KETTLEBELL
I. M. P. A. C. T.

12 EXPLOSIVE Kettlebell Training Sessions

for
Strength, Conditioning,
Fat Loss, and Performance

Designed by
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Strength Coach, Movement Teacher,
Physical Therapist
You must get your physician's approval before beginning any part of this exercise program.

These recommendations are not medical guidelines, but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity.

This program is designed for healthy individuals 18 years and older only. See your physician before starting any exercise, nutrition, or supplement program. If you are taking any medications, you must talk to your physician before starting any exercise program, including the Kettlebell Impact Workouts.

If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician. It is strongly recommended that have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you not use Kettlebell Impact, please follow your Doctor's or health care providers orders.

All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this program, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this program are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued.

Don't perform any exercise without proper instruction. Always perform a warm-up prior to all forms of training.
Hey there, my name is Scott.

I’m really glad you decided to grab this report because I know you’re committed to getting better and taking your training to new levels.

Let me give some background on these training sessions, before you get started.

**Kettlebell Impact** contains 7 single kettlebell sessions and 5 double kettlebell sessions.

Each workout is extremely effective and these are some my favorites.

They range from insanely simple to higher volume and more comprehensive.

There can be many different goals for each of these training sessions, but it’s up to you to know what you want to accomplish.

For example, do you want to improve fat loss and conditioning?

Do you want more strength?

Do you want more muscle?

Maybe you just want to work on improving your kettlebell techniques.

Or maybe to help you prepare for a kettlebell certification.
These sessions can be used for all of those.

But, these are questions you need to answer before you perform these training sessions because knowing the answer will dictate kettlebell weight selection, pace of the workout, type of workout, recovery between rounds, etc.

With these workouts, use only what’s appropriate for your skill level and your training goals.

Please remember with each and every training session... SAFETY FIRST.

Safe training is ALWAYS the number one goal.

I take safety and injury prevention very seriously and I hope you do the same.

Train smart.

If you have not had proper kettlebell instruction, I strongly recommend that you learn from a qualified, certified instructor prior to engaging in any of these training sessions.

Ok, let’s move on.

Here’s a couple definitions you need to understand for these training sessions.

They may be just a review for you, but please take a look at the next page as a refresher.
CIRCUIT

A circuit is when you perform each exercise with a short rest interspaced between each exercise in the prescribed exercise session. What this means is that you may rest briefly and place the bells down until you are ready to move to the next exercise. This is different from a complex.

COMPLEX

A complex is a series of exercises strung together in which all reps are performed in the exercise before moving onto the next exercise. All exercises in the complex are performed sequentially without rest.
How should you use these workouts?

Great question!

The first thing you should know is that **this is not a program.**

These are “stand alone” kettlebell workouts (or training sessions as I prefer to call them).

What’s the difference?

*A program is a framework of training sessions that are put together over a series of weeks or months to serve a specific training goal.*

The training sessions in **Kettlebell Impact** all have training goals, but they are not part of a structured program (at least the way they are outlined here).

Understand the difference?

Now, they could easily come together to construct a program, but that’s not how they’re organized.

Again, pick and choose what works best for you.

Here’s how I would recommend using these workouts.

I designed these sessions to be used on “**variety days**” and should be used for strength and conditioning benefits, as well as skill development.
Variety days are days that may be contained in a program you’re already doing or they may be days when you’re in between different structured programs.

For example, built in “variety days,” “de-load” weeks, or “off cycle” programs.

This is my advice on how to use these workouts, but feel free to use them any way you want that’s a fit for you.

Some of these sessions would also be very effective in preparation for a kettlebell certification to refine your skills, build strength, and enhance high levels of conditioning.

There’s a lot of options here.

You could also very easily build your own program out of these training sessions, depending on the goals you want to achieve.

For example, you could pick the 3 workouts that may be most appropriate for you and perform them 3 days a week for 2-4 weeks, progressing volume (rounds) or weight, as appropriate.

The big thing is that these are all very effective and powerful training sessions.

How you use them depends on exactly what it is you want.
What kettlebell size should I use?

I’ve provided recommendations in some of the training sessions, but the reality is the kettlebell size that you use is what’s most appropriate for you, your skill level, and the goals you want to achieve.

In general, your snatch size kettlebell is the right choice for most.

I’ll also say that sometimes you have to ‘test out’ a session to see how it feels and if it’s too light or too heavy.

Too light is ineffective and too heavy will promote sloppy technique. We don’t want either of these to happen.

Choose your kettlebell size carefully, but realize you can always make an adjustment on the next round if you’ve misjudged.

If you have other questions about Kettlebell Impact, the quickest and easiest way to get me is on the Facebook Fan Page.

Ready to get started?
SESSION #1
THE FUNDAMENTAL

This is a single kettlebell session to deepen your skills, improve conditioning, and burn body fat.

There’s only 4 exercises, but they are the basic movements and I’m big fan of this session because it’s designed around the kettlebell fundamentals, which are extremely effective.

In this session, perform all reps of each exercise before moving onto the next exercise.

Rest as appropriate between exercises and sets.

In other words, complete all get ups, then all swings, then all presses, then finish with goblet squats and you’re done.

Here’s the session:

1. Turkish get ups x 5 reps each side, alternate sides
2. 2 hand kettlebell swings x 20 reps, 5 sets
3. Presses x 5 reps, 3 sets
4. Goblet squats x 10 reps, 3 sets

Done!
SESSION #2
FLOW

This is a single kettlebell circuit.

And, another fundamental training session with great “flow” to it.

Perform each exercise then rest briefly before performing the next exercise in the circuit.

Complete one full circuit, then repeat for 3 to 5 circuits in total.

1-2 Hand kettlebell swings, 30 reps

REST

2-Clean and press, 5 reps each side

REST

3-Goblet squats, 10 reps

REST

4-Snatches, 10 reps each side

REST

5-Pull ups, 5 reps (strict, tactical pull ups) or substitute ab wheel, 10 reps
Session #3
DOUBLE UP

This is a double kettlebell complex.

It’s a simple 3 exercise complex, but it’s tough and explosive.

Perform the 3 exercises as shown with no rest.

*Important:
If you’re not comfortable with double snatches, perform single kettlebell snatches x 5 each side instead.

Then grab the doubles for the next 2 exercises.

Here’s what you’ll do:

1. Double snatch x 5
2. Double front squat x 5
3. Double Push press x 5

Rest.

Repeat 3 to 5 rounds.
SESSION #4
CORE PERFORMANCE

Double kettlebell complex.

A great complex with a focus on core strength and abdominal development.

It’s a complex, so perform each exercise sequentially without rest.

Use the double kettlebell size your most comfortable with that will challenge you the most.

1. Double kettlebell front squat x 5
2. Renegade rows x 5 each side
3. Double push Press x 5
4. Double Swings x 10
5. Ab Wheel x 10
   (or RKC plank x 1-3 minute hold)

Rest and repeat.

Perform 3 to 5 rounds.
SESSION #4
CHAIN CONTROL

A Single Kettlebell ‘Chain.’

Ah, so I snuck in a chain...

What’s a chain???

A chain is a series of compound exercises performed sequentially, in which each exercise is performed ONLY once before moving onto the next. Each sequence of exercises is considered only one rep.

For example, this dynamic training session will be one clean, one snatch, one front squat (racked squat), one press. That’s the chain. One exercise and one rep at a time.

It has a great movement sequence to it and, in addition to strength and conditioning, it helps with coordination and motor control.

Here’s the session:

1. 1 clean
2. 1 snatch
3. 1 racked squat
4. 1 strict press (pause in the rack before pressing)

Perform 5 reps each side (5 chains on one side, then 5 on the opposite side).

Rest and repeat for up to 5 rounds.
SESSION #5
CLEAN YOUR CLOCK

Single kettlebell session.

I’m a BIG FAN of simple training sessions. This is a classic example of that.

You will perform **cleans and presses** ONLY. Simple, yet very efficient and effective.

- **Every 30 seconds, perform 3 clean and presses**. (3 reps is approximately 15 seconds of work)

- **Alternate** arms every 30 seconds.

- Shoot for at least **10 minutes** and up to 20 minutes.

Use a challenging kettlebell you can safely perform for 5 repetitions, but keep in mind the volume you’ll be doing here.

If in doubt, **be conservative** with your kettlebell selection until you’ve tested out this session.
SESSION #6
THE STRONG SIX

Double kettlebell circuit (plus pull ups and single kettlebell work)

This session contains the fundamental human movements (push, pull, hinge, squat, carry, plus one). This concept was brilliantly written about by Dan John in his great book Intervention.

There can be many variations to this, but this is the one I like.

Rest as needed between exercises, but perform each exercise in the order below. Complete one full circuit, rest and repeat.

Here’s the strong six:

1. Double kettlebell press x 5 reps
2. Tactical pull ups x 5-10
3. Double Kettlebell Swings x 10
4. Double Kettlebell Front Squat x 5
5. Suitcase Carry (Heaviest kettlebell you can walk for distance with on one side only. The asymmetrical load presents quite a challenge.) Ex, walk 50 meters, change sides, walk back to starting point.
6. Turkish get up x 1 each side

REST

Repeat the series 2 to 5 rounds.
SESSION #7
CJ10X

Double kettlebell session.  
This one’s a BEAST, probably THE hardest session here.  
Easily, one of my favorites in this report because it’s so effective,  
yet so simple in design.

It’s incredibly challenging and one of my all-time favorites for  
strength, fat loss, muscle building, and conditioning.  
This is the “classic” German Volume Training Method.  
Don’t be deceived by the simplicity of this program until you try it.

Use the bell size that will challenge you, but know that you have to  
complete 10 sets.

- Double Long Cycle Clean and Jerks

- 10 sets of 10 reps.

Rest as needed between sets.  
Pace yourself.  
Fuel appropriately pre and during this training session.  
COMPLETE all 10 sets.

After you do this, you won’t need anything else, trust me.
SESSION #8
THE K-COMPLEX

Here’s a vicious double kettlebell complex.

There are 6 exercises packed into this complex... I know. Like I mentioned, it’s vicious.

The K-complex is great for full body strength and power, conditioning, fat loss, and strong, powerful shoulders.

Use your 5 RM kettlebell size or one bell size down.

Here’s the complex:

1. Double swings x 10
2. Double cleans x 5
3. Double press x 5
4. Double front squats x 5
5. Double swings x 5
6. Double push press x 5

Remember, no rest between the exercises, it’s a complex.

To see the K-complex, click here.

Perform 2 to 5 rounds.
SESSION #9
THE BALLISTIC

This is a single kettlebell complex.

Only 3 exercises here, but they flow extremely well together and I love this combination.
It’s very effective and great for conditioning.

It’s also a great way to improve your snatch technique as you build nicely into the snatch with this progression.

Use your snatch size bell or one up, if you want more challenge.

1. 1 Hand kettlebell swings x 5 each side
2. High pulls x 5 each
3. Snatches x 5 each

Rest 1-2’

Repeat for up to 5 rounds.
SESSION #10
THE DOUBLE X

A high volume, advanced double kettlebell circuit.

The objective here is full body power, hypertrophy, fat loss, and conditioning. Again, a lot of volume with the double bell swings (10 sets of 10). Rest briefly between exercises.

Get 2 kettlebells that you can comfortably press 5 times. These are the bells you’ll use for this session. Perform 1-3 rounds.

- **DOUBLE KETTLEBELL SWINGS X 10**
- **DOUBLE CLEAN AND PRESS X 5**
- **DOUBLE KETTLEBELL SWINGS X 10**
- **DOUBLE SNATCH X 5** (*You may substitute single for doubles, x 5 each*)
- **DOUBLE KETTLEBELL SWINGS X 10**
- **DOUBLE CLEAN AND FRONT SQUAT X 5**
- **DOUBLE KETTLEBELL SWINGS X 10**
- **DOUBLE KETTLEBELL PRESS X 5**
- **DOUBLE KETTLEBELL SWINGS X 10**
- **DOUBLE PUSH PRESS X 5**
- **DOUBLE KETTLEBELL SWINGS X 10**
- **RENEGADE ROWS X 5 each side**
- **DOUBLE KETTLEBELL SWINGS X 10**
- **DOUBLE JERKS** (*substitute push press, if you don’t have your jerks*)
- **DOUBLE KETTLEBELL SWINGS X 10**
- **DOUBLE CLEANS X 5**
- **DOUBLE KETTLEBELL SWINGS X 10**
- **DOUBLE SNATCH X 5** (*as above, substitute singles if needed*)
- **DOUBLE KETTLEBELL SWINGS X 10**
SESSION #11
CRUSHER

Single kettlebell complex

The goal here is full body strength with an emphasis on conditioning and lots of explosive movements.

A very demanding complex with the appropriate size kettlebell selection. Use your snatch size kettlebell or one size down to assess.

Remember, no rest between exercises.

1-1 Hand swings x 10 each side
2-Snatches x 10 each side
3-Clean and press x 5 each side
4-Goblet squats x 10
5-1 Hand swings x 10 each side

Rest 2-3’ as needed.

Repeat 3 to 5 rounds.
SESSION #12
POWER 5

Single kettlebell complex.

You will perform all exercises without rest until the complex is complete.

A challenging single kettlebell complex for strength, conditioning, and skill development.

Use your snatch size kettlebell.

Perform 2-5 rounds.

Here’s the Power 5:

1. 1 Hand swings x 5 each
2. Snatches x 5 each
3. Cleans x 5 each
4. Racked squat x 5 each
5. Press x 5 each

To see the “Power 5” in action click here.
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ABOUT THE AUTHOR.

**Scott Iardella**, MPT, CSCS, CISSN, SFGII, SFL, FMS, USAW, Pn1 has a long history in the field of health and fitness with over thirty years of experience.

He has an extensive background in strength and conditioning, sports physical therapy, competitive bodybuilding, and is an specialist in the area of strength and functional movement based training.

Scott started his own strength training journey at the age of fifteen when he started working at a local fitness center. Four years later he competed in his first bodybuilding competition and competed locally for the next six years.

The experiences of competitive bodybuilding and overcoming a major back injury led him to obtain his Master’s Degree (MPT) in Physical Therapy from the University of Maryland. Scott worked as an Orthopedic and Sports Physical Therapist and has worked with many amateur and professional athletes, as well as the general population.

He speciality was in rehabilitation and injury prevention of the **shoulder**, **knee**, and **spine** with extensive interest and specialized training in these areas.

His current focus is teaching the proper biomechanics and movement applications of kettlebells, barbells, and other functional movement based training to maximize performance, improve body composition, and prevent injury.
Additionally, he’s passionate about educating others in nutrition for health and performance.

Scott is Certified by the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist (CSCS). He is a Certified Sports Nutritionist (CISSN) by the ISSN and a Precision Nutrition Level One Certified Fitness Professional.

He is passionate about kettlebells and movement-based training and holds the SFG Level II Kettlebell Instructor certification, as well as being Certified Functional Movement Specialist.

Scott is also USAW weightlifting certified and a SFL certified Strong First Barbell Instructor.
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