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

- Phase 5: POWER
- Phase 4: MAXIMAL STRENGTH
- Phase 3: HYPERTROPHY
- Phase 2: STRENGTH ENDURANCE
- Phase 1: STABILIZATION ENDURANCE

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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
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

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Stabilization</th>
<th>Strength</th>
<th>Power (example practice)</th>
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</table>
| Get Up     | • Arm Bar
             • OH lunge
             • Windmill
             • 1/2 GU | • Get up with press
             • For Time | • Heavy GU(ms)
                                    • med ball chop |
| Swing      | • Tall Kneel
             • Deadlift
             • SLDL
             • Dead Start
             • 2 hand swing | • All ballistic variations | • DL + SASW
                                    • Drop set
                                    >5,10, 10 |
| Squat      | • Goblet                          | • Front Squat                                | • Heavy squat (ms)
                                    • Bounding                                     |
| Press      | • Single Arm                      | • Full Press Continuum                        | • 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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