **more intuitive in the program**, making tweaks and adjustments as they go. I am the second type.

This leads me to experiment or “adjust” to the day in my training. As a mentor of mine, Dr. Ed Thomas, has said: “*I never went to the gym to workout. I went to learn.*”

This is the **essence of the practice vs. workout mindset**. I approach every session and really every rep as a chance to learn. A chance to enhance my skill and application of that exercise. As an intuitive trainee, *Iron Cardio* allows me to practice and make tweaks in my program.

*A caveat here—if you think you are an intuitive trainee but **seem to have trouble reaching your goals** then you might not be intuitive. You may need a strict program. On the flip side, if you think you are structured but have trouble reaching your goals you might be more of an intuitive trainee. Review your training logs and/or work with your coach to “discover” which you might be.*

ABBREVIATIONS/DEFINITIONS

“Do you understand the words coming out of my mouth??”

—Chris Tucker in Rush Hour

“The noblest pleasure is the joy of understanding.”

—Leonardo da Vinci

Before we get too far down the road, and we miss out on the joy of understanding, let's throw down some definitions and cover some abbreviations used.

Strength Aerobics = SA The original protocol from Pavel and Alexey Senart.

Iron Cardio = IC My progressions and protocol based off SA.

Kettlebell = KB A Russian tool for fighting weakness. ;-]

Cheat Clean Introductory technique to bring the KB to the rack position using both hands. [VIDEO](#)

Clean = C Bringing the kettlebell from the floor to rack position.

Rack Position Top of the Clean, start of a Press—upper arm against the ribs with the KB center of mass over the elbow.

Military Press = MP Classic test of strength moving the KB from the rack position to overhead and return to the rack.

Squat = SQ Symmetrical stance movement where the dominate movement is descending with the hips, upright torso. Also known as a KB Front Squat or FSQ.

Snatch = SN Bringing the KB from the floor to overhead in one smooth uninterrupted motion and after a pause lowering the KB in one uninterrupted motion.

Fast and Loose = F&L Relaxation and vibration drill performed by shaking the arms, legs, and torso to produce relaxation and return of blood flow. [VIDEO](#)

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Repetition Max = RM	Number of repetitions that can be performed in a specific exercise and load without sacrificing technique.
Practice	Instead of workout—a practice focuses on skill, learning, and not “getting tired or trashed.”
Simple & Sinister = S&S	Pavel’s <i>Simple & Sinister</i> book—you should have it.
Number of Lifts = NL	A way to track and calculate training volume.
On the Minute = OTM	Notation for sets performed every minute on the minute.
The Quick and the Dead = Q&D	Pavel’s <i>The Quick and the Dead</i> book.

INTUITIVE VS. STRUCTURED

“Much of what I stumbled into by following my curiosity and intuition turned out to be priceless later on.”

—Steve Jobs

Maybe it's being 20+ years into kettlebell training or some unresolved childhood rebellious streak but I've always charted my own path in training. And as Steve Jobs notes above following my intuition has been priceless but it doesn't mean I have been "formless."

Intuitive and structured are a "yin and yang" duality for me as laid out in my article [20 Years 20 Observations](#) on StrongFirst.com:

BE INTUITIVE

“A good artist lets his intuition lead him wherever it wants.”

—Lao Tzu

Physical training is an art and a science. When you allow intuition to guide your training, you become an artist.

In my training after cancer treatment, intuition was critical to my success. Knowing how to "read" what I needed each moment allowed me to surf the waves of recovery. But beware, do not rely on intuition alone. One of the traps of intuitive training is losing the structure of a set path or goal. Therefore, the need to track and review your training is equally as important. To paraphrase Yogi Berra, "If you don't know where you're going, any road will get you there." You don't want intuitive processes to lead you down that road.

You must be an artist and a scientist.

BE STRUCTURED

There is a deep science behind physical training and following the science can help develop a very structured approach.

Plan Strong™, Built Strong and Strong Endurance™ are all powerful examples of the structured and scientific basis of StrongFirst programming. Following a plan is a proven method for success.

However, there is also a trap in structured programming. There is the danger of losing the intuitive side and pursuing a path that sets you over the cliff. If you hold so tightly to the program that you cannot acknowledge the need to adjust the plan for a day (or longer), adapt to stress (inside and outside the program), or optimize recovery then you might fail on the program.

Remember, be an artist and a scientist.

*"I began to realize that an intuitive understanding and consciousness was more significant than abstract thinking and intellectual logical analysis.
Intuition is a very powerful thing,
more powerful than intellect, in my opinion.
That's had a big impact on my work."*

—Steve Jobs

But if you are going to put me in a corner... "And no one puts Baby in a corner..." (Crazy for Swayze baby) and make me choose, I will err on the intuitive side of things.

If the idea of intuitive training makes you a bit nervous, then I must channel Morpheus and let you know that I am trying to *free your mind*.

Well, maybe not free your mind but at least open up the door into a varied yet consistent training protocol. Yup, along with movie quotes I am also a huge fan of oxymoronics.

Hi Brett.

I need to tell you. I tested myself 2 months ago with 32kg Presses and I did 6 reps each side. Last month I took your idea from Instagram, 3 times a week (Clean, Press, Squat, each session different rest duration). I train with 32 and today I tested again—9 reps! 30% in one month. Thanks Brett.

—Nikola Vidovic

WHERE TO START

How Do You Get Started?

As introduced in the original article the protocol was Clean + Press + Squat on the right and after a brief rest, repeat on the left. Repeat for the desired time frame.

The original protocol suggested selecting a kettlebell you can Military Press 10 times. But I would use a 5-6RM kettlebell. So, find that.

Set a timer for 20 minutes. And begin.

Perform a set of Clean + Press + Squat on the right (or left...it is a benevolent dictatorship), set the kettlebell down and perform a bit of fast and loose. Then repeat on the other side and keep repeating until the timer goes off. Record the total number of sets accomplished.

A mental trick here as you are recording your sets in the session—when performing single kettlebell sessions, I perform one set right, rest, one set left, and then track my sets in my log. Making two marks at once makes the number of sets seem to accumulate faster versus making one mark at a time. Works for me mentally.

Next session, see if you can accomplish more sets in the time frame or do you feel that you need a bit shorter or longer session?

A note here on tracking volume in using Iron Cardio

For the single kettlebell versions, when Clean, Press, and Snatch is used, the total volume is split between the arms. On a 40-set day it is 20 reps of each of those per arm. However, the Squat volume will be the total number of sets. Keep this in mind for those that want to have a bit of lower body focus.

You will see later that in developing the IC protocol there are many variations of the original possible.

Note: This is not dictated by specific work to rest ratios. Free yourself from the clock and allow the rest, number of sets, or amount of time to progress and vary naturally.

DON'T KNOW THE CLEAN?

"What is the air-speed velocity of an unladen swallow?"

—The Bridge Keeper from scene 24...

"What do you mean African or European?"

—King Arthur

What...I don't know that...argggghhhh!

If the original protocol of a Clean + Press + Squat has you about as confused as the question above from Monty Python's *Search for the Holy Grail* then do not stress, we can work with this.

If the movie quotes made you interested enough to grab this e-book but you actually don't know much about kettlebell training then we do have the cart before the horse but we can provide a good starting point.

But there will be some caveats:

1. You have a kettlebell.
2. You move well enough to benefit from this protocol.
3. You are willing to learn.

The bridge to the basic protocol is the **Cheat Clean**. (Bridge Keeper...bridge to the protocol...)

To perform the Cheat Clean stand just behind the kettlebell in your deadlift stance and grasp it with the hand you want to perform the set with. Your grip will be deep into the hand. And then put the free hand over the hand grasping the kettlebell. This is a "pistol grip" without the fingers interlaced.

Once you have the proper grip, hike the kettlebell back and up so the arms connect to the ribs and then as you extend the hips up to the standing plank guide the kettlebell into the rack position with both hands. Remove the free hand to perform the set and once the sequence is complete replace the free hand over the working hand and guide the kettlebell down in a tight arc back into the hinge and then to the ground.

There you have it, a Cheat Clean + Press + Squat version accessible to those that do not know the airspeed velocity of an unladen swallow.

ADDITIONAL WORKAROUNDS

- ▲ Perform a Push Press if the Press seems to be a problem getting started.
- ▲ Limit your Squat depth as needed so your Squat fits you. However, if your Squat is limited then you should work with a professional to address that.

Brett,

Since you shared with me the very first drafts of the ebook, I've been using Iron Cardio as my training choice when bridging between barbell strength and/or hypertrophy plans.

As you know, one of my primary businesses is designing plans for athletes, especially powerlifters and bodybuilders, both amateur and competitive.

Together with you and Pavel I also design experimental plans for StrongFirst's workshops, articles, training app, etc., send them out to some selected testing subjects, gather their feedback, and do the stats. In most cases, I am myself one of the test subjects and this means that I have to stick to several weeks in a row to a very strict and structured plan.

As soon as I'm unleashed from a plan, and before starting a new one, I dive right away into Iron Cardio for 2-4 weeks. I find it so effective and also fun.

Iron Cardio allows me to enjoy my sessions, plug plenty of variety into my training, build back my conditioning rapidly, practice and refine my kettlebell skills and at the same time maintain my strength and muscle mass.

Another great benefit I have experienced with Iron Cardio is that it helps me get rid of all those mild but bothering aches and pains that I usually experience after a barbell strength plan and helps me clear all the stiffness I have built and regain full mobility and movement competency.

Thank you so much for having designed this training system, I am sure it will do wonders for thousands of people, as much as it does for me!

—Fabio Zonin, StrongFirst Certified Master Instructor

BUILDING YOUR IRON CARDIO PROTOCOL

Putting It Together

So how do you program a “practice?”

As with any program it begins with “defining” the three main programming variables: **intensity, density, and volume.**

INTENSITY

Intensity is not “a turned around baseball cap” as Pavel noted in one of his books, it is a mathematical formula.

We will define it as either:

- ▲ A percentage of one repetition max.
- ▲ A percentage of a repetition max.
- ▲ A specific repetition max load (a 10RM weight for example).

For Iron Cardio I recommend going with a 5-6RM Military Press kettlebell as your main training weight or medium weight. This will be a bit light for the Clean and Squat but “just right” for the Press and Snatch. Then define a light weight—maybe an 8-10RM Military Press weight, and a heavy weight—maybe a 3RM Military Press weight. This will give you a rotation of loads and your weight ladder kettlebells.

Why go heavier than a 10RM Military Press kettlebell?

Because I want more “strength” in my *Iron Cardio* and if I can pass the talk test and continue to 20+ minutes I figure my “aerobics/cardio” angle is covered. Also, going heavier enforces rest between sets since failing on a Press (for example) is not an option.

Please note that the repetition max I am referring to is to your **technical limit** not “failure” where form is lost.

There is another aspect of intensity and that is the general endurance or “cardio” aspect of the training. I do not recommend a heart rate monitor for this style of training unless recommended by your doctor or out of curiosity but as a protocol that uses strength-based exercises heart rate is not the best metric as discussed in the “*Is Strength Training “Cardio”?*” section on page 35. So, breathing and the recovery between sets becomes the way this aspect of intensity is monitored.

This (breathing and recovery between sets) keeps the intensity centered on general endurance and on Verkhoshansky's original idea of keeping the metabolic intensity below the anaerobic threshold and focusing on breathing and recovery between sets enables one to do that.

For breathing, it is most **important that the breathing sequence for each set is rock solid.**

To walk through the breathing for a set of *Iron Cardio*. I prefer to inhale into a braced midsection during the Clean, pause in the rack before Pressing, and having a forced exhale the last third of the Press. Pause briefly at lockout before inhaling during the negative of the Press so I am ready for the Squat. Descend into the Squat holding the breath before grunting out of the bottom and exhaling during the top third. If performing a Snatch, I inhale again during the hike and exhale as the hips finish. Inhale again during the hike before parking the bell.

These breath holds, braces, and pauses create cyclical breathing patterns. And the breath holds increase the metabolic response adding stress to the system reducing endurance. Nail the breathing patterns within the set to optimize your *IC* practice and be prepared for the exponential impact of double kettlebell work in the practice.

When performing *Simple & Sinister* and working on your Swings, there is a rhythmical breathing pattern. Each rep is in rhythm with each breath. Inhale on the hike (or double inhale if you know fractional breathing) and exhale as the hips finish. But in *Iron Cardio* the breathing patterns are cyclical. Breath holds or bracing are occurring so the breathing cannot be rhythmical.

For the recovery between sets focus on fast and loose drills to reduce the tension and increase blood flow but also focus on nasal, diaphragmatic breathing. This is an additional "control" on your sessions. Once you cannot maintain nasal breathing during the rest periods you are likely crossing out of the aerobic area. Note that the first couple of breaths after a set do not need to be nasal but you should be able to establish nasal breathing quickly.

DENSITY

Essentially density is how much work (sets, reps, etc.) is accomplished within a time frame.

And in reference to *Iron Cardio* programming, density is tracked in a couple of different ways:

- ▲ Time constrained—specific time frame with the number of sets variable.
- ▲ Work constrained—specific number of sets with time variable.

Time constrained density tracks how many sets are performed in a specific or set time. For example, set the clock for 20 minutes and track how many sets you can accomplish in that time frame. Over time you look to accomplish more sets within the time frame. (This is what I recommended for your first session and is not escalating density training as Charles Staley has laid out.)

Work constrained density uses a specific number of sets and tracks the time required to accomplish them. For example, performing 30-40 sets and tracking the total time required to finish those sets.

In one session I performed 40 sets with a 36kg in 24:30. But performing this same session a week before I only hit 20 sets in about 15 minutes. So, from one session to the next I doubled my volume from 20 to 40 sets and finished my first 20 sets in 11:30, increasing my density.

VOLUME

"These go to eleven."

—Spinal Tap

Not that the Spinal Tap quote has much to do with volume in programming, but we will tie it in.

From a programming standpoint volume is how much work is performed and is tracked in terms of total reps or total kg/lb. lifted. For IC we need to track the volume per set or sequence, per exercise, and the total.

Per set the volume should be in the three to five rep range. Why?

When you exceed the three to five reps range the sets just get too long and glycolytic. Please see the expanded explanation in the *"Avoid the Traps" section on page 26* but for now just plan on using three to five reps per set.

Tracking volume per exercise is important when using some of the variations like a Press focus. If you use a rep ladder for the Military Press you could hit upwards of 120 total reps in a session (ladder from one to three reps for sixty sets) and knowing this will allow you to vary the volume in the next sessions to avoid overtraining that exercise/pattern.

Total volume is of course where the Spinal Tap quote comes into play.

Huh?

Well, adding a rep to an *Iron Cardio* variation can easily turn the volume up to eleven. A three reps per set for 40 sets is 120 total reps. But add one rep to go up to 4 reps per set and now the volume is 160 total sets and would go up to 200 total reps if you go to 5 reps per set.

Track your volume per set and in total to avoid some of the traps laid out in the *"Avoid the Traps" section on page 26*.

WAVINESS

At my original kettlebell certification with Pavel an attendee offered a saying from the cross-country skiing community: "Only the mediocre are at their best all the time." This saying highlights the **need for variation of intensity and effort**. Have hard sessions and easy sessions and visit the middle but don't live at any one of them.

"Everything" should be wavy. Meaning that intensity, density, and volume should be varied.

Start by "defining" hard, medium, and easy day sessions. This will allow you to have a rotation of effort and intensity to coordinate the training. Obviously, you will need to define these specifically to yourself, but I will provide some examples:

HARD SESSION	MEDIUM SESSION	EASY SESSION
Clean + Press + Squat + Snatch	Ladder	Classic {Clean+Press+Squat}
Traveling 2s	Weight Ladder	
Moving Target	SFG II Focus	

The load used can make a hard session into an easy session or vice versa so you need to make your load selection match the desired effort for the day.

For example, a 36kg Clean + Press + Squat session is a medium session but using the 32kg makes it an easy session. Move to Clean + Press + Squat + Snatch and now the 36kg is a hard session and 32kg is a medium session. Dial in the load and work the variations. And keep in mind that adding volume or increasing density can have the effect in making an easy session into a hard session but there will be days where you feel good and want to push a bit. Go for it but the next session needs to be an easy session.

To summarize, the **basic guidelines** are:

- ▲ Intensity = 5-6RM kettlebell
- ▲ Volume = 3-5 reps per set
- ▲ Do not exceed the pace where you are confident with, resetting your breathing pattern for the next set or sequence
- ▲ REST—This is not jogging
- ▲ NOT AMRAP (As Many Reps As Possible)
- ▲ Waviness

“CHOOSE YOUR ADVENTURE” PROGRAMMING

Do you remember those “choose your adventure” books?

I do and maybe I read too many as a child but here is a programming option that provides a shocking number of combinations and options.

Choose one of the three options in each category:

TIME FRAME		
20 minutes	30 minutes	40 minutes
LOAD		
Light	Medium	Heavy
IC VERSION		
Classic	Traveling 2s	Double KB

By just choosing one of the three options in the three categories, you have 27 possible combinations.

Please note that “Time Frame” (a time constrained strategy) can be swapped for “Number of Sets” (a work constrained strategy). Using 30, 40, and 50 sets for example.

And just how many combinations are possible as you add other options?

When Brett speaks, I listen.

The impact that Brett and Iron Cardio has made on my life is unmeasurable. I've been a student of Brett's for many years, but the last couple have been truly special. With many life changes and pivots, it was an incredibly stressful time, and the ability to focus on a rigid, structured program was not serving me like it had in the past. Brett saw this and showed me what intuitive training using Iron Cardio was, and it changed my life. Not only did I physically get stronger, I was able to train on a daily basis, for short periods of time, so I could focus my day on building a new business. I would not be the coach, or the person I am today without Brett's guidance, friendship, and coaching.

—Michael Kurkowski, SFG instructor, Host of The Strength Connection Podcast and Breakthrough Secrets

IRON CARDIO

KETTLEBELL STRENGTH & CONDITIONING PROTOCOL

Add Weight Ladder to the Load options:

TIME FRAME			
20 minutes	30 minutes	40 minutes	
LOAD			
Light	Medium	Heavy	Weight Ladder
IC VERSION			
Classic	Traveling 2s	Double KB	

And you get 36 possible combinations.

And add Rep Ladder to the IC versions:

TIME FRAME			
20 minutes	30 minutes	40 minutes	
LOAD			
Light	Medium	Heavy	
IC VERSION			
Classic	Traveling 2s	Double KB	Rep Ladder

And you get 36 possible combinations.

Add both an additional Time Frame and Moving Target to their prospective categories:

TIME FRAME			
20 minutes	30 minutes	40 minutes	50 minutes
LOAD			
Light	Medium	Heavy	
IC VERSION			
Classic	Traveling 2s	Double KB	Moving Target

And now you have 48 possible combinations.

IRON CARDIO

KETTLEBELL STRENGTH & CONDITIONING PROTOCOL

Now add + Snatch (or + Pullup) to the IC options:

TIME FRAME		
20 minutes	30 minutes	40 minutes
LOAD		
Light	Medium	Heavy
IC VERSION		
Classic	Traveling 2s	Double KB
Classic + Snatch	Traveling 2s + Snatch	Double KB + Snatch

And you get 54 possible combinations.

Now add + Pullup and + Snatch to the IC options:

TIME FRAME		
20 minutes	30 minutes	40 minutes
LOAD		
Light	Medium	Heavy
IC VERSION		
Classic	Traveling 2s	Double KB
Classic + Pullup	Traveling 2s + Pullup	Double KB + Pullup
Classic + Pullup + Snatch	Traveling 2s + Pullup + Snatch	Double KB + Pullup + Snatch

And you get 81 possible combinations.

Add different time frames or add the weight ladder to all the other versions plus different time frames or add rep ladder to the added time frames and weight ladder and you can have many more possible combinations/options. And this doesn't cover all the variations—see the "Variations" section on page 22 for even more options.

This helps to explain how when I went to look for a version of IC performed the other day in my training log for comparison, I discovered that it had been just over a year since I completed that same session.

So, choose your adventure and next session choose another...there are nearly endless variations available. However, repeat "adventures" (what some people call workouts) so you can note progression. Have 2-3 mainstays that allow you to track your progress.

Brett,

Just wanted to report some interesting WTH effects with SA alternated daily with S&S for 3 months now.

My most frequent SA has been Clean + Press + Squat + Snatch closely followed by Clean + Press + Squat + Renegade Row with 24, 28, and 32kg bell. Usually followed by some loaded carry sequence.

I have kept S&S to the 32kg to mitigate the fatigue and focus on the SA results.

Max OAPU have gone from 8 to 12. Adductor flexibility has dramatically increased so Cossack Squats with full ROM have become easy.

Weighted pullup max has increased to 40kg. Pistol Squat has increased to 36kg. Press max (MP) has increased to 36kg, which has always been my weakest lift.

I am blown away by this carryover, and the lack of fatigue and soreness I have encountered. I am excited for the publication!

—Kane Trubenbacher

VARIATIONS

I have joked for years that you can do the same thing every day as long as you don't do the same thing every day. *Iron Cardio* fits very well into this mindset where variations on a theme can provide consistent yet varied training.

As stated earlier, the original session was built around a Clean, a Press, and a Squat on one side, followed by a brief rest and then repeated on the other side for a period of time. What I have built out over the last few years are many variations on that.

A few options are:

- ▲ One Kettlebell
- ▲ Double Kettlebell
- ▲ Alternating Weights
- ▲ Weight Ladder
- ▲ Rep Ladder
- ▲ Adding Exercise(s)
- ▲ And combinations of these variations

The Details

ADDING EXERCISES

- » Clean + Press + Squat + **Snatch**

This variation allowed me to add a ballistic to the end and was certainly one of those exponential increases. You could use a Swing instead of a Snatch as well.

Another version of adding exercises is to add a pullup after your set(s):

- » Clean + Press + Squat—R
- » Clean + Press + Squat—L
- » **Pullup x 1-3 reps**

If performing double kettlebell, perform the pullup after each set.

Note: This creates a sequence instead of a "set." Meaning that the sequence is the combination of the set(s) of kettlebell work plus the pullup. And you must account for this in the per set and total volume calculations. For example: {Clean + Press + Squat x R&L + 2 Pullups} = one sequence.

ALTERNATING WEIGHTS

- » **32kg:** Clean + Press + Squat + Snatch—R and L
- » **36kg:** Clean + Press + Squat + Snatch—R and L

Or

- » **Double 24kg:** Clean + Press + Squat
- » **Double 32kg** Clean + Press + Squat

WEIGHT LADDER

- » **24kg** Clean + Press + Squat—R and L
- » **32kg** Clean + Press + Squat—R and L
- » **36kg** Clean + Press + Squat—R and L

(Obviously adjust the weights to fit where you are at the moment.)

ADDING REPS WITHIN THE SET

- » Clean + Press **x 2** + Squat (+ Snatch if desired)—R and L

Or

- » Clean **x 2** + Press + Squat—R and L

Or

- » Clean + Press + Squat **x 2**—R and L

Or

- » Clean + Press + Squat + Snatch **x 2**—R and L

TRAVELING 2s

- » Clean **x 2** + Press + Squat + Snatch—R and L
- » Clean + Press **x 2** + Squat + Snatch—R and L
- » Clean + Press + Squat **x 2** + Snatch—R and L
- » Clean + Press + Squat + Snatch **x 2**—R and L

And so on, rotating the sets of two through the sequence for the desired time and/or number of sets.

LADDER WITHIN THE SETS—MILITARY PRESS FOCUS

- » Clean + Press **x 1** + Squat—R and L
- » Clean + Press **x 2** + Squat—R and L
- » Clean + Press **x 3** + Squat—R and L

And repeat the ladder for desired number of ladders.

I have experimented with going higher in the ladder for a specific part of the set. Taking the Press ladder up to 5 reps for example but this extends the sets too much and you end up not doing a great job of either the ladder or the strength aerobics. (More on this in a bit.)

LADDER WITHIN THE SETS—SQUAT FOCUS

- » Clean + Press + Squat **x 1**—R and L
- » Clean + Press + Squat **x 2**—R and L
- » Clean + Press + Squat **x 3**—R and L

And repeat the ladder for desired number of ladders.

MOVING TARGET

- » Clean + Press **x 1** + Squat—R and L
- » Clean + Press **x 2** + Squat—R and L
- » Clean + Press **x 3** + Squat—R and L
- » Clean **x 1** + Press + Squat—R and L
- » Clean **x 2** + Press + Squat—R and L
- » Clean **x 3** + Press + Squat—R and L
- » Clean + Press + Squat **x 1**—R and L
- » Clean + Press + Squat **x 2**—R and L
- » Clean + Press + Squat **x 3**—R and L

STRONGFIRST LEVEL II FOCUS

- » Clean + **Jerk** + Squat

Or

- » Clean + **Push Press** + Squat

Or

- » Clean + **Long Push Press** + Snatch

These would predominately be performed as double kettlebell sets and you can perform either extra reps or a specific exercise or ladder or use the Moving Target approach outlined above.

SPICES TO SPRINKLE IN...

Periodically on lighter days of Clean + Press + Squat there are two “spices” or variations that can be added to the mix: Open Palm and Bottom-up work.

Why “spices?” Because these variations are sprinkled into the mix and should not become the whole dish/day.

Open palm versions of the Clean, Press, and Squat force a tight arc on the Clean, a different tension in the Press, and focus on the Squat. Bottom-up versions of these exercises bring a strong grip to the Clean and Press along with a great Pressing groove. And the Press and Squat work on efficient transitions within the movements. Otherwise, the bell may lose the bottom-up position.

What is key in these spices? **Safety.**

You must be able to safely drop or get out of the way of the kettlebell and guide it safely to the ground. You have been warned and these are not for beginners.

“FINISHERS”

On occasion add some Swings to the end of an IC session. Something along the lines of 3-5 reps every thirty seconds x 10-20 sets. One-arm or two-arm with the weight or weights you were using for the day. Nothing fancy and not a “smoker” but just a good finish.

AVOID THE TRAPS

"It's a trap."

—Admiral Ackbar

Intuitive programs can fall into a few traps:

1. Always intense
2. Always increasing
3. Increasing reps per set
4. Not doing the math
5. Chasing the clock

ALWAYS INTENSE

The “always intense” trap is the sneakiest of the five. You think you are rotating intensity but a back off in one variable is offset by an increase in another. You might drop down in weight but add a rep to the sequence. Or you drop a rep from the sequence but add volume or density. These offsetting changes result in a loss of variability by trying to be variable. A very Zen programming problem.

ALWAYS INCREASING

The “always increasing” trap is more obvious yet insidious of the five. Initially it just feels like good progress. You add a bit of volume or density. If you are time constrained, then you are “beating” your time each session. But it just seems like progress until the constant increases overloads the system. Ignoring the clock and ignoring the results from previous matching sessions are critical to prevent this trap from snaring you.

As you collect your own data, and the session intensity reveals itself over time you should see progress. Volume can increase, density can increase, load can increase but it is not linear. Review your log and make sure you can spot the variability.

Another bit of perspective on the always intense trap is that sometimes we fall into it because we fear “taking it easy” on ourselves and being “soft.” Well, if you always give yourself an “out” and a reason not to push through then maybe that could be the case. However, if you never give yourself an “out” and always feel as though you must push through then you are living in the extremes. “Always” and “never” are traps in and to themselves. Instead seek variability

and on a day where you feel great push a little and on a day where you need an "out"...give yourself one.

"You fool you fell victim to one of the classic blunders."

—Vizzini

"The most famous of which is never get involved in a land war in Asia. But only slightly less well known is this...."

EVER INCREASING REPS

Another trap or blunder within the IC protocol is the ever-increasing number of reps within the sets.

Now I mentioned earlier that I had found there was an upper limit on how many reps could be added to the basic structure. Finding that laddering up to 5 reps led to doing a poor job on both the strength and the aerobics. Why?

The sets just get too long.

In *The Quick and the Dead* by Pavel and the seminar that preceded that book, *Strong Endurance*, he lays out the details on power training and the need to keep efforts brief to optimize the anaerobic pathway without getting too far into glycolysis.

Glycolytic work has the most waste product (acid/hydrogen ions) at the least return (lowest number of ATPs produced) but if you want to know more check out the book and seminar already mentioned. But I digress...

In strength training there is research looking at the energy pathways during maximal contraction. This shows that over 2 seconds in a maximal contraction spikes the glycolytic pathway. So, as we add reps and accumulate both more total time in a set and more "seconds" of contraction within the set the more we are headed toward going too far into the glycolytic pathway.

"In a 30sec maximal electrically-evoked isometric contraction the rate of CP breakdown reached its peak within 2sec. It declined by ~15% after 2.6sec from the beginning of the contraction and by >50% after 10sec of contraction. In the final

10sec of the 30sec contraction the rate of ATP resynthesis from CP breakdown was very low, 2% of the initial rate.

Glycolytic energy production reached ~50% of its maximum during the first 1.3sec of the contraction. It reached its maximal rate after 5sec of contraction and was maintained at that level until approximately 20sec into the contraction. It was down to ~50% of its maximum during the last 10sec of the 30sec contraction."

Hultman E, Greenhaff PL, Ren JM, Söderlund K. Energy metabolism and fatigue during intense muscle contraction.

Biochem Soc Trans. 1991 Apr;19(2):347-53. doi: 10.1042/bst0190347. PMID: 1889614.

In other words, keep your sets about 20 seconds or under. This way you get a mild amount of glycolysis and focus on the anaerobic pathway. Note that the fast and loose drills and passing the talk test are very important parts of this protocol to help restore blood flow and clear waste.

NOT DOING THE MATH

The fourth trap of not doing the math is where the volume can get away from you. This trap became apparent to me after what I thought would be a medium session turned into a heavy/difficult session.

I had scheduled a session of 32kg {Clean + Press + Squat + Snatch x R&L + 2 Tactical Pullups} x 30, which would normally be a medium session...in my mind.

But in hindsight it was 60 sets of kettlebell work (30 sets each arm) + 60 Pullups.

So, four kettlebell exercises x 60 sets = 240 reps + 60 Pullups = 300 reps.

No wonder it became a heavy/difficult session!

Then I started going back and "doing the math" on my sessions and realizing that if I have a 40-set day of three exercises {Clean + Press + Squat} it is still 120 reps. Add an exercise {Clean + Press + Squat + Snatch} and it jumps to a 160-rep session. Push to 60 sets and it is 180 and 240 respectively.

The rep ladder can be particularly impactful in this trap. If a Press rep ladder session is performed for 60 sets where the Press ladders from 1 to 3 then you will have performed 120 Presses + 60 Cleans + 60 Squats. A 240-rep session with a large Pressing volume. Quite the workload.

And then you can also "check the clock." If the time required to complete the session is also dropping, then you are adding volume on top of density and intensity. Then if you increase load everything goes up a notch as well.

Do the math!

CHASING THE CLOCK

Another trap to beware of is the tendency to chase the clock. Whether using work or time constrained it is difficult to avoid the siren song of chasing the clock and beating a previous time or number of sets.

Don't.

See simple...but simple is not easy.

Bonus Tip: Record Keeping

An example came up in my training recently. On April 16th I performed a classic (Clean + Press + Squat) weight ladder IC with the 32, 36, and 40kg of 60 sets total in 32:15. And on July 22nd I performed the same session but completed in 35:58. On first blush you might look at that and say that the July session was an "off" day but let's dig a bit deeper.

*The record keeping tip I mentioned is to **keep 10 set split times**. Or in other words record the time for every ten sets to be completed. This can be very valuable for identifying when you are chasing the clock.*

On April 16th my 10 set split times were:

3:15 > 9:10 > 14:35 > 19:54 > 25: 40 > 32:15

And on July 22nd they were:

5:20 > 11:00 > 17:10 > 23:20 > 29:35 > 35:58

What do you notice?

Look at the first two sets of ten on the respective sessions. 3:15 vs. 5:20 and then the next split of 9:10 vs. 11:00. I went "out of the gate" very aggressively to get my first ten sets done in 3:15 resulting in the next ten sets taking six minutes vs. a 5:20 first ten sets which allowed for a five minute forty seconds next ten sets. Jumping from three minutes to 6 minutes to complete ten sets clearly indicates I was chasing the clock the first ten and I doubled the time needed to complete the next ten. But on the July 22nd session my 5:20 first ten sets allowed me to stay on the just over five minute "pace." (This leveled out to a roughly six-minute pace.)

My pacing on the July session resulted in stronger Pressing and I woke up the next day feeling like I was ready to train again but after the April session I took two days off training after the session.

I will take stronger Pressing, and better recovery every time but I had to chase the clock a bit to find it.

PRESS FOCUS EXAMPLE

There is an old saying in Pittsburgh—*You can't get there from here.*

Seriously, you can be looking at the place you want to be (usually across some river) and you cannot get there from where you are. Ah, the city of bridges...

What does that have to do with Presses?

On first blush the *I/C* protocol does not seem to be a good choice for increasing the 1 rep max (1RM) of a lift like the Military Press, but it is exactly what I and others have experienced using *Iron Cardio*.

How or why did it work?

First, I think the volume of perfect practice of the Press building the pattern from a neurological perspective and a structure/tissue perspective is a huge factor. I know for myself I never really trained the Press with a lot of volume and *I/C* certainly fixed that.

Second, volume and intensity are actually pretty ideal. If we follow Matveev's 1/3-2/3RM we likely end up around 70-80% 1RM. Some days will be lighter, and some will be heavier with rotation of volume between singles, doubles, and ladders. In *Plan Strong* by Pavel the average relative intensity can or should be right in that zone and Dan John, former StrongFirst Certified Master Instructor, had advocated that if you push your 80% then your 100% will rise with it.

With that in mind let's build it out.

There are four main variations of *I/C* we will work with:

1. Clean + Press + Squat with our Goldilocks kettlebell
2. Clean + Press Ladder 1-3 + Squat with our Goldilocks kettlebell
3. Clean + Press + Squat Alternating Weights (Goldilocks kettlebell and one notch above)
4. Clean + Press x 2 + Squat

You may be asking what a "Goldilocks" kettlebell is, well if you remember the children's tale of Goldilocks the porridge was too hot, too cold, and then just right. Your **Goldilocks kettlebell is your "just right" kettlebell or around 70% of your 1RM.**

Press 2-3 days a week with the Press ladder version only being used one out of every 6-8 sessions. Working with a total volume of 30-40 sets occasionally pushing into the 50-60 set range every 6-8 sessions.

ROLL THE DIE—A LITTLE CHAOS

Adding/Forcing Variability

Pavel integrated dice into the programming in *The Quick and the Dead*. A roll of the die is used to determine various aspects of the sessions. A similar approach can be used with IC.

SESSION		
Roll a 6	Roll a 5, 4, or 3	Roll a 2 or 1
Hard Session	Medium Session	Easy Session
VOLUME		
Roll a 6, 4, 2	Roll a 5, 3, 1	
Time Constrained	Work Constrained	
TIME CONSTRAINED		
Roll a 6 or 5	Roll a 4 or 3	Roll a 2 or 1
High Volume—30min or >	Medium Volume—20min	Low Volume—10-15min
OR		
WORK CONSTRAINED		
Roll a 6 or 5	Roll a 4 or 3	Roll a 2 or 1
High Volume—40 sets or >	Medium Volume—30 sets	Low Volume—20 sets
LOAD		
Roll a 6 or 5	Roll a 4, 3, 2	Roll a 1
Heavy	Medium	Light

If you roll the same combination two days in a row, perform the rolls again to “create” a different combination. But if even one variable changes, stick with what the dice gave you.

For example, if you roll a three for the first option it will be a medium session. On the second die roll you roll a six so it will be time constrained. And you roll a six again for a 30-minute time

frame. Then the last die roll of a four for a medium load. I would choose a Traveling 2s (medium intensity session) 30-minute session (time constrained tracking total sets) with the 36kg kettlebell (medium load).

You could end up with a hard session—low volume time constrained—heavy load or any combination including all high or heavy or all low and easy/light. The roll of the dice will, as the Joker noted in the *Dark Knight* movie,

*"Introduce a little anarchy.
Upset the established order,
and everything becomes chaos.
I'm an agent of chaos."*

Ok—you have your hard, medium, and easy sessions. You have loading, volume, and density options. What does the weekly schedule look like and can you combine IC with other modalities?

"JUST" IRON CARDIO

If you choose to focus exclusively on *Iron Cardio* then I think a three day a week plan works well if your shoulders can handle a decent Pressing volume. So, you will have a hard, medium, and easy session spread through the week.

SIMPLE & SINISTER AND IRON CARDIO

If you combine these two programs then you have the option to increase the number of training days per week to 4, 5, or even 6. Why? Because a rotation of shorter efforts and longer efforts can be easily implemented. But you have to be mindful of the variation of intensity.

I would also rotate the S&S work with different intensities and volumes. While 10 x 10 days using Timeless can still form the base, I like to incorporate on the minute work (OTM) or heavier days for sets of 5 using the Timeless strategy.

BARBELL AND IRON CARDIO

If you combine barbell work and *Iron Cardio* you need to be mindful of overload between similar patterns. If you are primarily working on your deadlift then IC easily fits in 2-3 days a week. If you are working on multiple lifts (especially the barbell Military Press) then you need to be more careful and 1-2 days of IC can work but will tend toward the medium and light intensities.

BODYWEIGHT AND IC

Combining IC with bodyweight work all depends on the skills being developed, volume, and intensity. Higher volume calisthenics work is likely not a good fit with an IC program. Higher volume Pullups (or weighted Pullups) for example can overload the elbow. Higher volume work on handstand Pushups is another example of something that will likely not pair well. Low volume work on single leg Squats (pistols) or one-arm Pushups can likely be used with IC.

FOR MYSELF

For myself I just select a version different from the previous session but then try to repeat a previous session after a few training days. This allows me to track progress without chasing it. This can mean that I actually sit and think about what I want to do until I "happen" upon a variation that excites me. And I do that. Intuitive indeed.

Last year during my vacation I didn't train with barbell for 3 weeks.

I only practiced IC and a Swing/Snatch protocol.

Last day of vacation, after 20min of IC with 20kg kettlebell (and 2 Pullups for each round) I was able to Press 32kg kettlebell in an easy way, pull 200kg in sumo stance (and some days later 190kg in conventional) at 65kg bodyweight.

When I moved to work at the new gym, my StrongFirst colleagues and students were skeptical about Iron Cardio. They tried it and now Iron Cardio is a fundamental practice we (instructors and students) do in our Training Lab.

and

"12 days without training with barbells, due to the Covid-19...During those days I only performed 5 practices of IC/SA and Swing.

On the first day I came back at the gym I performed Sumo Deadlift 2 @210kg, then 4 @190kg at 60, 6kg BW."

Here the [link](#).

—Guido Posante

AEROBICS/CARDIO VS. GENERAL ENDURANCE

An aerobic “purist” or exercise physiologist may balk at the use of the term aerobics or cardio in what is essentially a strength training circuit. And I am not here to wade into or try to solve that debate. So, let’s change the conversation a bit and discuss general endurance and potential productivity.

“General endurance is the ability to perform for an extended period of time any work involving many muscle groups and placing high demands on the cardiovascular, respiratory, and central nervous systems.” (Ozolin, 2006)

From Pavel’s article on StrongFirst.com—[“What is “Work Capacity”? \[Part I\]”](#)

“Potential productivity is one’s ability to fulfill the given work with the lowest biological cost and the highest results.” (1)

“Potential productivity is a complex process which depends on integration and interaction of different systems and organs on different levels of organization: from biochemical to genetic to social.” (2) PP is determined by a host of physiological and psychological factors: genetics, gender, body mass, age, the state of health, energy systems’ power, capacity, and efficiency, the state of the neuromuscular apparatus, the psychological state, motivation, the climate, the season, work conditions, etc.” (2)

(1) Shipilina & Samokhin (2004)

(2) Ushakov (2007)

From Pavel’s article on StrongFirst.com—[“What is “Work Capacity”? \[Part II\]”](#)

What you should notice from these definitions drawn from some of Pavel’s other writings/articles is how complex and interrelated the subject of conditioning, endurance, or aerobics can be. Not very minimalist.

I think general endurance sums up what Iron Cardio targets and Shipilina & Samokhin’s potential productivity definition sums up the “why” behind the program.

When we free ourselves from the narrow focus on aerobic conditioning and turn towards general endurance it simplifies the conversation. And when we try to build potential productivity as work at the lowest biological cost, we have a sustainable training program.

IS STRENGTH TRAINING “CARDIO”?

I know, I know, I said I wasn’t going to get into it, but I think I’ll save myself a few emails if we just dive in a bit.

There are two issues with trying to consider strength training as a form of “cardio,” i.e. aerobic exercise:

1. Pressure load
2. Volume load

Pressure load refers to the increase in diastolic blood pressure that leads to increased left ventricular hypertrophy since the heart must overcome the pressure generated by the tension of strength training to eject blood.

Volume load is the rate of venous return to the left ventricle and in aerobic exercise the faster rate of return leads to a bigger left ventricle but in strength training the pressure load doesn’t allow for the larger rate of return.

So, while we see heart rate increases in strength training, it does not mean we are seeing the same cardiovascular adaptations. In aerobic exercise there is a direct relationship between heart rate and VO₂ but in resistance training the heart rate response is out of proportion due to decreased stroke volume and to get the cardiac output needed the heart rate is increased out of sync with the VO₂.

So how does this factor into kettlebell training and in particular *Iron Cardio*?

For kettlebell training in general the ballistics (Swings, Snatches, Cleans) are a rhythmical cardiovascular exercise most similar to rowing where we see good cardiovascular adaptations.

For *Iron Cardio* it highlights the need to keep the sets or sequences short with a good rotation of movements in the sequence. Not being under significant load for 5, 10, or more repetitions means *Iron Cardio* likely has better overall cardiovascular effect but still leans far more in the general endurance category.

OR IS IT....

A cousin of the *Iron Cardio* protocol is circuit training (or high intensity intermittent exercise) and while *IC* is a series of repeats not a circuit they are still related.

This study:

Tabata I, Nishimura K, Kouzaki M, Hirai Y, Ogita F, Miyachi M, Yamamoto K. Effects of moderate-intensity endurance and high-intensity intermittent training on anaerobic capacity and VO_{2max}. Med Sci Sports Exerc. 1996 Oct;28(10):1327-30. doi: 10.1097/00005768-199610000-00018. PMID: 8897392.

Shows some impressive results from a circuit training study:...determined that HIIT "improved VO_{2max} by about 14%; anaerobic capacity increased by a whopping 28%."

And this study:

Heydari M, Freund J, Boutcher SH. The effect of high-intensity intermittent exercise on body composition of overweight young males. J Obes. 2012;2012:480467. doi: 10.1155/2012/480467. Epub 2012 Jun 6. PMID: 22720138; PMCID: PMC3375095.

Looked at... "high intensity intermittent exercise (HIE) consisting of an 8sec sprint followed by 12sec of low intensity cycling, repeated for 20min..." Resulting in: "the major findings of this study were that HIE significantly increased VO_{2peak} and significantly reduced total, abdominal, trunk, and visceral fat of young, overweight males. Also trunk and leg fat-free mass was significantly increased after HIE."

Hopefully most of the high intensity interval training options are "third cousins once removed," and the HIIT or high intensity interval training which these studies looked at is not how IC is applied but the results can extrapolate in IC's direction.

And Pavel noted that while "aerobics" traditionally refers to "cardio" there are peripheral adaptations (skeletal muscles' capillarization and ability to extract and use oxygen) that are just as important. And the *Iron Cardio* protocol delivers both.

UNIQUE ASPECTS OF IC

ENERGETICS OF THE "FIRST REP"

According to Russian research quoted in the StrongFirst Training Principles in the SFG I manual 34th edition, the first rep of a "quick lift" requires 35% more energy than the following reps. *Iron Cardio* is "all" first reps and while not all quick lifts I think it is a reasonable extrapolation. Accumulating multiple sets of first reps builds technique as well.

THE DIFFERENCE BETWEEN THE REPS

Another observation from using *Iron Cardio* is the "[difference between the reps](#)." This ties into something known as movement variability.

From Feldenkrais professional and author Todd Hargrove's blog:

"The ability to make small adjustments to a basic repetitive pattern like heart rate, brain waves, energy use and movement seems to be a good indicator of health and function. Experts who perform the same repetitive task (say hammering a nail) display more variability than novices..."

And:

"Good movement is not just about harmonious interaction or coordination between the different parts of the body. It is most fundamentally about how the system interacts with the environment, particularly in response to unexpected changes. In other words, good movement implies a quality of adaptability and responsiveness to a changing environment."

What I find in doing *Iron Cardio*, is a difference between the reps. One Clean of the kettlebell will land "just so." And then next will land "just not so." This creates small variations in the angles and center of mass of the kettlebell for the Press to follow. Movement variability and the difference between the reps is not only to be expected it is a good thing.

For all these reasons I am a fan of this protocol. It allows me to tweak and adjust on an ongoing basis and provide variation in my training.

LINEAR VS. EXPONENTIAL

Before we dive down into even more variations, simply adding the kettlebell Snatch to the original protocol led me to a programming realization, also outlined in [Training Observations: Every Rep Is a Chance to Learn](#). **Adding a repetition to a set or sequence is not necessarily a linear increase but can actually create an exponential increase.**

The Richter Scale, which measures earthquake intensity, is a good foil here:

"Each number increase on the Richter Scale indicates an intensity ten times stronger. For example, an earthquake of magnitude 6 is ten times stronger than an earthquake of magnitude 5. An earthquake of magnitude 7 is $10 \times 10 = 100$ times stronger than an earthquake of magnitude 5. An earthquake of magnitude 8 is $10 \times 10 \times 10 = 1000$ times stronger than an earthquake of magnitude 5."

Going from a 5 to a 6 on the Richter Scale represents an exponential increase, not a simple linear increase. And adding one rep to some sets or sequences creates that same exponential increase.

For example, when I am doing one-arm Swings for 5 reps every 30 seconds for 5 minutes and I add one rep to get to 6 reps every 30 seconds, the impact is exponential not linear. When I add one rep to the usual 3 rep sequence of *Iron Cardio*, I get the same exponential increase.

What do I mean by exponential impact? Heart rate increase, breathing increase, and increased need for rest to name a few things, and possibly increased recovery time needed before the next session.

You will all find your own linear versus exponential increase line, but the point is that when you are programming for yourself or a student, you need to keep in mind the next rep you add might be an exponential increase not a linear one.

SHORT AND EXTENDED EFFORTS

Your programming should include a rotation of short and extended efforts.

In addition to not being able to follow programs, I also seek to (at times) provide horribly unscientific explanations. Rotating short and extended efforts is one of these times.

What do I mean by short and extended efforts?

Well...just that. That some of your work should be short in duration—ballpark 10 minutes and some of your work should be longer in duration—20 to 30+ minutes.

I have spent time working on my *Simple & Sinister* (S&S) progressions over the last few years and have written about the Timeless strategy in another article. What I began to realize is that with the Timeless work you begin to accomplish your work in 10 minutes or so on a consistent basis. Ten sets of ten Swings can consistently be accomplished with an on the minute (OTM) strategy or sub-ten minutes with the Timeless strategy.

And this is great work, but it is all "short" in duration. These short efforts need to be paired with at least some extended efforts. Runners and most athletes will recognize that if you only

"practice the event," essentially always "testing" yourself, that performance will at best stagnate and likely will decline.

Let's use a 5k runner as an example. That runner will need to sprint to improve the anaerobic system and build speed, but they also need to "go beyond" the goal distance at lower intensities to build the aerobic system and general endurance of the muscular system. A quick note here that the amount you need to "go beyond" is, in my opinion, about 20-30% and maybe, maybe 50% but not 100% or more as most endurance athletes will go.

So, we need short efforts, sprints, to be paired with longer efforts, "jogs," in order to hit a variety of qualities and bring overall performance up.

What does this look like from a kettlebell programming standpoint?

An S&S Swing day that has you hitting your 10 x 10 in 8 minutes. An *Iron Cardio* medium day of 40-50 sets in 30 minutes. And a heavier one or two-arm Swing day of 20-30 sets of 5 reps using an OTM or Timeless strategy.

The S&S Swing day is where you are checking your progress. The *Iron Cardio* day is your extended effort but also where you get good movement variability and strength work. And the heavier day of 5's is your "sprint" work getting the anaerobic work with sufficient rest.

A near "perfect" rotation of volume, density, and intensity even if I do say so myself.

I'M FREAKING OUT A LITTLE BIT...

If the intuitive nature of the *IC* protocol has you a bit “concerned” then you might definitely be a structured trainee from the gray box and you are looking for algorithms, spreadsheets, and specifics.

“Enhance your calm John Spartan.”

—Demolition Man

Cause telling someone to calm down always works 😊

How do I know I won’t screw up was the question I got from a friend and colleague, and I have a simple answer... You won’t.

All the variations of *Iron Cardio* are just that variations/options. Want to focus on the Press? Then you can put together options for that. Want to focus on general endurance? Then you have options for that. And on and on...

What succeeds is consistency. The density, intensity, and volume naturally progress with consistent application. (As long as you avoid the traps.)

But if you must have a structure then you can use a stepwise progression strategy using the **time constrained strategy**:

- » Session 1: 20min Clean + Press + Squat
- » Session 2: 20min Clean + Press + Squat Traveling 2s

Keep alternating these two sessions until you can hit the same total number of sets in both sessions (within 4-6 sets), then add 2-5 minutes and repeat the progression.

Using the **work constrained strategy**:

- » Session 1: 30 sets of Clean + Press + Squat
- » Session 2: 30 sets of Clean + Press + Squat Traveling 2s

Keep alternating sessions until you can complete the 30 sets in the same time or within 20 minutes, then add 6-10 sets and repeat the progression.

The Traveling 2s sessions impose a change in volume, density, and intensity and alternating between the standard session means you “always” have variation in those areas. Again, consistency will be the key and if you are a structured trainee, you might just find out that you like a little chaos.

PERFORMANCE TIPS

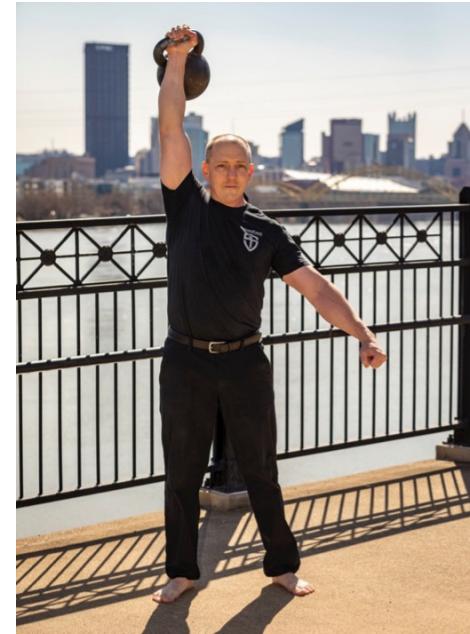
Clean



- ▲ Keep the hips steady during the hike. Hold the deadlift/hinge position and do not allow the hips to rise during the hike.
- ▲ Part of the arm guiding the kettlebell to the rack is a subtle pull back with the elbow at the midpoint of the Clean. This guides the kettlebell close to the body and softly into the rack.
- ▲ Do not overpower the Clean. The hip extension is still crisp, but you need to “dial down” the effort to avoid putting too much power to the Clean.
- ▲ Tame the arc. Do not allow the kettlebell to travel out away from you on the extension of the hips and do not cast the kettlebell away from you on the descent. You should be able to Clean a kettlebell with a towel hanging a couple of feet in front of you without hitting it.
- ▲ Use a deep grip where the kettlebell stays in “place” during the Clean and the drop.

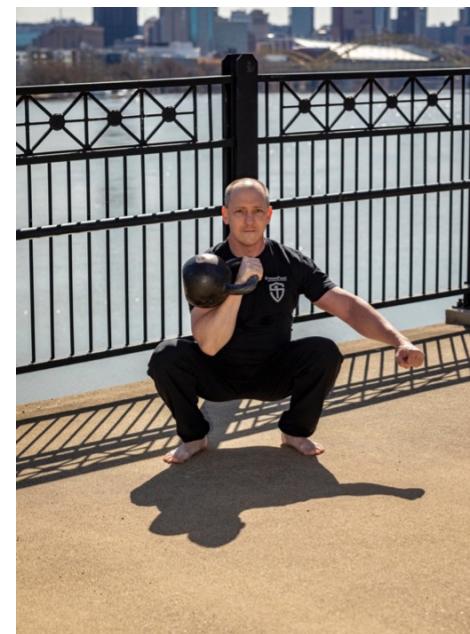
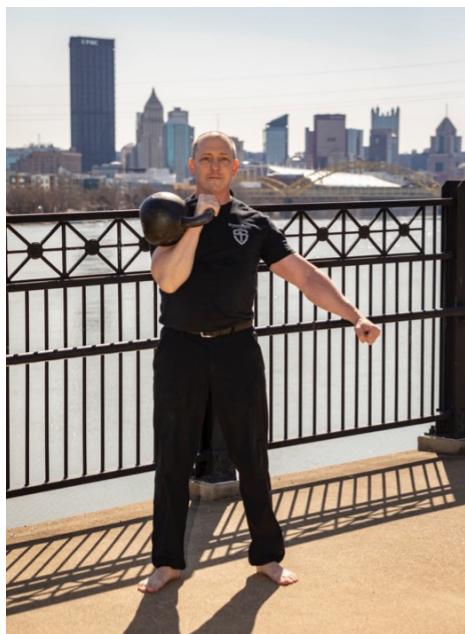
Press

- ▲ At the finish of the Clean and once in the rack and before the Press make sure you are in the standing plank with the kneecaps pulled up and midsection braced.
- ▲ Sync the breath with the Press. Inhale into a braced midsection to begin the Press or inhale during the Clean, then you will have a brief breath hold or forced exhale during the Press. After pausing at lockout inhale again during the active negative where you are pulling the kettlebells back to the rack.
- ▲ The deep grip from the Clean will place the kettlebell deep in the palm so the weight is resting on the ulna with a neutral wrist. See this article for more information: [Optimizing the Kettlebell Military Press Grip±For You](#)
- ▲ The overhead position should be achieved without losing the lumbar/pelvic position.



Squat

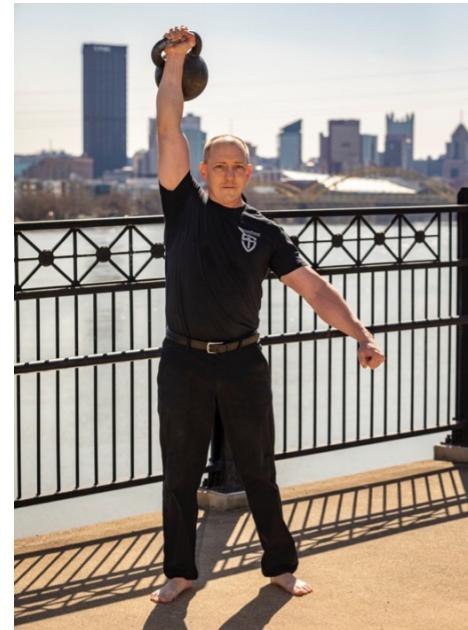
- ▲ Adjust your stance after finishing the Clean and Press if using double kettlebells. Your Squat stance will be narrower than your Clean stance except for some rare exceptions.
- ▲ Keep the upper arms against the ribs and do not flare or push the elbow(s) forward on the descent.



- ▲ Actively pull yourself into the descent with the hip flexors. Do not “divebomb” (drop quickly) into the Squat and bounce out of the bottom.
- ▲ Inhale into a braced midsection to begin your Squat.
- ▲ Do not push the hips back first like a deadlift. Instead descend straight down into the Squat by creating space at the hips and using the ankles—centering with the weight.
- ▲ Do not Squat deeper than you can with a neutral spine. No “butt wink.”
- ▲ After a brief pause in the bottom grunt to start the ascent. This will Pressurize the pelvic floor and midsection for more strength coming out of the hole. Start the ascent slowly to avoid hips go first, then speed up.
- ▲ If you cannot reset the breath between reps or lose your Pressurization, then the set is over.

Snatch

- ▲ Tame the arc on the drop after the Squat—it is a “straight down drop” not a cast.
- ▲ Keep the upper arm against the ribs until the hip extension “blasts” the arm and kettlebell into the Snatch.
- ▲ Be patient at the top of the Snatch. Stay in the overhead standing plank until the arm reconnects with the ribs and then direct the kettlebell into the hips/hinge.
- ▲ Tame the arc.
- ▲ Sync the breath with the movement—inhale during the drop and a crisp forced exhale at the hip extension.
- ▲ The deep grip keeps the kettlebell in the palm for the Snatch as well.
- ▲ Do not allow this one-sided load to twist the shoulders—stay squared off.
- ▲ Extra stress will be placed on keeping the shoulder Snatching the kettlebell solidly connected (packed).
- ▲ The free hand can: Swing in sync with the working arm, stay in the guard position, be placed on the same side hip.



CONCLUSION

"Life is the art of drawing sufficient conclusions from insufficient premises."

—Samuel Butler

As we draw this brief, targeted work on a single protocol to a conclusion I think the quote from Samuel Butler summarizes a "conclusion" very well.

The sufficient conclusion I have come to on this is that the IC protocol works well and is a fun and effective training variation. It builds general endurance, and potential productivity. It has endless variation but without losing specific practice.

But what are the insufficient premises?

I do not know how you will respond to using the IC protocol. You will bring your own structure, movement quality, injury history, medical history, and training history to the "table." How all of that will influence your application of the protocol (or any routine) is something I assist people with every day and make the adjustments necessary for sustainable progress.

A couple of tips I can provide though:

1. Make haste slowly as the old saying goes. Too much, too soon is a classic recipe for creating a problem in your training.
2. Rest more than you think you should. Rest is the most abused training variable in my opinion. Focus on the precision and work within the set and then rest, you've earned it.
3. Have a coach. Getting a skilled coach's eye on you will save you frustration and accelerate your progress.

"Absolute certainty is a privilege of uneducated minds and fanatics. It is, for scientific folk, an unattainable ideal."

—Cassius Jackson Keyser

Or put another way by George Patton: "A good plan violently executed now is better than a perfect plan next week."

Too many people search for the “perfect” program allowing better to be the enemy of good and experiencing paralysis by analysis. Or routine hopping from one “better” program to the next resulting in little to no progress.

Do not wait for certainty and stop the search for the “better” program. Apply yourself to this program because application is power not knowledge. Knowledge is potential power until applied. So, apply yourself, do the work.

Do the work.

TESTIMONIAL FOR IRON CARDIO

Minimalist without being stingy, familiar without being boring, and adaptable without losing its essence are just some of the gifts you can expect from this book.

—Os Aponte

The last time I was this giddy about a program was 2006 when I purchased *Enter the Kettlebell* (*ETK*). The *Iron Cardio* protocol draws inspiration from the 2009 article by Pavel Tsatsouline and Alexey Senart called Strength Aerobics and the author's need to rebuild his base after successful cancer treatment, and I find that in the end, it picks up exactly where *ETK* ended. It is a minimalist approach to hard style training with the pendulum right mid-Swing, and perfectly balanced, like all things should be. So now I have a better picture of what I saw on Mr. Jones' Insta feed for so long but was utterly clueless about it. (Insert all your Counting Crows jokes here.) So allow me to share with you why 2021 will be the best Christmas minimalists have had since 2006.

This short yet dense write-up has some of the best tactical insight I've read in quite some time.

Exhibit A: Linear Vs. Exponential. This is where Jones aims to teach you how to fish instead of giving you last night's Rubios. If you ever wanted to be a fly on the wall in the training hall of one of the best hard style kettlebell practitioners, your time is now. The earthquake analogy hits hard with anyone who has tried and failed to bump it up just one more rep, only to pay the immediate consequence in the form of torn hands, lost form, kinked up elbows, jacked-up rhomboids, and badly bruised egos. Jones doubles down on his insightful take on the practice of hard style by teaching the reader about the classic traps Admiral Ackbar would be able to discern if he were a student of strength. More on how to avoid imperial warship attacks later.

Jones expands on the tactical lens by covering duration, intensity, and breathing, giving the reader the necessary insight to make this program their own. Here, he truly empowers you with the requisite knowledge to make educated decisions about structuring *Iron Cardio* to help you make continuous progress with familiar vocabulary.

While beginners can most certainly benefit from this book, the freedom of choice attached to the program is a perfect fit for high-level intermediate and advanced hard stylers. Nowhere is this more evident than in the more complex session compositions with things like two kettlebells, alternating weights, weight ladder, rep ladder, adding exercises, and combinations of the variations. If you think this is all easy and that you "totally got it," I recommend you revisit the lesson on Linear Vs Exponential before you fail to see the traps.

The insight shared in the traps section is succinct and profound. Sadly, too many practitioners only learn the hard lessons dished out by these poor approaches after the damage has been done, resulting in lost training time and momentum. But Jones coaches you through the pitfalls with his trademark avuncular tone and energy, and you will find yourself nodding in agreement to the salubrious advice.

Taking the Clean, Press, Squat combination as the primus gradus *Iron Cardio* embarks on a full-out sprint that augments the lessons of the original article with elegance and substance. The option to use both level one and two StrongFirst kettlebell skills invariably proves its utility. Additionally, the use of dice creates a nostalgic feel without becoming fan service but instead a significant continuation of a hard styler's personal source of chaos. Here is a mild spoiler, you will use the dice for more than to obtain set durations. The big twist of the third act of this book was learning that StrongFirst Bodyweight skills are compatible with the protocol. And I am not talking about doing one-arm pushups on a variety day like some Disney Plus show. Oh no. The OAPU is in the movie! Yeah! I know!

Minimalist without being stingy, familiar without being boring, and adaptable without losing its essence are just some of the gifts you can expect from this book. *Iron Cardio* is the must-have book of 2022 because of its flawless contributions to the hard style technical universe.

—Os Aponte

ACKNOWLEDGEMENTS

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IRON CARDIO

KETTLEBELL STRENGTH & CONDITIONING PROTOCOL



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A “YEAR+” OF IRON CARDIO

This covers a time frame just before my cancer diagnosis and treatment up to early 2022 so you can see the evolution of the IC protocol.

- 4/16/22** Weight Ladder IC 32 > 36 > 40kg {Clean + Press + Squat x R&L} x 60 sets in 32:15. Last set on the left was a Push Press. Hadn't repeated this version of IC since Jan. 24th—I dropped 2:42 off the total time and the last two sets were Push Presses on the left in January—progress.
- 4/14/22** 40kg day—Get-up x 1+1 x 5 sets. One-arm Swing x 10 x 6 sets in 7:45. Needed a low volume day after the last IC session.
- 4/9/22** 48kg day—as part of my prep I did a 48kg Get-up 1+1—first time in a while and felt good. After prep—48kg one-arm Swing x 5 OTM x 30 minutes continuing into 5 OTM two-arm Swing x 10 minutes. Forty minutes of fun with the 48.
- 4/7/22** Alternating 28kg and 32kg Snatch practice 3 every 30 seconds sequences of {Half Snatch R&L + Reverse Half Snatch R&L + Snatch R&L} x 10 sequences—60 sets total (30 with each weight), 180 NL (90 at each weight). 4 sequences—rest 4 minutes—4 sequences—rest 3 minutes—2 sequences.
- 4/3/22** 36kg IC {Clean + Press + Squat x R&L + 2 Chin-ups} x 20 sequences in 27:20. (40 sets of KB and 20 sets of chins—forty total.)
- 3/31/22** 40kg one-arm Swing x 5 every 40 seconds x 20 sets. Wanted to do an OTM session (like with the 48) but flipped it in my head to an every 30 seconds session and then programmed in 10 seconds on 30 seconds off (every 40 seconds) instead...somedays are just like that but a solid 100 reps.
- 3/29/22** 36kg IC sequences of {Clean + Press + Squat > Clean + Press x 2 + Squat} x 30 sequences in 44:50. Sixty sets total—90 NL for the Presses.
- 3/23/22** 48kg prep for today's session—Goblet Squat x 5 and two-arm Swing x 10. Continued into 48kg one-arm Swing x 5 OTM x 30 sets. Good to have an “easy day” with the 48kg.
- 3/21/22** 36kg IC {Clean + Press + Squat x R&L + 2 Twisting Commando Pullups} x 20 sequences in 28:22. (Forty sets of KB and twenty sets of Pullups) finished with 10 sets of 5 every 30 seconds one-arm Swings 36kg. 36kg is feeling good.

IRON CARDIO

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- 3/20/22** Quick Get-up session: 24kg x 1+1, 32kg x 1+1, 36kg x 1+1, 40kg x 1+1 x 5 sets (video) and on with the day...
- 3/17/22** 36kg IC {Clean + Press + Squat} x 50 sets in 28:36. I felt good so I did more but a bit slower pace. Check the linktree in my bio for recent podcasts etc.
- 3/15/22** 48kg one-arm Swing x {6L + 6R + 6L + 6R + 5L + 5R} x 5 sequences (20 sets of 6 and 10 sets of 5 = 170 NL).
- 3/12/22** 36kg IC {Clean + Press + Squat + Half Snatch} x 30 sets in 22:52. Felt good so I did "less."
- 3/10/22** Snatch practice today {Half Snatch R&L > Reverse Half Snatch R&L > Snatch R&L} x 3 every 30 seconds x 70 sets total—28kg x 30 sets > rest 5 minutes > 30 sets > rest 5min > 32kg Snatch R&L x 3 every 30 seconds x 10 sets (210 NL). Working on the drop with the left arm in particular—reverse Half Snatch is really great for that IMO.
- 3/7/22** Double 32kg Squat Ladder {Clean + Press + Squat + 2 Chin-ups} x 30 sets laddering the squat 1>2>3—in 44:44. That was tough.
- 3/4/22** 48kg one-arm Swings OTM x 30 sets alternating sets of 6 and 5 for 166 reps total. #colorectalcancerawareness message between sets in the video.
- 3/1/22** MP Ladder IC {Clean + Press + Squat x R&L + 2 Chin-ups} laddering from 1>2>3 for the MP—30 sequences (60 sets of KB and 30 sets of chins) in 42:57. Last time I did a session like this was my birthday and I cut a bit over 6 minutes from the total time and if you do the math, you'll see it's a pretty big workload (120 Presses, 60 Cleans, 60 squats, 60 chins—300 total reps).
- 2/28/22** 48kg one-arm Swing x 10 x 10 sets in 15:10. First Timeless test with the beast in a 2+ years and I'm pretty pleased. If I am correct the best Timeless time I had in 2019 (I think) was 13:10 so to be close to that with a Timeless test now is pretty good.
- 2/24/22** 32kg Snatch x 3 every 30 seconds x 20 sets > rest 3 minutes > 20 sets > rest 3 minutes > 20 sets. 60 sets total and nice progress from the last time I did this session. Last 8 sets were Half Snatch since I felt some skin stress starting on the left. Still need to work on the drop with the left at this weight—elbow gets a bit high in the drop.
- 2/22/22** Double 24kg Jerk x 5 OTM x 10 sets > x 4 OTM x 10 sets > x 3 OTM x 10 sets (continuous thirty minutes). 120 total Jerks.
- 2/20/22** Two years since my cancer diagnosis on 2/20/2020—the anniversary no wants but one I will collect as many of as I can. 48kg one-arm Swings OTM x 30 sets rotating sets of 5 and 6 so 16 sets of 5 and 14 sets of 6—164 total reps. When making progress you don't have to go from "zero to hero" and make a linear jump.

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- 2/18/22** Weight Ladder IC 32, 36, and 40kg. {Clean + Press + Squat + Snatch} x 30 sets in 28 minutes (took a cell phone call during so time could have been a bit less. Finished with 10 two-arm Swings at each weight. Adding the Snatch was “as expected”—tougher. Not the cleanest reps on the Press—clearly some leg assist on the left and subtle assist on the right. I don’t film my sessions and pick the best sets)—I just film a set and post it. Felt good the throw the Snatch in at the 40kg and the 32kg was flying after that.
- 2/14/22** “Kilah” session (keep it light and happy) heard that from Jeff Martone many years ago...24kg Snatch x 4 every 30 seconds x 60 sets rotating through {Half Snatch R&L > Reverse Half Snatch R&L > Snatch R&L}.
- 2/12/22** 36kg IC {Clean + Press + Squat} x 40 sets in 21:10. Finishing with 36kg one-arm Swing x 5 every 30 seconds x 10 sets.
- 2/9/22** 48kg one-arm Swings x 5 OTM x 20 sets. Hip action felt really good today
- 2/7/22** 32kg IC {Clean + Press + Squat x R&L + 2 Tactical Pullups} x 20 sequences in 21:10. So 40 sets of KB and 40 Pullups. Finished with 32kg one-arm Swing x 10+10. Yesterday hit a 30-minute elliptical.
- 2/5/22** 28kg Snatch x 3 every 30 seconds {Half Snatch > Reverse Half Snatch > Snatch} x 30 sets—3 minutes rest—30 sets.
- 2/3/22** Latest article up on StrongFirst (link in bio)—double 24kg IC x 30 minutes with 53 sets in that time constrained session. Finish with 24kg alt Swing x 20.
- 2/2/22** Continuing the deload/easy week with 30 minutes elliptical then my usual foam roll, ground based movement prep, 24kg Get-up+ x 1+1 and 32kg Get-up x 1+1 x 5 sets. Then a stretch.
- 1/28/22** 36kg IC {Clean + Press + Squat + Snatch} x 20 sets in 13:10. Quick session.
- 1/26/22** 48kg one-arm Swings x 5 OTM x 30 minutes. From a “conditioning” standpoint this felt like a 5 whereas last time I did this session it felt like a 7-8. Progress.
- 1/24/22** Weight Ladder IC 32, 36, and 40kg {Clean + Press + Squat} x 60 sets in 35 minutes. Twenty sets of each weight—not my cleanest 40kg sets but not too bad. Finished with 10 one-arm Swings with each arm at each weight.
- 1/22/22** 32kg Snatches {3 every 30 seconds x 10 +2 minutes rest} x 6 sequences—180 total Snatches.
- 1/20/22** One-arm Pushup practice just 3 sets of 1+1 before today’s IC session. Getting better I think. 32kg IC {Clean + Press + Squat x R&L +2 Pullups} x 50 sets in 28:45. Finished

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with 32kg one-arm Swing x 10 OTM x 4 sets. Hitting a few Swings after the /C seems to help recovery.

- 1/18/22 Double 32kg /C {Clean + Press + Squat} x 30 sets in 29 minutes.
- 1/16/22 48kg one-arm Swing x 5 OTM x 30 sets
- 1/14/22 28kg Snatch x 3 every 30 seconds x 60 sets—sequence of {Half Snatch R&L > Reverse Half Snatch R&L > Snatch R&L}. Really like this practice—three distinct breathing patterns, and separate practice of the concentric, eccentric, and full motion.
- 1/12/22 36kg /C {Clean + Press + Squat x R&L + 2 Twisting Commando Pullups} x 20 sequences in 27:35. 40 total sets of KB and 40 total Pullups. Finished with 36kg one-arm Swing x 5 every 30 seconds x 10 sets.
- 1/10/22 OAPU (one-arm Pushup) practice 1+1 x five sets. 32kg /C {Clean + Press + Squat + Snatch} x 40 sets in 21:35. Finished today's session with a few sets of 32kg one-arm Swings...just 4 sets of 10 but added to the /C it was a 200-rep session.
- 1/5/22 Double 24kg /C Traveling 2s {Clean + Press + Squat +Snatch} x 40 sets in 43:10. I've been chasing the clock a bit so purposely slowed down for this session and focused on the breathing pattern. The set on video was supposed to be two Snatches but snuck an extra squat in there.
- 1/2/22 Swinging into 2022 > 22 x 4 = 48kg for the first session of the year. 48kg Swings x 5 OTM x 30 total sets (first 20 sets one-arm Swings and the last 10 sets two-arm Swings). Here's to a strong 2022!
- 12/31/21 Last session of 2021—32kg /C {Clean + Press + Squat + Snatch x R&L + 2 Tactical Pullups} x 30 sequences in 47:00. 60 sets of KB (240 reps) and 60 Pullups total—one of 200 sessions this year. Here's to a strong 2022!
- 12/27/21 36kg /C {Clean + Press + Squat + Snatch x R&L + 2 Twisting Commando Pullups} x 15 sequences in 25:40. 30 total sets of KB and 30 Pullups.
- 12/23/21 Some days you should "bite off more than you can chew" but just know when to stop—double 32kg /C Military Press Ladder (1 > 2 > 3) x 15 sets in 20:25. So {Clean + Press + Squat} working through the ladder—5 sets at each rung. Endurance at my shoulders has never been my forte—lots of work to do on this particular session.
- 12/21/21 36kg one-arm Swing x 4 every 30 seconds x 30 sets. "Just right" for an easy to moderate session.
- 12/19/21 Alternating Weight /C—36 and 40kg {Clean + Press + Squat} x 40 sets in 28:30. First time alternating between the 36 and 40kg for the session.

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- 12/15/21 Double 32kg IC {Clean + Press + Squat x R&L + 2 Twisting Commando Pullups} x 30 sets in 38 minutes. Double 32kg felt good and required extra rest especially with the Pullups in the mix.
- 12/13/21 32kg Iron Cardio {Clean + Press + Squat + Snatch} x 30 sets in 14:10. Time crunch today so fitting in a session.
- 12/9/21 32, 36, and 40kg IC Weight Ladder {Clean + Press + Squat} x 30 total sets in 20 minutes. (Ten sets total at each weight.) Haven't had the 40kg in the mix for a while and it felt pretty good.
- 12/7/21 48kg one-arm Swings x 6 OTM x 20 sets. The last picture is what [@jockowilllink](#) would call "aftermath"—I was experimenting with a bit deeper grip and in the last few couple of sets got just a bit "off" and...Otherwise, a good session.
- 12/6/21 36kg IC (or SA if you prefer) {Clean + Press + Squat} x 40 sets in 19:17. A just over 3 minutes drop in time since I last did this session. Progress...
- 12/3/21 32kg Iron Cardio (SA) {Clean + Press + Squat +Snatch} x 40 sets in 20:05. Working on my grip for the Press—experimenting. Two new podcasts dropped today—check the linktree in the bio.
- 12/1/21 24kg Snatch practice x 3 reps every 30 seconds x 72 sets (36 minutes) cycling through Half Snatch > reverse Half Snatch > Snatch. I think I can still get my drop to be better but that is why we practice.
- 11/29/21 Combo SA (Iron Cardio) and Swings—32kg IC {Clean + Press + Squat} x 40 sets in 14:18 continuing into 32kg one-arm Swings x 5+5 x 5 sets. Sets 39&40 of IC and first set of Swing in the video. Took a week off after teaching the SFG II in France—good to be back at it.
- 11/16/21 32kg SA Traveling 2s {Clean + Press + Squat} x 30 sets in 15:45. The set of two travels through the sequence—Press x 2 in the video. "Just enough."
- 11/15/21 Double 24kg Jerks x 5 OTM x 10 continuing x 3 OTM x 10. I miscounted in the video and did 4 instead of 5 but made up for it with a set of 6.
- 11/14/21 20kg Snatch x 20+20. A nice warm-up for the 48kg one-arm Swings. First time Swinging the 48kg since treatment—48kg one-arm Swing x 5 OTM x 20. Felt pretty good.
- 11/11/21 32kg SA {Clean + Press + Squat + Snatch} x 60 sets in 33:50.
- 11/9/21 24kg windmill and Bent Press practice—3 windmills + a Bent Press on each side. A bit of practice as the SFG II in France approaches...

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- 11/7/21** Tougher than expected—alternating sets (every 30 seconds) of one-arm Swings x 3 and sets of 2 Jerks (first two sets were sets of 3 but dropped to doubles after that) x 32 sets at 40kg > rest 3 minutes > 28 sets at 36kg.
- 11/5/21** 36kg SA {Clean + Press + Squat} x 40 sets in 22:30. The best the 36kg has felt in awhile—felt so good I had to really commit to the delta 20 in volume from the last session...really wanted to keep going but finished feeling great.
- 11/2/21** 32kg SA {Clean + Press + Squat} x 60 sets in 24:45. Be better at the basics.
- 10/31/21** Snatch practice—28 and 24kg {Half Snatch R&L > Reverse Half Snatch R&L > Snatch R&L} sets every 30 seconds x 60 sets total. First 30 at 28kg last 30 at 24kg.
- 10/29/21** Get-ups today. After a bit of foam roll and movement prep—36kg Get-up x 1 OTM x 10. Then a bit of stretching. A nice recovery/easy session.
- 10/27/21** Double 32kg Skill Ladder SA {Clean + Press + Squat + 2 Tactical Pullups} cycling through Press > Push Press > Jerk > Long Push Press so four sets = 1 sequence. Performed 5 sequences—20 sets total and 40 Pullups total in 27:30. The difference between three reps in a set vs. 5 reps in a set is significant.
- 10/22/21** S&S day 32kg—Get-up x 1 OTM x 10, one-arm Swings x 10 x 10 sets in 8:30. Been missing my S&S days.
- 10/20/21** 32kg & 36kg SA {Clean + Press + Squat R&L + 2 Tactical Pullups} x 20 sequences in 29:00.
- 10/16/21** 32kg SA Traveling 2s {Clean + Press + Squat + Snatch—the set of travels across the exercises as you go} x 40 sets in 33:54.
- 10/11/21** 32kg & 36kg SA {Clean + Press + Squat} x 40 sets in 18:58. Alternating weights ends up helping both weights.
- 10/10/21** 20kg Snatch practice 20R, 20L, 20R, 20L, 15R, 15L, 10R, 10L + split Snatch x 5R, 5L in 16:25.
- 10/7/21** 28kg Snatch practice—reps every 30 seconds {Half Snatch 3 R&L > Reverse Half Snatch x 3 R&L > Snatch x 3 R&L} x 60 sets total. Broke it up into 30 sets > rest 2:30 > 18 sets > rest 2:30 > 12 sets. 4kg makes a lot of difference sometimes—a lot more skin stress and when I did this same session with the 24kg I didn't need breaks and it felt "just right."
- 10/4/21** 32kg SA {Clean + Press + Squat x R&L + 2 Tactical Pullups} x 20 sequences in 27:10. Little experiment with the Pullups.

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- 9/29/21** Double 24kg SA {Clean + Press + Squat + Snatch} x 30 sets in 23:22. 24kg Snatch practice x 3 every 30 seconds of {Half Snatch R&L > Reverse Half Snatch R&L > Snatch} repeat the sequence x 60 sets total. A "just right" training session.
- 9/20/21** Double 24kg LCCJ x 3 OTM x 20. These felt better than they look but a nice session overall.
- 9/14/21** Quick 32kg SA {Clean + Press + Squat + Snatch x R&L + 2 Tactical Pullups} x 10 sequences in 14:25. Changed my Pullup grip and was focusing on Pressing my elbow under the bell on Presses.
- 9/6/21** 32kg SA MP Ladder {Clean + Press (1>2>3) + Squat x R&L + 2 Tactical Pullups} x 30 sequences. So, sixty total sets and 120 total Presses and 60 Pullups—not bad for a 50th birthday session.
- 9/2/21** Old saying: the sun doesn't shine on the same dog every day. Just didn't have it today but got some work done. Weight Ladder SA with double 32, 36, and 40kg {Clean + Press + Squat (R&L if single bell) + 2 Tactical Pullups} x 12 sequences in 18:58. You can see a bit of leg action in the 40kg Press.
- 8/31/21** Break it apart to make it stronger—Snatch practice. 24kg Half Snatch x 4 every 30 seconds x 30 sets—short rest—24kg reverse Half Snatch x 3 every 30 seconds x 30 sets. Very interesting practice.
- 8/29/21** 36kg SA {Clean + Press + Squat + Snatch} x 50 sets in 41:27. Been a while since I had the 36kg in the mix.
- 8/27/21** 40kg Get-up x 1 OTM x 10 sets and 40kg one-arm Swings x 5 OTM x 10 minutes (during the rest between sets—odd sets ten seconds breath hold after inhale and even sets 5 seconds breath hold).
- 8/25/21** Double 32kg SA {Clean + Press + Squat} x 25 sets in 21:54.
- 8/23/21** 32kg Traveling 2s SA {Clean + Press + Squat + Snatch x R&L + 2 Tactical Pullups} x 20 sequences in 42:06. (40 total sets of KB and 40 total Pullups). Crossed the 10k followers over the weekend—thank you everyone!
- 8/12/21** Half but double...32kg SA {Clean + Press + Squat + Snatch} x 60 sets in 29:50. Half the weight of doubles from Monday but twice sets so half but double—love oxymoronic stuff. I had set a goal of sub 30 minutes for this version of SA and got it today and it was not a day that I felt like training.
- 8/9/21** Double 32kg SA {Clean + Press + Squat + 2 Tactical Pullups} x 30 sets in about 39 minutes. 32s felt better this second session but obviously needed some recovery time between series.

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- 8/6/21 40kg Get-ups and Swings—Get-ups x 1 OTM x 10min then one-arm Swing x 5 OTM with 5-10 second breath hold during rest x 20 sets.
- 8/4/21 Double bell SA—alternate sets of double 24kg and double 32kg {Clean + Press + Squat} x 40 total sets in 33:02. Haven't had the double 32's in my hands for a looong time—24's felt like 12's.
- 8/2/21 32kg one-arm Swing Breathing Ladder {1:1 ratio} 1+1 up to 10+10 plus (after recovery breaths from 10+10) 5+5—showing the 10 recovery breaths after that. Goal is 2:1 ratio. Then a 7000 step walk with @andreasjonesmoves taking advantage of a cooler day.
- 8/1/21 Double 24kg SA {Clean + Press + Squat x 2 + 2 Mixed Grip Pullups} x 26 sets in 28:18.
- 7/26/21 24kg Snatch Breathing Ladder today 1+1 up to 10+10 in just under 10 minutes. 2:1 reps to breath ratio from rungs one through five and 1:1 reps to breath ratio from rungs six through ten. (2:1 = one Snatch right and one Snatch left = one recovery breath—1:1 = one Snatch right and one Snatch left = two recovery breaths). Going to keep the breathing ladder in play for awhile.
- 7/21/21 A quick session with @coach_mike_kbw and @coachchrisabbott and then a first ever live guest podcast for @breakthroughsecretspodcast—a good day. Just did 32kg SA {Clean + Press + Squat + Snatch} x 20 sets in about 15 minutes (a nice easy vacation session).
- 7/18/21 Weight Ladder SA—32, 36, 40kg {Clean + Press + Squat x R&L + 2 Tactical Pullups} x 60 total sets. Twenty sets total at each weight and 60 total Pullups. (Video is 40kg and you can see a bit of leg drive on the left which probably happened on half of the 40kg reps on that side)
- 7/16/21 32kg Snatches x 3 every 30 seconds x 30 sets. Need to get my right arm working on my left Snatches. Planned for 40 sets but on a hot and humid day I pulled the plug early due to feeling a hot spot starting on my left hand—know when to fold'em 32kg SA {Clean + Press x 2 + Squat} x 50 sets in 31:06. 40kg Get-up x 1 OTM x 10 sets followed by 40kg one-arm Swings x 5 x 20 sets in 15:40. 40kg felt good today. SA double 24kg x 2 sets > 32kg R+L > 36kg R+L {Clean + Press + Squat + Snatch x R&L or two at double 24's + 2 Mixed Grip Pullups} x 30 sets total (ten sets at each weight) in just over 26 minutes.
- 7/8/21 32kg one-arm Swings x 10 x 10 sets in 8:30.
- 7/7/21 32kg SA {Clean + Press + Squat + Snatch} x 40 sets in 22:50. Felt good after a few days off training and traveling to Costa Rica.

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- 6/27/21 About the only thing that went "as planned" today...as Kenny Rogers wisely noted... *gotta know when to hold'em and know when to fold'em*. Had big plans today but after prepping and knocking out the first few sets of an SA session I folded. Typically, if I get started things get on the upswing and things go well but not today. Know when...
- 6/22/21 Q&D Snatches—28kg (5/4 four minutes series) x 4 series.
- 6/21/21 Double 24kg SA {Clean + Press + Squat + Snatch} x 40 sets in 34:45. It's lighter but heavier. One-arm/one-leg Pushup x 1+1—I think it looks better than the OAPU.
- 6/17/21 36kg SA {Clean + Press + Squat x R&L + 2 Tactical Pullups} x 20 sequences in 30:56. 40 total KB sets and 20 sets of Pullups.
- 6/16/21 Q&D Snatches—24kg, 3min series x 6 series (5/4).
- 6/15/21 32kg Get-up x 1 OTM x 10, then 32kg one-arm Swings x 10 x 10 sets in 8:15. Followed by a three-mile walk.
- 6/9/21 32kg Snatches x 3 every 30 seconds x 40 sets. Focused on being crisp and watching the hand/skin stress.
- 6/5/21 32, 36, 40kg Weight Ladder SA {Clean + Press + Squat x R&L + 2 Mixed Grip Pullups} x 30 in 48:20. Last 4 Presses on the left at 40kg had some legs in them. Dropped 4 minutes off the previous time on this but not as good on the Presses on the left—heat and decreased rest I believe.
- 6/3/21 24kg Snatches x 4 every 30 seconds x 40 sets. Getting the Snatches back in the rotation and need to take time to build the skin tolerance. Conditioning felt great—form was a bit hit and miss but solid overall.
- 6/1/21 36kg SA {Clean + Press + Squat} x 50 sets in 27:45. What difference 4kg makes.
- 5/29/21 32kg SA {Clean + Press + Squat} x 60 sets in 24:04. Needed an easy SA to reset after letting my volume get away from me a bit over the last few weeks. Best time to 60 sets for this version. Goal will be to add the Snatch and get the time down sub thirty minutes and get this version with the 36kg to this time frame.
- 5/24/21 36kg SA {Clean + Press + Squat + Snatch x R&L + 2 Tactical Pullups} x 40 sets in 31 minutes. What was good about today's session? It happened. What was not great about today's session? Everything else...rough training and pretty hot in the office so the heat got me, I think. Gotta get heat adapted.
- 5/21/21 32kg Get-up x 1 OTM x 10, 32kg one-arm Swing x 5 every 30 seconds x 40 sets.

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- 5/18/21 32kg SA {Clean + Press + Squat + Snatch x R&L + 2 Tactical Pullups} x 30 sets—60 total sets of KB and 30 sets of Pullups in 44:52. Today was a grind...just felt a bit off but got it done. Still amazed at how adding a Snatch ramps up the intensity like it does.
- 5/14/21 Weight Ladder SA 32, 36, 40kg {Clean + Press + Squat x R&L + 2 Tactical Pullups} x 60 sets in 52:20. Got my left side 40kg Press back!
- 5/12/21 40kg one-arm Swings x 10 x 10 sets in 9:12. A nice improvement from the last time.
- 5/10/21 36kg SA {Clean + Press x 2 +Squat x R&L + 2 x Tactical Pullups} x 15 sets in 27:35. (30 sets of KB with 15 sets of Pullups) I looked back and couldn't find where I had done a "dedicated" Press x 2 SA with the 36kg so I'm calling this one a nice step forward.
- 5/6/21 Traveling 2s SA {Clean + Press + Squat x R&L + 2 Mixed Grip Pullups} x 30 (so 60 total sets of KB and 30 of Pullups) the set of two travels (credit @coach_mike_kbw for the renaming of rotating 2's) through the KB sequence.
- 5/4/21 40kg Get-up x 1 OTM x 10 sets then 40kg one-arm Swing x 5 OTM x 20 sets. Just a good "punch the clock" session.
- 5/2/21 36kg Strength Aerobics {Clean + Press + Squat x R&L + 2 x Tactical Pullups} x 20 sets—40 total sets of the KB sequence + 20 sets of Pullups (to put it another way).
- 4/30/21 32kg Strength Aerobics {Clean + Press x 2 + Squat + Snatch} x 40 sets in 29:57. Missed a couple days training this week and really needed to hit a good session.
- 4/26/21 32kg Get-up x 1+1 x 5 sets in 5:34 followed by 32kg one-arm Swing x 10 x 10 sets in 8:04.
- 4/24/21 36kg Strength Aerobics {Clean + Press + Squat} x 60 sets in 31:50. Almost a 6min drop in time from the last time I hit this same session a couple weeks ago. Left Press overall was stronger and the rep on video was one of the "off" toes.
- 4/22/21 "Texas Tavern" training (if you are from Roanoke, VA—you know) 40kg Get-up x 1 OTM x 10 then 40kg two-arm Swing x 5 every 30 seconds x 20 sets + rest 5min + 20 sets. Texas Tavern has a sign behind the counter that says "we can serve a thousand people...10 at a time." I can do 200 Swings...5 at a time...with a break in the middle.
- 4/20/21 24kg bottom-up Press R+L and Goblet Squat—one of my preparatory sets for today's session. 32kg Strength Aerobics {Clean + Press x 2 + Squat} x 40 sets in 23:04.
- 4/19/21 32kg Get-up x 1 OTM x 10. 32kg one-arm Swing x 15 x 10 sets in 16:10. Extending the sets just a bit had a bigger impact than expected.

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- 4/17/21 36kg Strength Aerobics {Clean + Press + Squat + Snatch} x 60 sets in 50:15. First time hitting this volume at this weight—purposefully paced.
- 4/15/21 32kg Strength Aerobics {Clean + Press + Squat + Snatch} x 50 sets in 27:10. Squeezing a session in today.
- 4/12/21 40kg Get-up x 1 OTM x 10 then 40kg one-arm Swing x 5 x 30 sets in 19:36.
- 4/9/21 36kg Strength Aerobics {Clean + Press + Squat} x 60 in 37:46.
- 4/7/21 32kg Snatches and Swings x 3 every 30 seconds x 60 sets—first 40 sets Snatches and last 20 sets one-arm Swings.
- 4/5/21 32kg Strength Aerobics {Clean + Press x 2 + Squat} x 60 sets in 37:00.
- 4/1/21 Weight/Rep Ladder Strength Aerobics 32kg {Clean + Press x 3 + Squat}, 36kg {Clean + Press x 2 + Squat}, 40kg {Clean + Press + Squat} x 30 sets continuing into 32kg {Clean + Press + Squat + Snatch} x 30 sets. 60 sets total in 46:55. Turns out the Weight/Rep Ladder was a bit ambitious so I switched to finishing with the 32kg sets. Left is still a Push Press on the left.
- 3/29/21 32kg one-arm Swing x 10 x 15 sets with one minute rest between sets. Last set was hand-to-hand to keep everything “even.”
- 3/28/21 36kg Strength Aerobics {Clean + Press + Squat + Snatch} x 40 sets in 30:14. Strength felt good today but conditioning a bit off—good session overall.
- 3/26/21 40kg one-arm Swing x 5 x 20 sets in 12:02.
- 3/25/21 Press Ladder Strength Aerobics {Clean + Press (1-3 ladders) + Squat} x 60 sets in 40 minutes. Adds up to some pretty good Press volume.
- 3/23/21 32kg one-arm Swing x 5 every 30 seconds x 20 sets. Sometimes I need the clock to “be in control” and needed an easier day after yesterday’s session.
- 3/22/21 Double 24kg Strength Aerobics Rotating 2's {Clean x 2 + Press + Squat + Snatch} and keep moving the set of 2 through the sequence x 40 sets in 40:40.
- 3/18/21 24kg Snatches x 5 x 30 sets in 18:58. Haven't Snatched in awhile and needed an easy day, so decided to Snatch a bit.
- 3/15/21 36kg Strength Aerobics {Clean + Press + Squat + Snatch} x 40 sets in 29:05. Feeling the time change a bit...
- 3/13/21 40kg Get-up x 1 OTM x 10 sets. 40kg one-arm Swing x 5 x 20 sets in 12:18.
- 3/11/21 32kg Strength Aerobics {Clean + Press + Squat + Snatch} x 60 sets in 36:08.

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- 3/7/21** Mixed bag today—32kg Get-up x 1 OTM x 10 sets. 32kg one-arm Swing x 10 x 10 sets in 5:45—then 32kg Strength Aerobics {Clean + Press + Squat + Snatch} x 20 sets in 10:24. Strength Aerobics feels a “bit” tougher.
- 3/5/21** 32, 36, and 40kg Strength Aerobics {Clean + Press + Squat} x 30 sets in 17 min. Continuing with the 32kg for 10 more sets—total 40 sets in 23:20. Obviously Push Press with slow negative on the left with the 40kg—first time with the 40kg since before treatment—Press on right felt good. Must have been the @industrialstrengthgym swag 😊.
- 3/4/21** Swing tip on staying square and sometimes the clock helps “contain” you. 32kg Get-up x 1 OTM x 10 continuing into 32kg one-arm Swing x 10 x 10 sets. Note the free arm going from guard position to tapping the handle and back—checking on being squared off at the top and in the hinge. Today needed to be an easy day and “listening” to the clock made sure of it.
- 3/2/21** Strength Aerobics alternating sets of 32 and 36kg—60 sets total in 41:34. First 40 sets {Clean + Press x 2 + Squat} and last 20 sets {Clean + Press + Squat}. Doubling the Press at the 36 had the 32 feeling light.
- 2/28/21** 40kg two-arm Swings x 10 OTM x 12 sets. Prior to the Swings I did a Get-up 1+1 at 24, 32, 36, and 40kg.
- 2/27/21** 36kg Strength Aerobics {Clean + Press + Squat + Snatch} x 30 sets in 21:06. Presses felt strong today.
- 2/24/21** 32kg Strength Aerobics Rotating 2's {Clean + Press + Squat} x 60 sets in 35:50.
- 2/22/21** 40kg Get-up x 1 OTM x 10 sets, then 40kg one-arm Swing x 5 x 20 sets in 13:04. Still feeling Saturday's session but feeling good. Saturday was actually one year anniversary of my biopsy and cancer diagnosis—probably why I pushed a bit.
- 2/20/21** Strength Aerobics alternating sets of 32 and 36kg {Clean + Press + Squat + Snatch} x 60 sets in 44:54. Time to 40 sets was 27:30—right in between where I am if I use one weight or the other.
- 2/18/21** 36kg one-arm Swings x 5 x 20 sets in 13:48. Keeping it simple and consistent.
- 2/17/21** 32kg Strength Aerobics {Clean + Press + Squat} x 50 sets in 20:46. Happy with this session—felt great.
- 2/16/21** 40kg OTM day—Get-up x 1 OTM x 10—continuing into one-arm Swing x 10 OTM x 2 sets—had to pause the session for 25 minutes—then 10 OTM x 10 sets.

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- 2/15/21 32kg OTM day—Get-up x 1 OTM x 10 continuing into one-arm Swings x 10 x 10 sets. Yesterday was a 35 minutes elliptical session.
- 2/13/21 Double 24kg Strength Aerobics {Clean + Press + Squat + Snatch} x 40 sets in 32:34. It has been over a month since I did a double bell SA and I added sets (up 10) and was quicker to thirty by over 2 minutes.
- 2/10/21 Mixed bag today—32kg Get-up x 1 OTM x 10 sets—32kg one-arm Swing x 10 x 10 in 6:35—4 minutes rest—32kg Strength Aerobics {Clean + Press + Squat + Snatch} x 40 sets in 23:27.
- 2/7/21 Swings and Get-ups—40kg Get-up x 1 OTM x 10 sets. 40kg one-arm Swings x 5 x 30 sets in 20:44.
- 2/5/21 36kg Strength Aerobics {Clean + Press + Squat + Snatch} x 40 sets in 29:58. Last time for this session was 31:37 so progress.
- 2/3/21 40kg one-arm Swings x 10 x 10 sets in 11:52.
- 2/2/21 32kg Strength Aerobics Rotating 2's {Clean + Press + Squat + Snatch} x 40 sets in 28:40. Two reps of a drill each set rotating through all drills. Down 2 minutes from the last time.
- 1/1/21 It's a day ending in "Y" so it's a good day for Get-ups 💪. 24kg Get-up+ x 1+1, 32kg Get-up x 1+1, 36kg Get-up x 1+1 (video), 40kg x 1 OTM x 10 sets. Got a little close to the wall on the right side Get-up with the 36kg so a couple of things were off a bit.
- 1/31/21 40kg one-arm Swings x 5 x 30 sets in 22:30.
- 1/29/21 36kg Strength Aerobics {Clean + Press + Squat} x 50 sets in 28:22.
- 1/27/21 24kg Snatches x 10sets of 10 continuing into a ladder from 1+1 up to 10+10 in just over 26 minutes. 210 total Snatches.
- 1/26/21 Easy by design—needed a recovery session after yesterday's push. 32kg Get-up x 1 OTM x 10 continuing into 32kg two-arm Swings (alternating sets of two-arm and two-arm sidestepping) x 10 x 10 sets.
- 1/25/21 Today 32kg Strength Aerobics Rotating 2's {Clean x 2 + Press + Squat + Snatch} x 40 sets in 30:45. Next set was Press x 2 and so on through the rotation for the 40 sets.
- 1/23/21 3 reps every 30 seconds x 60 total sets in series of 36kg one-arm Swing x 3 R&L > 32kg Snatch R6L > 40kg two-arm Swing x 3 (two sets).

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- 1/21/21 36kg Strength Aerobics {Clean + Press + Squat +Snatch} x 40 sets in 31:37. When I performed this on Monday without the Snatch, I completed the forty sets in 24:30. Adding one rep is sometimes exponential not linear.
- 1/19/21 Keeping it simple today—32kg one-arm Swings x 10 x 10 sets in 7:30. Yesterday was a nice “extended” work and today was condensed.
- 1/18/21 36kg Strength Aerobics {Clean + Press + Squat} x 40 sets in 24:30. Felt good today.
- 1/16/21 32kg Snatches x 3 every thirty seconds x 40 sets + 32kg one-arm Swings x 5 x 10 sets. 25 minutes total.
- 1/14/21 Strength Aerobics {Clean + Press x 2 + Squat} x 40 sets in 24:24.
- 1/13/21 Keeping it simple...32kg Get-up x 1 OTM x 10 continuing into 32kg one-arm Swing x 10 OTM x 10–20 minutes total. Working on shortening my hinge a bit—feels good.
- 1/7/21 Just a mobility day today and my favorite Goblet squat variation—first rep is a prying Goblet Squat then 5 “curl” Goblet Squats. Note I am curling myself “under” the weight. Learned this years ago from Jeff O’Connor.
- 1/6/21 On a very sad day for the country—36kg Strength Aerobics {Clean + Press + Squat + Snatch} x 20 sets in 15:02 followed by 36kg one-arm Swings x 5 x 10 sets. Total time for both 23:00. First day of a complete session at the 36kg.
- 1/5/21 Quick session today—24kg Snatches x 10 x 10 sets in 7:50. Groove is feeling good.
- 1/4/21 Double 24kg Strength Aerobics {Clean + Press + Squat + Snatch} x 30 sets in 26:08. Working on improving the overhead position with double bell.
- 1/3/21 Easy like Sunday morning...32kg Get-up x 1 OTM x 10 continuing into 32kg one-arm Swings x 10 OTM x 10 sets.
- 1/1/21 32kg Strength Aerobics {Clean + Press + Squat +Snatch} x 40 sets in 24:28. Felt solid—a good start to training in 2021.
- 12/30/20 24kg Snatches x every 30 seconds x 20 minutes—first ten minutes x 5 every 30 seconds and last ten minutes x 4 every 30 seconds. 180 reps total. Solid work.
- 12/28/20 Double 24kg Jerks x 5 x 20 sets in 29:10. Dialing in technique.
- 12/26/20 Double 24kg Jerks x 3 OTM x 60 sets/minutes. Conditioning felt great and after not training Jerks in a long time I see room for improvement.
- 12/23/20 24kg Snatches x 10 x 10 sets in 9:56. My cadence got a little fast last time so working on sets of one within the sets.

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- 12/21/20** Simple & Sinister today—32kg Get-up x 1 OTM x 10 and one-arm Swing x10 OTM x 10. (20 minutes continuous) just enjoy the float.
- 1/19/20** 24 and 32kg Snatches alternating sets x 3 every 30 seconds x 30min. (Thirty sets of each total.)
- 12/17/20** 32 and 36kg Strength Aerobics {Clean + Press + Squat} x 36 sets in 19:40. (18 sets of each weight.)
- 12/15/20** 24kg Snatches x 5 x 30 sets in 16:25. I think the technique is dialing in.
- 12/14/20** "And now for something completely different..." "Strength Aerobics" {Renegade Row + Clean + Jerk + Squat x 2} x 10 sets in 17:45—rest two minutes—Jerk x 3 x 5 sets in 4 minutes. Took a couple of sets to get the breathing pattern, etc...down on the different strength aerobics today. Jerks felt great and might just have to get those in the rotation.
- 12/12/20** Simple & Sinister today—40kg Get-up x 1 OTM x 10—32kg one-arm Swing x 10 x 10 sets in 10:30.
- 12/11/20** 24kg Snatches x 4 every 30 seconds x 20 minutes.
- 12/10/20** Strength Aerobics today 32kg {Clean + Press x 2 + Squat + Snatch} x 30 sets in 23:12.
- 12/8/20** Simple & Sinister today—32kg Get-up x 1 x 10 OTM—32kg one-arm Swing x 10 x 10 OTM. (Continuous 20 min.)
- 12/7/20** 24kg Snatch x 2 ladders of: 5+5, 6+6, 7+7, 8+8, 9+9, 10+10 in 20:27. Allowed for plenty of recovery—working on technique and building volume.
- 12/5/20** Part of Simple & Sinister today—24kg Get-up+ x 1 + 1, 24kg Windmill x 3 + 3, half kneeling Bent Press series x 2 + 2, 32kg SLDL x 5 + 5, 32kg Get-up x 1 + 1, 32kg one-arm Swings x 10 x 10 sets in 8:35.
- 12/4/20** 32 and 36kg Strength Aerobics x 30 sets (16 at 32kg and 14 at 36kg) in 17:35. Rested a bit and did one more set with each arm at 36kg in total time of 19:40. Total time last week for thirty sets was 19:52 so I decreased my total time to thirty sets by a good bit and still got two more sets in, in less time. I'll call it progress. Left arm Press in the video had a bit of hip "kick" to start the Press—this sneaks in sometimes on the left.
- 12/2/20** 28kg Snatches x 5 OTM x 20 sets.
- 11/30/20** Simple & Sinister today—32kg Get-up x 1 OTM x 10—32kg one-arm Swing x 10 x 10 sets in 10:05. Needed an easy day after the last two sessions.

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- 11/28/20 32 and 36kg Strength Aerobics {Clean + Press + Squat + Snatch} x 30 sets (16 at 32kg and 14 at 36kg). Obviously more of a grind on the left Press.
- 11/26/20 24kg Snatches x 5 x 30 sets in 16:35. I “found” what @hardstyle_method calls the grip whip—feels like a reverse flick to me (the reverse of the flick from the top).
- 11/25/20 *Simple & Sinister* today—32 and 40kg Get-ups OTM x 10 sets (6 at 40kg and 4 at 32kg)—32kg one-arm Swings x 10 x 10.
- 11/23/20 32kg Strength Aerobics x 30 sets in 19:35. First twenty sets {Clean + Press x 2 + Squat + Snatch} last ten sets just one Press per set.
- 11/22/20 24kg Snatches x 6 x 20 sets in 12:02. Made what I think is a “discovery” later in the session (hopefully get it on camera next time).
- 11/20/20 *Simple & Sinister* today—Get-up alt sets of 32 and 40kg x 1 OTM x 10 (6 sets total at 32kg and 4 sets at 40kg)—32kg one-arm Swing x 10 x 10 sets in 8:50. Note that reaching for the side of the handle at the setup and tapping the handle at the top helps with getting and staying squared off.
- 11/19/20 24kg Snatches x 6 x 20 sets in 12:53. Right arm seems like it was getting away from me a bit but the drop is feeling good.
- 11/18/20 32kg Strength Aerobics {Clean + Press + Squat + Snatch} x 30 sets in 17:41. Best the 32kg has felt for this.
- 11/17/20 *Simple & Sinister* today—32kg Get-up x 1 OTM x 10—32kg one-arm Swing x 10 x 10 sets in 12 minutes. Working on quick hips during the Swing.
- 11/16/20 24kg Snatches x 6 x 20 sets in 14:27.
- 11/15/20 Double 24kg Strength Aerobics {Clean + Press + Squat + Snatch} x 15 sets in 14:30.
- 11/14/20 Session today was the same as yesterday except it was the 32kg for the Get-ups and Swings.
- 11/13/20 Easy by design today—I took a few days off after realizing I had been overreaching a bit in my training. Today—24kg (for all exercises) Get-up+ x 1 + 1, Windmill x 3 + 3, half kneeling Bent Press series x 3 + 3, SLDL x 5 + 5, Get-up x 1 OTM x 10, Snatches x 5 x 20 sets in 11:50.
- 11/1/20 32kg Snatches x 3 every 30 seconds x 15min—then double 24kg Moving Target Kettlebell Complex x 1 round. A little slo-mo check on Snatches—focused on the drop.

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- 10/31/20** How do you make sets of ten feel easier? Do sets of 15—a little overage goes a long way. Today—32kg Get-up x 1 OTM x 10—32kg one-arm Swing x 15 x 10 sets in 15:55.
- 10/29/20** Mixed bag today—32kg Snatch alternating minutes of 3 every 30sec and 4 every 30sec x 10 minutes (5min of each—70 reps total), then 5 rounds of 32kg Strength Aerobics {Clean + Press + Squat x R&L + 2 Tactical Pullups} in 6 minutes. Adding a rep on alternate minutes for Snatches kicked that up a bit.
- 10/28/20** *Simple & Sinister*—32kg one-arm Swing x 10 x 10 sets in 7:55—1:30 rest—32kg Get-up x 1 OTM x 10.
- 10/27/20** [Moving Target Kettlebell Complex](#) x 2 rounds in 17:20. Keep those Cleans tight.
- 10/26/20** Super simple recovery session today. 32kg Get-up x 1 OTM x 10 minutes.
- 10/25/20** 30 minutes of 3 every 30 seconds Snatches and Swings with the 32kg. First 10 minutes Snatches—second 10 minutes Swings—next 5 minutes Snatches—last 5 minutes Swings. 180 total reps (90 of each). Swings are easier after Snatches and certainly feel the difference between the two when altering like this.
- 10/22/20** *Simple & Sinister*—started with an @gfm_worldwide inspired moment prep—24kg Get-up+ x 1+1—40kg two-arm Swing x 5 x 5 sets—32kg one-arm Swing x 10 x 10 sets in 8:40.
- 10/21/20** Moving Target Kettlebell Complex double 24kg x 2 rounds in 20:35. Article link in comments.
- 10/18/20** Strength Aerobics {Clean + Press + Squat +Snatch x R&L + 3 Tactical Pullups} x 10 rounds in 20min.
- 10/16/20** *Simple & Sinister* today—32kg Get-up x 1 OTM x 10. Then 32kg one-arm Swing x 10 x 10 sets in 9:17.
- 10/10/20** 32kg Snatches x4 OTM x 30 sets. Checking in on the side view and taming the arc—a little quick out of the top on a couple but not bad.
- 10/8/20** Q&D 044—24kg Snatches 10/2 x 6 series.
- 10/7/20** *Simple & Sinister* today—32kg Get-up x 1 OTM x 10, then 32kg one-arm Swing x 10 x 10 sets in 7:20. Decided to push a little today to see where I was with hitting Simple.
- 10/5/20** 32kg Strength Aerobics {Clean + Press + Squat x R&L + 2 Tactical Pullups} x 15 rounds in 20:04. Working on a distinct pause in the rack before the Press.
- 10/4/20** 32kg Snatches OTM rotating reps x {3R > 3L > 4R > 4L > 5R > 5L} x 4 series—24 sets total (96 reps total).

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- 10/2/20** Q&D 044—24kg Snatches 10/2 x 6 series.
- 10/1/20** Simple & Sinister today: 32kg one-arm Swing x 10 x 10 sets in 9:20. Only a couple of Get-ups today in the prep.
- 9/29/20** Today's practice: 32kg Strength Aerobics {Clean + Press x 2 + Squat + Snatch x R&L + 3 Tactical Pullups} x 10 sets in 21:54. I see some subtle leg action on my Presses and worked to eliminate it on subsequent sets (this was the second set) and will keep an eye on it moving forward.
- 9/26/20** Checking in on the side view. Today—32kg Get-up x 1 OTM x 10 sets. Then 32kg one-arm Swing x 20 R&L > 15 R&L > 10 R&L > 5 R&L.
- 9/24/20** Test set of 32kg Snatches 3+3—after 24kg Snatches x 5 every 30 seconds x 10 min.
- 9/22/20** Strength Aerobics progress—32kg {Clean + Press + Squat x R&L + 2 Tactical Pullups} x 15 sets in 20:40. Last session was 10 sets and I beat my time to 10 sets and progressed on to 15 sets. Left arm can be a bit “off” on Presses on some reps (like this one) but it is getting stronger.
- 9/21/20** S&S today—32kg Get-up x 1 OTM x 10—32kg one-arm Swing x 10 x 10 in 10:05.
- 9/16/20** When is three enough? When you have 60 sets. 3 reps every 30seconds x 60 sets—first 20s = 24kg Snatches—second 20s = 28kg Snatches—next 10 sets = 24kg Snatches—final 10 = 40kg two-arm Swings. 180 total reps.
- 9/15/20** Prepping for my strength aerobics with 40kg two-arm Swings x 5 x 5 sets. Looking for that right leg difference. Then 32kg Strength Aerobics {Clean + Press + Squat x R&L + 2 Tactical Pullups} x 10 rounds in 13:46.
- 9/3/20** 24kg Snatches x 6 OTM x 20 sets. Working on keeping the shoulder connected on the drop/hike.
- 9/11/20** More progress—32kg Strength Aerobics {Clean + Press + Squat x 2 x R&L + 2 Tactical Pullups} x 10 rounds in 19:30. Last time I did a similar session it was 22min.
- 9/8/20** Work:Rest for something different. 24kg Get-up x 1 OTM x 10—24kg Snatch x 5 every 30 seconds x 20 sets. Right and left arm to check difference between arms.
- 9/6/20** Mixed bag session—walk 7000 steps—32kg Get-up x 1 OTM x 6—32kg one-arm Swing x 10 x 6 sets in 5:40—Strength Aerobics {Clean + Press + Squat x R&L + 3 Tactical Pullups} x 5 in 7:40.
- 9/4/20** Sound on...little tip for pacing your Snatches—audibly count your rep at the top. This will prevent you from “sprinting” your sets. I finished 10 x 10 today in 12:50 and felt

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very different than when I “sprinted” my sets in 12:35 a couple of weeks ago—less stress.

- 9/2/20** Mixed bag for training today—32kg Get-up x 1 OTM x 4—32kg one-arm Swing x 5 OTM x 10—32kg Strength Aerobics {Clean + Press + Squat x R&L + 2 Tactical Pullups} x 5 in 7:12. The “difference between the reps” that I have mentioned in articles does show up especially in my left side Press.
- 8/31/20** Q&D Snatches—24kg 10/2 x 6 series.
- 8/29/20** S&S today—32kg Get-ups x 1 OTM x 10, then 32 kg one-arm Swing x 6 OTM x 20 sets.
- 8/27/20** S&S today—32kg Get-up x 1 OTM x 10, then 32kg one-arm Swing x 10 x 10 sets in 15:24. Checking in on the free arm action during my Swing.
- 8/25/20** Progress—a bit of S&S. 32kg Strength Aerobics {Clean + Press + Squat x R&L + 3 Tactical Pullups} x 10 sets equals 20 sets of Clean, Press, and squat and 30 Pullups. Looked at my schedule and knew I wouldn’t get a session in tomorrow so hit my practice today. Nice improvement.
- 8/24/20** S&S training today—32kg Get-up x 1 OTM x 10, then 32kg one-arm Swing x 20 sets (first set of every five x 10 reps and all other sets x 5 reps).
- 8/22/20** A 5.5 miles hike today with @andreajonesmoves after a bit of kettlebell in the morning (32kg Get-up x 1 OTM x 6, then 32kg x 4 sets of 15 one-arm Swings).
- 8/20/20** Today: 32kg Get-up x 1 OTM x 10, then 32kg one-arm Swing x 6 OTM x 20.
- 8/18/20** Time to start some dedicated training to get to Simple—32kg Get-up x 1 OTM x 8, then 32kg one-arm Swing x 10 x 8 sets Timeless in 10:25.
- 8/11/20** Started with 32kg Get-ups x 1 OTM x 10, then alternating sets of 36kg two-arm Swings x 5 with sets of stationary side-stepping Swings x 6 OTM (20 sets total). The side-stepping Swings get your attention.
- 8/7/20** 28kg Strength Aerobics {Clean + Press x 2 + Squat x R&L + 2 Tactical Pullups} x 10 sets in 17:50. Progress to two Presses with the 28kg.
- 8/5/20** 36kg two-arm Swings x 5 x 20 sets OTM, then out for a nice walk.
- 8/4/20** 24kg Snatches 10x10 in 12:30. Still focused on being smooth with proper effort and intensity.
- 7/31/20** 28kg Strength Aerobics {Clean + Press + Squat x R&L + 2 Tactical Pullups}—10 sets total in 15:22. Making progress.

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- 7/30/20** Swing tip...Multi level Swings—the abs and glutes are the “sights” for your power so you determine where it goes. These are belly button-xiphoid-shoulder-head height x 3. Learn to direct your power. Training today was 24kg Snatches x 10 x 10 in 12:52 (a nice drop in time).
- 7/28/20** 32kg two-arm Swings x 5 OTM x 20—I think you can see the active negative or “swimming” the KB on the way down.
- 7/27/20** Strength Aerobics + Tactical Pullups—24kg {Clean + Press x 2 + squat R&L + 2 Tactical Pullups} x 10 sequences (20 sets of Strength Aerobics and 10 sets of Pullups) in 17:18. Focusing on not looking up during my Tactical Pullup.
- 7/26/20** I was very disappointed in my Snatch technique from my last session/video. I was overpowering the bell. There is an old saying that power punishes and speed kills. Look at it this way—your power can punish you and your speed can “kill” you if it isn’t applied correctly. I felt “beat up” from that last session because of the overpowering and likely not resting quite enough between sets. So today was the same 24kg Snatch 10 x 10 but at a far more appropriate power, effort, and rest between sets. Felt much better and I think technique looks better as well. The opportunity to learn again is part of this recovery journey.
- 7/17/20** 24kg Strength Aerobics {Clean + Press x 2 + Squat} x 30 sets in 15:45 (Timeless).
- 7/13/20** 24kg Strength Aerobics {Clean + Press x 2 + Squat + Snatch} x 30 sets Timeless in 20:55.—Usually I do OTM but decided to go Timeless today with a short rest between arms and bit longer rest before the next two sets.
- 7/9/20** 32kg two-arm Swings x 10 x 10 sets Timeless (12:58). Focus on being smooth and crisp.
- 7/7/20** Strength Aerobics {Clean + Press + Squat + Snatch + Mixed Grip Pullup} OTM x 24kg x 4 sets—28kg x 20 sets—24kg x 6 sets = 30 total (video of 28kg) four more 28kg sets than last time.
- 7/6/20** 24kg Get-ups x 1 OTM x 10—24kg Snatches x 6 OTM x 10.
- 7/3/20** Strength Aerobics session {Clean + Press + Squat + Snatch + Mixed Grip Pullup} x 28kg x 16 sets and 24kg for the last 14 sets (OTM).
- 6/28/20** 24kg Strength Aerobics session today {Clean + Press + Squat + Snatch + Mixed Grip Pullup} x 30 sets EMOM (alternate hand each set).

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- 3/29/20** 48kg one-arm Swings x 4 x 25 sets OTM—it's been quite awhile since I did one-arm with the 48kg and actually harder on the hands than the Snatches etc... I've been doing.
- 3/27/20** 30 sets of 36kg Strength Aerobics OTM—first 10 sets {Clean + Press x 2 + Squat}, next 10 {Clean + Press + Squat x 2}, final 10 {Clean + Press + Squat + Snatch}.
- 3/26/20** A nice walk (7500 steps) with @andreasjoneswellness, then home for some 32kg Snatches x 5 OTM x 20.
- 3/24/20** Strength Aerobics {Clean + Press + Squat} 36kg and 40kg alternating sets. Minute 1 @36kg right, minute 2 @36kg left, minute 3 @40kg right(video), minute 4 @40kg left, and so on for 20 sets continuing into 36kg Snatches x 5 for 10 sets—all OTM.
- 3/22/20** A nice walk with the family (7000 steps) and then a bit of Kettlebell. 24kg Get-up+ x 1 + 1, 24kg Goblet Squat x 5, 56kg Goblet Squat x 5, 56kg two-arm Swing x 5 OTM x 10 sets.
- 3/20/20** Snatches and Strength Aerobics today. Snatches: 36kg x 5 + 5, 40kg x 3 + 3, 44kg x 3 + 3, 48kg x 2 + 2 OTM. Continuing into 36kg Strength Aerobics {Clean + Press + Squat} x 30 sets. Videos were requested of heavier Snatches so here they are...and should be in the order noted above—haven't Snatched a 48 in years...needs work.
- 3/19/20** Q&D Snatches—28kg (100 reps total) today. How close to you should the KB be during Snatches? Follow the line of the banner down and notice that the kb stays "inside" the banner on all the reps.
- 3/16/20** 32 kg Strength Aerobics {Clean + Press + Squat + Snatch + Swing} OTM x 30 sets.
- 3/15/20** A nice Sunday walk (about 3 miles), then home for some Q&D Snatches (24kg—100 reps total).
- 3/9/20** "It sounded like a good idea..." I must say that a few times a month as I create sessions for myself and today was one of those days. 36kg Strength Aerobics {Clean + Press + Squat + Snatch} x right and left with a minute rest between sets x 15 sets (so 30 total or 15 each arm). Turns out this is way more difficult than doing one arm at the top of each minute—way more. Left arm turned into Push Press pretty quickly and as you can see on the grind on the left side Press it wasn't a strong day. But got it done.
- 3/4/20** 36kg Strength Aerobics {Clean + Press + Squat + Snatch} OTM x 30.
- 3/3/20** Thank you everyone for your kind words and thoughts—28kg Snatches Q&D style 80 reps total (4 series).

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- 3/6/20** A heavy day—series of 56kg two-arm Swing x 5, 40kg Snatch x 5 right, 40kg Snatch x 5 left x 5 sets each for a total of 15 sets—one minute rest between sets. First time Snatching the 40kg in a while.
- 3/2/20** Thank you everyone for your support and kind words from yesterday's video—also yesterday—A great walk with my wife [@andreaajoneswellness](#) and then some Swings (36kg one-arm Swing x 5 OTM x 20 sets) focusing on projection of energy at the top and at the hinge.
- 2/29/20** Strength Aerobics (one of my favorite sessions) 32kg {Clean + Press + Squat + Snatch} x 30 total sets (about 22 minutes) just nice and smooth (or at least trying to be). I really appreciated the difference between the reps during these sessions.
- 2/28/20** Pic from the recent SFG I in France...training today elliptical x 30 min, 24kg Get-up+ x 1 + 1, 24kg windmill x 3 + 3, 24kg SLDL x 3 + 3, 24kg Snatches Q&D series x 4 series (80 reps total).
- 2/19/20** 56kg one- and two-arm Swings in 15:00 minutes (6 sets of two-arm Swings and 4 sets of 5 + 5 one-arm)—need to work on shoulder connection on the one-arm Swings—I think grip is the issue.
- 2/18/20** Q&D Snatches—28kg, 80 total reps. Had an interesting observation from folks checking out these videos: questions came up regarding the timing of my inhale being at the “top” instead of at the “hinge” and initially I missed the question but I inhale early and fairly deeply through the nose beginning before the drop to simply move more air but I am braced at the hinge...keep those observations coming.
- 2/12/20** Q&D Snatches—28kg, 100 reps total.
- 2/10/20** 40kg one-arm Swings 10 x 10 in 11:56.
- 2/9/20** A day without Get-ups is a bad day—a Get-up plus (Arm Bar into Bent Arm Bar into a Get-up with a bridge at the elbow and hand) followed by 10 sets of 1 with the 48kg.
- 2/8/20** Waviness—28kg Snatches Q&D series x 4 series (80 reps total)—1/2 the load and Delta 20 down on volume from yesterday—noticed I was looking down and left on my 36kg Snatches the other day so focused on getting tall at the finish today.
- 2/7/20** 56kg two-arm Swings 10 x 10 in 14:25 Timeless—focused on putting a bit more pop into the Swing than the last time with this KB.
- 2/6/20** A mix today: 36kg Strength Aerobics {Clean + Press + Squat} x 20 OTM sets continuing into 36kg Snatches x 5 OTM x 10 sets—30min total—already stronger left side Pressing—nice and easy.

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- 2/5/20** Easy Timeless 32kg one-arm Swings 10 x 10 just under ten minutes.
- 2/27/20** "And now for something completely different..." 36kg Strength Aerobics {Clean + Press + Squat} x 30 sets (set every 50 seconds).
- 2/26/20** Waviness in action...24kg Snatches 10 x 10 sets Timeless 8:35 to follow yesterday's heavier Swings.
- 2/25/20** 56kg two-arm Swings x 10 x 10 sets Timeless in 12:58—left some sweat and footprints.



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