

Integrated Kettlebell Training

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Objectives

- Review the levels and phases of the OPT model
- Review Basic Kettlebell Movements and simple progressions.
- Discuss applications of these movements to the phases of the OPT model
- Sample Training Sessions

Why the Kettlebell?

- Improved stabilization due to the non-central center of mass.
- Kettlebell swing and snatch protocols are effective in providing cardiorespiratory training
- Heavy kettlebell swings produce a power output similar to squat jumps. This is a good alternative for jumping in reactive training protocols.

NASM OPT Model



Program Design: Stabilization

- Phase 1 Stabilization Endurance Training
 - Program Design
 - Reps: 25-50 total volume per session
 - Sets: 3-5
 - Intensity: low
 - Tempo: Slow
 - Rest Interval: 60 seconds
 - Duration: 4-6 weeks
 - Frequency: 2-4x/week



Neural Continuum

2 Legs/Arms Stable

Stable

1 Leg/Arm Stable

2 Legs/Arms Unstable

1 Leg/Arm Unstable

Unstable



Stabilization Drills

- Arm Bar
- Get-up Variations
- Goblet Squat
- Loaded Carry Variations
- Deadlift Progressions
- Dead Swing

Integration is the key.
Up to 50 repetitions of TOTAL VOLUME for some exercises.

Program Design: Strength Endurance

- Phase 2 – Strength Endurance Training
 - Program Design
 - Reps:
 - 3-5 strength exercises
 - 5-10 ballistic exercises
 - Sets: 3-5 up to 30 repetitions of total volume per session
 - Intensity: Moderate
 - Repetition Tempo:
 - Strength: medium
 - Ballistic: fast
 - Rest Interval: 90-120 seconds
 - Duration: 4-6 weeks
 - Frequency: 2-4x/week



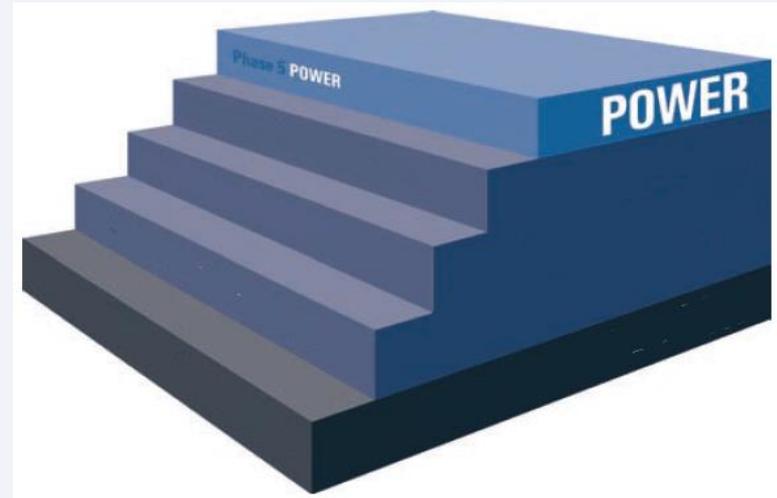
Strength Drills

- Windmill
- Military Press
- Get-up
- Front Squat
- Loaded Carry Variations
- Ballistic Variations

Time Under Tension (TUT)
20-50 repetitions depending on the specific adaptation.

Program Design: Power Level

- Phase 5 –Power Training
 - Program Design
 - Reps:3-5 per strength exercise
 - Sets: 3-7
 - Intensity: high
 - Repetition Tempo: explosive
 - Rest Interval: 90-120 seconds
 - Duration: 4-6 weeks
 - Frequency: 2-4x/week



Power Drills

- Get-ups
- Loaded Carry variations
- The Press Continuum
- Squat
- Bent Presses

1-5 Strength, 8-10 Power

For power, choose the closest biomechanical match to the max strength drill.

Kettlebells on the OPT Continuum

Exercise	Stabilization	Strength	Power (example practice)
Get Up	<ul style="list-style-type: none"> • Arm Bar • OH lunge • Windmill • 1/2 GU 	<ul style="list-style-type: none"> • Get up with press • For Time 	<ul style="list-style-type: none"> • Heavy GU(ms) • med ball chop
Swing	<ul style="list-style-type: none"> • Tall Kneel • Deadlift • SLDL • Dead Start • 2 hand swing 	<ul style="list-style-type: none"> • All ballistic variations 	<ul style="list-style-type: none"> • DL + SASW • Drop set >5,10, 10
Squat	<ul style="list-style-type: none"> • Goblet 	<ul style="list-style-type: none"> • Front Squat 	<ul style="list-style-type: none"> • Heavy squat (ms) • Bounding
Press	<ul style="list-style-type: none"> • Single Arm 	<ul style="list-style-type: none"> • Full Press Continuum 	<ul style="list-style-type: none"> • Clean and Jerk

Terms and Abbreviations

Ballistic Variations - exercises that require explosive movement including the swing, clean, high pull, and snatch.

Deadstart - The practice of putting the bell down and resetting after each repetition. During a workset think of performing 10 singles instead of a set of 10.

DL and SLDL - Deadlift and single leg deadlift.

Dropset - Perform the kettlebell drills with descending weight while increasing the speed and number of repetitions performed.

OH - Overhead

MS- Maximum Strength

SASW - Single arm swing

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Thank You!

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