DISCLAIMER:

You must get your physician’s approval before beginning 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.

The information in this report is meant to supplement, not replace, proper exercise training. 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 book, 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 book 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 unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don’t perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Kettlebell Workouts. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must 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 don’t use Kettlebell Workouts, please follow your doctor’s orders.

Copyright © 2013 Athletic Fusion Fitness & Performance Consulting Inc
# Table of Contents

Dear Kettlebell Enthusiast, 5

Enter StrongFirst. 6

**Welcome to the Next Level of Kettlebell Training** 9

STRENGTH for Fat Loss 9

**So how do we get stronger?** 11

Another example... 12

The MxT Method: 13

Maximum Tension For Maximum Fat Loss 13

**Getting Started** 17

What kettlebell weight should I start with? 17

Can I switch kettlebells during the program? 17

How much space will I need? 17

What other equipment do I need? 18

Can I use this program again? 18

**TT Kettlebell Evolution Fat Loss Training** 19

**Phase 1 - Program** 21

Day 1 - Monday (Medium Day) 21

Day 2 - Tuesday (Essential Abs Level 1 - Refer to Bonus “Essential Abs Guide”) 21

Day 3 - Wednesday (Heavy Day) 21

Day 4 - Thursday (Essential Abs Level 1 - Refer to Bonus “Essential Abs Guide”) 22

Day 5 - Friday (Light Day) 22

Day 6 - Saturday (Essential Abs Level 1 - Refer to Bonus “Essential Abs Guide”) 22
Day 7 - OFF

Phase 1 - Breakdown

Phase 1 - The Exercises

The Get-Up
The Modified Renegade Row
The Goblet Squat
The 2-Arm Swing

Phase 2 - The Program

Day 1 - Monday (Medium Day)

Day 2 - Tuesday (Essential Abs Level 2 - Refer to Bonus “Essential Abs Guide”)

Day 3 - Wednesday (Heavy Day)

Day 4 - Thursday (Essential Abs Level 2 - Refer to Bonus “Essential Abs Guide”)

Day 5 - Friday (Light Day)

Day 6 - Saturday (Essential Abs Level 2 - Refer to Bonus “Essential Abs Guide”)

Day 7 - OFF

Phase 2 - Breakdown

Choice #1
Choice #2

Phase 2 - The Exercises

Clean, Squat & Press
Tactical Lunge
Hardstyle Plank
The 1-Arm Swing
Dear Kettlebell Enthusiast,

It’s been about 2 years since the release of the 2nd version of the TT Kettlebell Revolution. And let me be the first to tell you that A LOT has changed since that time.

Much like life, the more you experience, the more you learn.

One of my most influential mentors and teachers frequently quotes the famous Buddhist Proverb that says, “When the student is ready, the teacher will appear”. That has held true for me both in my kettlebell and fitness practice as it has in my business.

In October 2012 - exactly 2 years after attaining my RKC Certification, I travelled to Minneapolis, Minnesota to complete my Level 2 RKC Certification - a rigorous 3-Day Workshop that demands the most from you both mentally and physically.

The original RKC Level 1 tests your conditioning levels and mastery of the 6 basic Hardstyle Skills - the swing, snatch, clean, press, squat & get-up. The RKC Level 1 could have been one of the most physically demanding 3 days that I have ever experience.

Anyone who is familiar with kettlebell training is aware of the RKC Snatch Test. A test where instructor candidates must snatch a 53lb kettlebell (25lbs for females) 100 times in 5 minutes.

The snatch test was the easiest part of the weekend.

Throughout the weekend I had to constantly get my hands taped to cover up the torn callouses.

Every night when I got back to my hotel room I jumped into an ice bath for 20 minutes. It got to the point where I was racing one of my teammates to the ice machine to compete for that last available bucket of ice before we put the machine out of commission.

In the end, after the “Grad Workout”, we all had an amazing feeling of accomplishment.

For the RKCII, it took me 6 months to intentionally prepare for the very strength-focused course and I needed every single hour of preparation to make it through the weekend.

Prep for the Level 1 cert was difficult. Prep for the Level 2 was equally as difficult, but in a completely different capacity.

Where Level 1 is very conditioning focused - you really just have to get yourself in great shape - Level 2 was strength-focused.

A completely different animal.
The main performance test for Level 2 is a 1/2 Bodyweight Strict Overhead Press where the candidate must clean a heavy kettlebell (for me it was 36kg or 80lbs), show a distinct pause, and then - without any hip drive or momentum - strictly press the kettlebell overhead.

I failed the first time I attempted the test. Having never touched a kettlebell that size before - the most I was pressing was 32kg for reps - the 36kg completely psyched me out.

The RKC requires it’s instructors to be sound both physically - displaying competency in all the required kettlebell exercises - and mentally to be able to teach those in the general population the benefits of kettlebell training.

After much focused practice and strategic training, the 36kg flew up without any issue - 2 weeks after I left Minneapolis empty handed.

Prior to the RKC I thought I knew enough about kettlebell training to get by.

I was quickly humbled by the level of knowledge and physical strength of my fellow instructors-in-training and by my superiors.

It is to them that I owe a sincere sentiment of gratitude.

Enter StrongFirst.

Much like how this program is an evolution from my previous work (hence the name “The Kettlebell Evolution”), The RKC’s Chief Instructor, Pavel Tsatsouline, decided to evolve and take his training philosophies and methodologies and part ways with the RKC and its parent company, Dragon Door Publishing.

Several days after that last RKC 2 weekend, Pavel made his announcement that he would be the Chief Instructor at his new organization StrongFIRST.

And with that, I am now proudly a Level 2 Certified Strong First Girya (SFGII).

There have been many friends and teachers in the fitness industry for whom I have learned. But none more than the following individuals who I would like to acknowledge...
Master SFG, Geoff Neupert has been instrumental in helping me learn the very concentrated practice of kettlebell training through his vast technological expertise both in the strength and rehab segments of training.

Every time I speak to Geoff he gives me some other gem of information that I can automatically implement into my training practice. From working with high level athletes to self-rehabilitation using kettlebells, Geoff is a wealth of knowledge.

It's no wonder he is one of the most respected coaches in the world.

Master SFG, Brett Jones was my team leader in Orlando and is one of the gurus behind the CK-FMS certification.

His dedication to optimal movement opened my eyes to the limitless possibilities to using kettlebell. Over 3 days, Brett alone has given me more “a-ha” moments than I can count the most important one being likening kettlebell training to the beauty of mastering an athletic skill like swinging a golf club or hitting a baseball.

Focus on practice and training only when fresh and the amount that your body can accomplish will amaze you.

Senior SFG Franz Snideman was someone that resonated with me from the beginning.

Franz, slight of frame and mild mannered, is deceivingly explosive and could possess the most pound-for-pound strength of all the instructors I have met - save for Pavel Tsatsouline himself.

Franz, a former collegiate sprinter, exudes so much passion and love of training that he makes it infectious. His ability to teach and explain a complex movement like the snatch in the most simplest terms made his teaching style so appealing, especially for a simple mind like mine. His is a style that I've very much tried to model my teaching style by.

Finally and most importantly, Craig Ballantyne has been, by far, the most influential teacher and mentor in this journey.
Craig and I first met many years ago when both worked at the same personal training company.
Back then we used to ride the subway together between studio locations, although no conversation was shared because he was too busy writing articles on little scrap pieces of paper for some program of his called Turbulence Training. Little did I know back then that TT would turn into not only one of the most successful Fat Loss programs in the world but a worldwide movement to help 1 Million people transform their lives.

When Craig approached me with his mission and asked me to become the very first Certified Turbulence Trainer I immediately, without hesitation, accepted.

His idea of incorporating the Turbulence Training Principles into the practice of kettlebell training was logical given the current population of gym goes were looking for a simpler and better way to burn fat, build muscle and still have time for life.

The rest is history.

Over the span of the last 4 years, I have been working diligently in adapting, testing and publishing my current programs to make them THE BEST home fat loss training programs available and keeping them congruent with both SFG and Turbulence Training Principles.

This program is a reflection of the knowledge that I have attained over the past few years.

The workouts are SIMPLER - but NOT easier - and allow the end user to gain maximum benefit having gained some technical knowledge through previous experience with my kettlebell and bodyweight training programs.

Enjoy the journey with me as your guide.

Yours in Strength,

Chris Lopez, StrongFirst Girya Level 2 (SFG2)
Certified Turbulence Trainer
Author, The TT Kettlebell Revolution v2.0
Welcome to the Next Level of Kettlebell Training

The purpose of this program is to get you stronger.

“Hold on, this is supposed to be about Advanced Fat Loss”, you’re probably thinking to yourself.

My answer?

Precisely.

Advanced Fat Loss means you go beyond doing what you’ve always done and look deeper into your training and the foundation of what the leanest people on the planet do to look the way they do.

If we take a look at any power sport (or team sport) athlete, we’ll notice how strong they are from a pound-for-pound basis.

Sprinters, American Football position players and Olympic Gymnasts come to mind.

STRENGTH for Fat Loss

In October 2010, one of the most significant events in my career as a fitness professional occurred...I met Dan John.

Although I didn't know it at the time, sitting in an overheated open-air dome at Disney World's Wide World of Sports, I had no idea the impact that this man - whose presence rivaled that of King Kong, but whose humor reminded me of Chris Farley - would have on my view of how I would write training programs and train clients from that day forward.

Like a lot of fitness people, I had heard of Dan before.

I'd read his material on fitness websites and listened to interviews as his simple approach to training and life - with humor always mixed in - resonated with me like no other.

But it wasn't until that weekend at my Level 1 RKC Kettlebell Certification at Disney World of all places (where I was, without my wife and 5 kids who were at home in the autumn cold of Toronto - the guilt still eats away at me), that I learned one of the most valuable lessons that will forever stick with me like the feeling when I completed my RKC snatch test for the first time

Strength is your container.
Profound, isn't it.

That's what Coach Dan said. "Strength is your container".

Why is that significant?

Because it says everything about how you should train and develop as a human who is interested in improving themselves both physically and mentally.

Strength is the container from which all other physical qualities or training goals can be added.

If your goal is hypertrophy - the stronger you are the more weight you'll be able to lift, the bigger you'll get.

If your goal is power - the stronger you are, the more weight you'll be able to lift at a faster pace, the more explosive you'll get.

**If your goal is fat loss - the stronger you are, the more weight you'll be able to lift for a longer, more metabolically demanding duration, the leaner you'll get.**

Even cardiovascularly (of all things), the stronger you are, the better you will be at any endurance event.

In a 2008 study conducted by Oyvind Storen et al in Norway, 2 groups of runners were tested.

Group 1 (the control group) performed their standard endurance training runs 4 days per week.

Group 2 performed their standard 4 days of training runs in addition to 3 days per week of barbell squat focused training.

At the end of 8 weeks, the strength training group not only became stronger, but also more powerful - they were able to generate force much more quickly - and displayed a 5% increase in running economy and a 21% improvement (!) in a tested treadmill run to exhaustion.

The non-strength training group displayed no increase on either mark.

The goal of any and every trainee that ever crosses my path from that point forward has always been (and will always be) to increase the size of their "container".

The bigger the container (the stronger you become) the better you'll be at any physical endeavour.

With all movement patterns and (lack of) muscle imbalances being equal, the individual with a container the size of a swimming pool will always be able to physically perform better than the one with the shot glass.

Strength will always be your limitation to performance or your best ally to get you through.
So how do we get stronger?

It goes a little bit deeper than just being able to add weight the bar and lifting heavier.

**Strength is a skill.**

Just like how a golfer wouldn't go out to the range once per week for 4 hours and swing his golf club 9845 times in one session until his arm fell off, you can't get stronger or expect optimal results from your training if you workout once per week and go until you throw up.

Instead, you work at mastery of the skill - be it golf or lifting weights - through practice.

This means pushing yourself at times (maybe once per week), but mostly focusing on "owning the technique" and understanding that even though you're trying to press a weight overhead, it is in fact your entire body that is moving the weight and not just your shoulders and pecs.

The more force you're able to generate from ALL of your muscles - from your feet right up through your back - the easier it will be to move your weight.

This - recruiting muscles other than the "prime movers" to move a weight - is a skill and one that can be mastered just like swinging a golf club or shooting a free throw.

So as the RKC has evolved into The StrongFirst School of Strength (for which Dan John is now a master instructor), we use the kettlebell as our tool of choice to improve our skill of strength.

It goes beyond a meathead approach to training and moves internally as our goal is now to "own our kettlebell" before we go out and buy a new one.

The funny thing is, amazing things start to happen to our bodies when we focus on strength and skill acquisition when we use a kettlebell.

Take a look at any Hardstyle Kettlebell practitioner and you should notice that not only are they pound-for-pound strong, but they are lean, athletically muscular and most importantly, they move well.

And that's BOTH men and women.

Kettlebell exercises involve movements that use the entire body and because of the way the kettlebell is shaped, you naturally get pulled into alignment.

For our School of Strength, the kettlebell is our tool of choice because of it's versatility and simplicity.

As the mantra in the SFG goes, "You can be anything you like, but you must be StrongFirst".
Another example...

Just to hammer the point home even further, let’s take a look at 2 identical lifters - twins if you will.

These 2 individuals are the same height, same weight and have the same genetic make-up. The only DIFFERENCE is that Jim can press a 24kg kettlebell for 10 reps and John can only press it for 4 reps.

Jim is stronger. (Remember, strength is a neurological function and a skill, not necessarily related to how much you weigh or how big your muscles are. This is why Jim & John can weigh the same, but one can be stronger than the other).

In saying that - and according to my kettlebell weight prescription for this program - Jim will be using a 24kg kettlebell for his Kettlebell Evolution workouts and John will be using a 20kg kettlebell.

With all things being equal (they are following the same Macro-Rhythm Plan and based on their weight have the same caloric requirements), who will burn the most fat?

The answer of course will be Jim who is using the heavier kettlebell.

A stronger individual has the potential to burn more fat because of their ability to use a more resistance.

So how do we learn to acquire the skill of strength to maximize our fat burning potential?
The MxT Method: 
Maximum Tension For Maximum Fat Loss

As much as I’d like to say that Maximum Tension (MxT) is a cutting edge new technique, I’d be lying. It’s a technique that has been around for centuries and one that has been mastered by martial artists, strongmen, powerlifters and combat athletes for generations.

It boggles my mind, now that I am starting to grasp how important this trick is, that using MxT for fat loss isn’t more prevalent in the fitness industry.

Maybe it’s because it’s hard to teach (it isn’t really).

Or it could be because it’s not glamorous or sexy or new like some shiny new gimmick (which I think is closer to the truth).

I’m convinced that in this information age of instant gratification, people don’t want to hear about the work they need to put in to practicing strength and going beyond instant results.

In truth, mastering MxT is all about YOU. It’s about your dedication to practice and to understanding what needs to be done to get stronger and incidentally, lose ridiculous amounts of fat in the process.

Remember, Strength is a SKILL.

Using maximum tension requires you to generate nerve force by tensing all muscles in your body to move the desired load.

You have to consciously remember to contract all of your muscles when performing your grinds and lifts until it gets engrained in your nervous system as a habit.

And so throughout this program you will practice using MxT in your training - from your get-ups to your presses to your hardstyle planks to alternating waves of tension and relaxation when you’re doing your swings.

First, think about this...

When you do a get up, aside from the initial floor press to get the bell above your chest and into a vertical position when you’re lying down, how much are you actually moving the bell?

Think about it.

Your kettlebell is kept in a vertical, straight arm position and you are purposefully contorting and moving your body around the bell to get from a lying (supine) to a standing position.

Doing this trains your shoulder to support the vertical position through various angles teaching your shoulder how to accommodate and stabilize load throughout different angles.
Instant shoulder strengthener.

The kettlebell, then, isn't external load...it becomes part of your body.

And if you take that approach with other exercises where you have to move the bell, they become that much easier AND SAFER.

Read that again...

**Exercises using the kettlebell become EASIER and SAFER when you adopt the mentality that the kettlebell is part of your body.**

In the exercise descriptions later in the program I talk about “the root” position.¹

It’s important for you to understand this position because it’s your position of strength.

The best example that I can think of is for the press because this is the technique that I mastered to get that 36kg over my head and the same technique that I’m using to train to press the 40kg.

The exercise on the following page will outline my example.

---

¹ For more detailed information on using tension and the “irradiation effect” pick up Pavel's essential read, *The Naked Warrior* through the DragonDoor.com website [HERE](https://www.dragondoor.com).
MxT In Action (Exercise)

MxT is best understood when you’re rooted holding a kettlebell in the rack position.

For example, if you were to clean your snatch-sized bell (24kg for men, 12kg or 16kg for women) and hold it in the rack.

Keeping it there, work from your feet to the top of your head - while you maintain your breathing - and do the following...

1. Push your feet hard into the floor.

Grab the floor with your toes and heels. Feel the energy of the ground go through your feet up through your body and back down into the floor.

2. Pull your knee caps up into your hips by contracting your quads.

Tense your leg muscles and lock out your knees. You are trying to create 2 solid pillars with your legs. Think Roman Columns that are holding the structure of a temple.

3. Squeeze your glutes together like you're trying to pinch a coin.

Your tailbone will automatically tuck under and you are squeezing your butt cheeks together so tight that you could make diamonds out of coal.

4. Brace your abs like you’re about to take a punch.

Imagine that your tailbone and your belly button are connected by a string and you are tightening that string. Your tailbone curls underneath, your belly button gets drawn in and your abs fire like you’re about to get hit by Georges St. Pierre.

5. Actively pull your shoulders down and back.

This means that you are contracting your lats and creating a shelf from which to press from. This protects your shoulders by “keeping them in their sockets” and allows you to feel the “rooting position” even more intensely.

6. Crush grip the kettlebell.

Squeeze the life out of the handle and feel how light it becomes.

NOW, instead of pressing the kettlebell up, PUSH YOUR BODY (maintaining it's tensed and rooted state) away from the kettlebell.

See the difference?

More importantly...
Did you **FEEL** the difference?

MENTALITY = press the kettlebell = disconnected body & mind, external resistance

MENTALITY = push your body away from the kettlebell = connected body & mind, resistance is now internal or part of the whole

This is the essence of MxT and what you are trying to master when you use The Kettlebell Evolution Advanced Fat Loss Program.

Simply put, your ability to tense and access more muscles creates a more metabolic environment in your body (the more muscles you use, the more metabolically demanding the activity).

So a press isn’t just a movement for your shoulders or your upper body anymore.

When you use MxT, you turn a simple press into a full body, metabolically demanding task that requires lots of energy and therefore burns more calories both during and AFTER your training session.

Now imagine doing this with a heavier kettlebell.

This is why kettlebell training combined Maximum Tension Techniques are so powerful and so effective for strength and incidentally, for fat loss AND muscle building.
Getting Started

What kettlebell weight should I start with?

When I initially wrote this program, I intended for everyone to use their “snatch-sized” kettlebell. For men that meant using a 24kg (or 53lb) and for women a 12kg (or 25lb).

However, I know that a lot of people would not be able to start at that level and would still like to be able to gain the benefits of the program.

Therefore, the universal guideline to use the TT Kettlebell Evolution is to use a kettlebell that you can comfortably press for 8 repetitions.

Comfortably means that you are not struggling to get the 8th rep up by contorting your body (and your face) as you struggle to finish #8. If you are at that point, then chances are that you will need a kettlebell one size lower from what you struggled to get 8 reps with.

Worry not, because after you’ve finished this program your kettlebell will feel like candy and you’ll be more than happy to move to a kettlebell the next size up.

And yes, you can (and should) use this program again with a heavier kettlebell.

Can I switch kettlebells during the program?

No. The point of the program is for you to use the same kettlebell and “own it” for all exercises.

At times your kettlebell may feel lighter for some exercises than it does for others. This is normal and if you are using MxT (as outlined above) and focused on your form then even if the exercises feel easy, you are getting better (read: stronger) and should stay the course to completion.

This is NOT about chasing reps or “feeling the burn”.

You’ve done that before. You’ve seen that it doesn’t work. This is different.

How much space will I need?

Not much. My wife completed this program while training exclusively on our white shag carpet in our living room.

Kettlebell training is meant to be minimalist and so this program could be done in a garage, an elevator or a prison cell depending on which confined space you have access to.
What other equipment do I need?

A coffee table, chair or weight bench to perform Renegade Rows, but other than that, NOTHING.

Can I use this program again?

Absolutely. In fact, I encourage it. Upon completion of this program, you will get stronger and therefore the logical progression afterward is to use a kettlebell one heavier than your previous one.

Just remember the example between the twins, Jim & John. One was stronger, was able to use a heavier kettlebell, was able to do more work and as a result, burned more fat.

Now, let’s get started!
TT Kettlebell Evolution Fat Loss Training
3 Layers of the Foundation

The foundation of this program is built on 3 layers that compliment each other and provide you with the best most efficient form of fat loss training available.

This is NOT cutting-edge.

“Cutting Edge” screams “unproven”. -Pavel

This is based on science and has been tried and tested on real world clients.

Layer 1: Strength through Density

“You can be many things, but you must be StrongFirst”

We’ve talked about strength and how it is your container. It is what carries all other physical qualities that you wish to possess. If you want it all - fat loss, hypertrophy, endurance - you better grow your container to the size of a swimming pool.

Using Density - doing more and more work (while maximizing & maintaining tension) in a set period of time - is how you will build strength in this first layer.

Layer 2: Balance & Symmetry through Supersets

Supersets are the foundation that Turbulence Training Fat Loss Programs have been built on.

Supersets allow you to accomplish more work, efficiently, by alternating between non-competing exercises with minimal rest periods in between.

Simply put, when you are doing one exercise, you’re resting from another.

Supersets are done through using both density/timed sets and traditional set & rep schemes.

Layer 3: Conditioning through Finishers

The final layer is the one that seals the deal and that makes you feel like you’ve done something.

This is your test and how you will complete your fat loss training for the session.

Your goal is to be better each and every time you attempt the same workout.
Phase 1 - Program

Day 1 - Monday (Medium Day)

1) Get-Up x 10 minutes, Ladders of 1 & 2

Protocol - Set a timer for 10 minutes and perform Ladders of 1 and 2 Get-Ups alternating sides for a total of 10 minutes. Rest for no more than 60s. Perform as many reps as possible within your 10 minute period.
Nuts & Bolts - Get-Up Left x 1, Get-Up Right x 1, rest, Get-Up Left x 2, Get-Up Right x 2, rest & repeat

2a) Modified Renegade Row, sets of 8 per side superset with
2b) Goblet Squat, sets of 8

Protocol - Set a timer for 10 minutes. Perform a set of 8 Modified Renegade Rows with your left side, rest if necessary. Perform a set of 8 Modified Renegade Rows with your right side, rest if necessary. Perform 8 Goblet Squats. Rest. Rest periods should last no longer than 60s. Perform as many reps as possible within your 10 minute period.

3) 2-Arm Kettlebell Swing Finisher - 75 reps in as few sets as possible

Day 2 - Tuesday (Essential Abs Level 1 - Refer to Bonus “Essential Abs Guide”)

Day 3 - Wednesday (Heavy Day)

1) Get-Up x 10 minutes, sets of 3 per arm

Protocol - Set a timer for 10 minutes and perform sets of 3 Get-Ups alternating sides for a total of 10 minutes. Rest for no more than 60s. Perform as many reps as possible within your 10 minute period.
Nuts & Bolts - Get-Up Left x 3, Get-Up Right x 3, rest (if necessary) & repeat

2a) Modified Renegade Row, sets of 10 per side superset with
2b) Goblet Squat, sets of 10

Protocol - Set a timer for 10 minutes. Perform a set of 10 Modified Renegade Rows with your left side, rest if necessary. Perform a set of 10 Modified Renegade Rows with your right side, rest if necessary. Perform 10 Goblet Squats. Rest. Rest periods should last no longer than 60s. Perform as many reps as possible within your 10 minute period.
3) 2-Arm Kettlebell Swing Finisher - 100 reps in as few sets as possible. Your goal by Week 4 should be to do 100 straight KB Swings with no rest.

Day 4 - Thursday (Essential Abs Level 1 - Refer to Bonus “Essential Abs Guide”)

Day 5 - Friday (Light Day)

1) Get-Up x 10 minutes, sets of 2 per arm

Protocol - Set a timer for 10 minutes and perform sets of 2 Get-Ups alternating sides for a total of 10 minutes. Rest for no more than 60s. Perform as many reps as possible within your 10 minute period.
Nuts & Bolts - Get-Up Left x 2, Get-Up Right x 2, rest (if necessary) & repeat

2a) Modified Renegade Row, sets of 6 per side superset with
2b) Goblet Squat, sets of 6

Protocol - Set a timer for 10 minutes. Perform a set of 6 Modified Renegade Rows with your left side, rest if necessary. Perform a set of 6 Modified Renegade Rows with your right side, rest if necessary. Perform 6 Goblet Squats. Rest. Rest periods should last no longer than 60s. Perform as many reps as possible within your 10 minute period.

3) 2-Arm Kettlebell Swing Finisher - 50 reps in as few sets as possible. Your goal by Week 4 should be to do 50 straight KB Swings with no rest.

Day 6 - Saturday (Essential Abs Level 1 - Refer to Bonus “Essential Abs Guide”)

Day 7 - OFF
# Phase 1 - Breakdown

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Day 1</th>
<th>Day 3</th>
<th>Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Get-Up</td>
<td>Ladders of 1 &amp; 2</td>
<td>Sets of 2</td>
<td>Sets of 1</td>
</tr>
<tr>
<td></td>
<td>TOTAL Working Time = 10 Minutes</td>
<td>TOTAL Working Time = 10 Minutes</td>
<td>TOTAL Working Time = 10 Minutes</td>
</tr>
<tr>
<td>2a) Mod Renegade Row</td>
<td>Sets of 5</td>
<td>Sets of 8</td>
<td>Sets of 3</td>
</tr>
<tr>
<td>2b) Goblet Squat</td>
<td>75</td>
<td>100</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>TOTAL Working Time = 10 Minutes</td>
<td>TOTAL Working Time = 10 Minutes</td>
<td>TOTAL Working Time = 10 Minutes</td>
</tr>
<tr>
<td>3) 2-Arm Swings</td>
<td>Perform TOTAL swings in as few sets as possible</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

***After completion of Phase 1, take ONE WEEK off from training and Perform Essential Abs EVERYDAY for 6 days straight (Monday to Saturday). Take Sunday OFF and then begin Phase 2.***
Phase 1 - The Exercises

The Get-Up

(For a more detailed explanation and video demonstration, see your “Hardstyle Essentials” Manual and Accompanying Follow-Along Video)

The Get-Up, in my humble opinion, is one of the most perfect exercises in existence. When done properly, every possible human movement is covered in the Get-Up.

The Get-Up has evolved over the years and now, within the SFG, there is one ideal way to perform this exercise.

One IMPORTANT word of note: **Wherever your eyes go, your kettlebell will go.**

Therefore, keep your eyes fixated on the kettlebell at all times.

Start in the fetal position laying on your right side with the kettlebell in front of you. The bell should be in line with your belly button.

Make sure that your spine is straight and that your shoulders are stacked, one over the other, and that your shoulders are as far away from your ears as they can be. (You’ll hear me refer to this a lot).

Grip the kettlebell with your right hand and then bring your left hand over top of the right to support.

Pull the kettlebell toward your belly button and as you’re doing this turn over onto your back.

Set your feet by fully extending your left leg, and bending your right knee so that your right foot is firmly planted on the floor. Both your legs should almost be at a 45-degree angle to your midline.

With the kettlebell now at your stomach, release your left arm and place it on the floor at a 45-degree angle from your body.
Verbal Cue (VC): Floor Press the kettlebell.

Grip the kettlebell tightly with your right hand and make sure your right forearm is vertical to the ground. Press the kettlebell up using only your right arm.

VC: Sit-up to your elbow.

Brace your abs hard and elevate onto your elbow. Be aware of your alignment. You should have a straight line from the handle of the kettlebell through your right arm, into your upper back (with squeezed shoulder blades) and through your supporting (left) elbow which is on the floor.

VC: Sit-up to your hand and into “Post”.

Push your left hand hard into the floor, brace your abs and get up so that you are supporting yourself with the left hand on the floor. At this point you’ll be in a seated position with your left hand on the floor and your right arm overhead holding onto the kettlebell.
VC: Sweep your leg through.

Make sure your left hand and your right foot are firmly planted on the floor. Push into both - left hand and right foot - and elevate your hips with enough room to sweep your left leg through.

Your target is to get your left knee immediately under your left hip so that you create a perfectly straight line: left hand (on floor) in-line with left knee (which is above the left hip) in-line with left ankle/foot.

The position you are in now is an awesome position for posture. You should be forming a straight line through the ground from your right hand (holding the kettlebell) through your squeezed shoulder blades and right down through your left arm and down to your left hand which is on the floor.

VC: Go up into “Half Kneeling”.

After your leg sweep, brace your abs hard to stabilize your spine and - while keeping your right arm (which is holding the kettlebell) vertical, bring your upper body to an upright position.

Adjust your legs as necessary so that your are in the proper alignment (as if you were on cross country skis).
VC: Stand up from your lunge.

Curl your left toes so that they are now on the floor.

Push hard into your right leg and now stand up with the kettlebell overhead.

VC: Now get down.

(The photo to the left is a reverse angle to show you the intricacies of the get-up and the various positions.)

Step back and lunge with your left leg and put your left down onto the floor so that you are back to half-kneeling.

VC: “Windshield wiper” your leg

This next step is VERY important to ensure proper spinal alignment and to eliminate any spinal lateral flexion.

Rotate the left leg so that your left ankle is underneath the kettlebell. That is, turn your left leg with your left knee on the ground so that if you were to accidentally drop the kettlebell, it would land on your left foot.

DO NOT ATTEMPT TO DROP THE KETTLEBELL TO CHECK, please.
VC: Now, put your left hand down so that it forms a straight line with your left knee & ankle.

Push your hips back as far as you can and reach for the floor with your left hand. You are now trying to recreate the same alignment of hand-knee-ankle.

VC: Sweep your leg back through and get back to “Post”.

Push your weight into your left and right foot and sweep your left leg back into extension while bringing yourself down to rest on your rear end and your left hand.

You should now be in post.

VC: Down to your elbow.

Keeping your chest open, roll down to your left elbow, again maintaining the correct line of force.
VC: And back down to your back.

Brace your abs hard and roll down to your back.

Bring your left arm up to support the right arm and guide it down back to your midsection.

Turn onto your right side and back into the fetal position and rest the kettlebell on the ground.
The Modified Renegade Row

A traditional Renegade Row (right) involves the use of 2 same-size kettlebells.

For the Evolution, I am going under the assumption that you only have 1 kettlebell and so we have modified the exercise.

If you have 2 kettlebells of the same size, you are welcome to use a traditional Renegade Row, however I should warn you that there is an additional stability and strength challenge with the original exercise.

First, you are going to be balancing the majority of your upper body weight on the handle of one kettlebell. This will challenge both the integrity/stability and strength of your shoulder.

Second, your abs will be challenged even harder since you will be closer to the ground.

To perform the Modified Renegade Row, you will need your kettlebell and a weight bench, chair, coffee table or step/staircase (or some stable object that can support your weight).

Place your kettlebell on the floor in front of the weight bench (or stable object that will support your weight).

Put your right hand firmly on the weight bench and ensure that the bench will not move.

With your right hand on the bench, step back into a plank with your feet shoulder width apart.

Pull your knee caps up by contracting your quads, squeeze your glutes, brace your abs hard and fire the lat of your supporting (right) arm to stabilize your weight.

Maintaining this position, reach down and grab your kettlebell with your free (left) arm.
Pull your left shoulder down and back and squeeze your shoulder blades together and row your kettlebell up to your mid-section keeping your left elbow tight to your body.

Extend your left elbow and bring the kettlebell down under control without letting your body twist.

Repeat for the required amount of reps for that set and then switch to the other side.
The Goblet Squat

Unlike a barbell squat where you initiate the movement by pushing your butt back, the kettlebell goblet squat occurs in a more vertical plane.

Instead of thinking “push back”, you want to mentally imagine that you are standing over top of a hole and you want to get down into the hole.

This means that the Goblet Squat occurs between your knees with your hips facilitating the descent.

Doing your squats this way requires a more upright spine and more abdominal activation since the load is carried in the front of the body.

Hold the kettlebell by the horns (the upright part of the handle) and stand with your feet shoulder width apart with your toes slightly turned apart.

Pull your knee caps up by contracting your quads, squeeze your glutes tight, brace your abs and pull your shoulders away from your ears by contracting your lats.

This is your “root” position. REMEMBER IT!

Start your descent by actively pushing your knees apart. Doing this “creates space” to allow room for your hips to fit through.

As you push your knees apart, keep your abs contracted and allow your hips to sink through your knees all while keeping your spine straight.

Keep both feet - toe through to heel - firmly planted on the ground gripping the floor with your big toe and heel.

Once you’ve reached the bottom, seep in a little air and think about “pushing the floor away”. Doing this will keep your body inline and connected.

“Push the floor away” and squeeze your glutes tight to get back to the “root” position (see, I told you to REMEMBER IT!).

Your goal on the squat is to get back to the root and pause there for at least one second between reps. Repeat the squat for the required amount of reps.
The 2-Arm Swing

The swing is the foundation of all things kettlebell. It’s the exercise that made the kettlebell popular among the Big Box Gym crowd and probably part of the reason what kettlebells are so popular today.

The problem with the kettlebell swing is that hardly anybody does it right.

Now, we are talking about the HARDSTYLE Kettlebell Swing for which I am familiar with and am very comfortable teaching.

There is also a SoftStyle swing which is meant to conserve energy, minimize tension and allow you to perform reps of swings until the cows come home (or for a very long time).

This style (softstyle) is not the style or type of swing that I teach. To learn softstyle, you will need to consult and AKC coach or one that is more versed in Kettlebell Sport (GS).

Back to Hardstyle...

First, let’s understand what the swing is NOT.

**The swing is NOT a sumo-squat, front delt raise hybrid of an exercise.**

It is a hip hinge exercise - and a very powerful one at that.

What that means is that the Hardstyle Swing is likened more to a deadlift than it is to a squat. If you’re able to understand that concept, then you’ll be better equipped to swing properly - at least the way that I will teach you.

To perform the Hardstyle Swing...
Place a kettlebell on the floor in front of you. Now stand and "root" yourself (there's that term "root" again - REMEMBER IT!) approximately 1-3 feet away from it (1 foot if you're short, 3 feet if you're tall).

The kettlebell should be an arms-length in front of you.

Now you are going to bend (or hinge) at your hips and reach for the kettlebell with your hands.

You are doing this without flexing at the spine. That means that only hips allow you to bend forward, not your back.²

Most of us with less than ideal flexibility (notice how I said "us"...I'm part of that "less-than-ideal-flexibility" group) will have to bend our knees slightly to reach down for that handle. This is perfectly fine and in most cases necessary.

So now you should be in what's called a “Silver Back” position.

Your knees are slightly bent, your hips are pushed back (waaaaay back) and your back is arched (not flexed) while you are holding onto your kettlebell with both hands.

Now we’re going to pull your shoulders away from your ears and “tilt” the kettlebell towards you. By pulling your shoulder blades down and away from your ears, we’ve actively engaged your lats.

---

² Nine times out of 10, this is why people hurt their back kettlebell training. You don’t actively “use” your back when you train with kettlebells. It’s when your back becomes involved and your spine starts to move that people get hurt.
You will now “hike pass” the kettlebell through your knees - think about American Football and getting the ball to the quarterback as you snap the ball back.

Doing this will load your hamstrings even more like elastics bands.

Once the kettlebell reaches its furthest point back, you are going to STAND UP by forcefully extending your hips. Your goal is to find your “root” position at the top of each swing.\(^3\)

This creates float in the kettlebell and will drive it up.

\(^3\) Remember you are trying to stand up straight, NOT lean back. Finding the “root” means understanding that the kettlebell is a part of your body and NOT some form of external resistance. Rooting yourself means that you have perfect alignment when you finish each swing. Many people have a tendency to hyper-extend at their lumbar spine (lower back). This will lead to a back injury. Remember, your back isn’t involved. All movement occurs at your hips.
The peak of the kettlebell should be guided such that it goes no higher than your chest. Therefore, you must imagine that if you were to let the bell go (please don't do that though), it would make a hole in the wall directly in front of you.

You are directing the energy of the kettlebell horizontally.

As the kettlebell starts to descend, you are again going to hinge at your hips (and NOT bend from your back) and “hike pass” it between your knees.

Repeat the movement for the required amount of repetitions.
Phase 2 - The Program

Day 1 - Monday (Medium Day)

1) Clean, Squat & Press x 10 minutes, Ladders of 1, 2 & 3 reps per side

Protocol - Set a timer for 10 minutes and perform Ladders of 1, 2 & 3 CSPs alternating sides for a total of 10 minutes. Rest for no more than 60s. Perform as many reps as possible within your 10 minute period.

Nuts & Bolts - CSP Left x 1, CSP Right x 1, rest, CSP Left x 2, CSP Right x 2, rest, CSP Left x 3, CSP Right x 3 & repeat

2a) Tactical Lunge x 10 reps, 5 per side superset with 2b) Hardstyle Plank x 15 seconds

Protocol - Set a timer for 10 minutes. Perform a set of 10 Tactical Lunges alternating sides, rest if necessary. Then perform a timed set of a Hardstyle Plank for 15s. Rest and repeat as many times as possible within the 10 minute period

3) 1-Arm Kettlebell Swing Finisher - 50 reps per side in as few sets as possible, alternating arms per set

Day 2 - Tuesday (Essential Abs Level 2 - Refer to Bonus “Essential Abs Guide”)

Day 3 - Wednesday (Heavy Day)

1) Clean, Squat & Press x 10 minutes, Sets of 3 reps per side

Protocol - Set a timer for 10 minutes and perform sets of 3 CSPs alternating sides for a total of 10 minutes. Rest for no more than 60s. Perform as many reps as possible within your 10 minute period.

2a) Tactical Lunge x 10 reps, 5 per side superset with 2b) Hardstyle Plank x 15 seconds

Protocol - Set a timer for 10 minutes. Perform a set of 10 Tactical Lunges alternating sides, rest if necessary. Then perform a timed set of a Hardstyle Plank for 15s. Rest and repeat as many times as possible within the 10 minute period
3) 1-Arm Kettlebell Swing Finisher - 50 reps per side in as few sets as possible, alternating arms per set

Day 4 - Thursday (Essential Abs Level 2 - Refer to Bonus “Essential Abs Guide”)

Day 5 - Friday (Light Day)

1) Clean, Squat & Press x 10 minutes, Sets of 2 reps per side

Protocol - Set a timer for 10 minutes and perform sets of 2 CSPs alternating sides for a total of 10 minutes. Rest for no more than 60s. Perform as many reps as possible within your 10 minute period.

2a) Tactical Lunge x 10 reps, 5 per side superset with
2b) Hardstyle Plank x 15 seconds

Protocol - Set a timer for 10 minutes. Perform a set of 10 Tactical Lunges alternating sides, rest if necessary. Then perform a timed set of a Hardstyle Plank for 15s. Rest and repeat as many times as possible within the 10 minute period

3) 1-Arm Kettlebell Swing Finisher - 50 reps per side in as few sets as possible, alternating arms per set

Day 6 - Saturday (Essential Abs Level 2 - Refer to Bonus “Essential Abs Guide”)

Day 7 - OFF
Phase 2 - Breakdown

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Day 1</th>
<th>Day 3</th>
<th>Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Clean, Squat &amp; Press</td>
<td>Ladders of 1, 2 &amp; 3</td>
<td>Sets of 3</td>
<td>Sets of 1</td>
</tr>
<tr>
<td></td>
<td>TOTAL Working Time = 10 Minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2a) Tactical Lunge</td>
<td>Sets of 5; 15s</td>
<td>Sets of 8; 20s</td>
<td>Sets of 3; 10s</td>
</tr>
<tr>
<td>2b) Hardstyle Plank</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>TOTAL Working Time = 10 Minutes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3) 1-Arm Swings</td>
<td>50 per side</td>
<td>60 per side</td>
<td>40 per side</td>
</tr>
<tr>
<td></td>
<td>Perform TOTAL swings in as few sets as possible</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

After completion of Phase 2, take ONE WEEK off from training and Perform Essential Abs Level 2 EVERYDAY for 6 days straight (Monday to Saturday).

Take Sunday OFF and then, you have ONE of 2 choices...

**Choice #1**

Repeat the Kettlebell Evolution with a heavier kettlebell.
Choice #2

Begin The #28DayShred Program using the same sized kettlebell that you used for The Evolution Program ...

www.28dayshred.com
Phase 2 - The Exercises

Clean, Squat & Press

The “CSP” is another full body exercise that will have you really focusing on maximizing tension to get through the last few reps.

The important thing to remember when you do this exercise is that you want to make sure that there is a distinct “pause” between each element of the chain.

That means... 1) Clean the kettlebell, ROOT and pause; 2) Descend into a squat, push back up, ROOT and pause; 3) Press, pause, pull the kettlebell down, ROOT and pause, then repeat.

To perform the Clean, Squat & Press...

Set the kettlebell up in front of you as if you were about to perform a 1-arm swing.
Hike pass your Kettlebell between your knees...

...and clean the bell into the rack position
Brace your abs hard and ROOT yourself into the ground.

Descend into a squat by pushing your hips back and pushing your knees apart.

Push into the floor and go back to standing.

ROOT yourself and pause in the rack again.
Maintaining tension in your entire body, press the kettlebell by imagining that you are pushing your body away from the kettlebell.

Visualizing this will keep your joints aligned and will lock everything into place keeping your shoulder safe and healthy.
Tactical Lunge

Stand and hold a kettlebell in your right hand.

Step back into a lunge with your right leg keeping your spine straight and vertical.

When you get to the bottom of the lunge, pass the kettlebell through your legs and into the left hand.
Stand up with the kettlebell in your left hand.

Repeat the exercise by lunging back with your left leg and passing the kettlebell back to your right hand.
Hardstyle Plank

Unlike your common, garden-variety plank, the Hardstyle Plank is a different beast altogether.

I like to think about the Hardstyle Plank as a “horizontal root” position where you maintain tension in the horizontal and contract every muscle possible to hold you still.

This exercise has carry-over to EVERY exercise - kettlebell or not - and that’s why it’s included in this phase of the program AND in the Essential Abs Manual and Protocol as well.

The important thing to remember when you’re doing the Hardstyle plank is that you want to engage your butt as much as possible and this means going “hollow” by trying to make your tailbone and your bellybutton meet.

That means tucking your tail underneath your body and squeezing your butt.

You’re basically trying to minimize or completely get rid of the arch in your lower back.

For an awesome video explaining the Hardstyle Plank (if I don’t say so myself), go here - [http://www.youtube.com/watch?v=jT_EP8vDbY0&list=UUE3S-Nf1YSgLpfs2Irkhg&index=15](http://www.youtube.com/watch?v=jT_EP8vDbY0&list=UUE3S-Nf1YSgLpfs2Irkhg&index=15)
The 1-Arm Swing

I don’t think I need to explain the significance or importance of the 1-Arm Swing.

Much like the 2-Arm swing, mastering the 1-arm swing is essential especially if you plan on following up this program with The #28DayShred.

So here are the nuts and bolts of the 1-arm swing...

You’re going to set up your kettlebell on the floor much like you would before doing a 2-arm swing.

You’re also going to grab the kettlebell with both hands.

“Wait, I thought this was a 1-arm swing?”, you may be asking.

It is, but there’s a reason why you grab with 2 hands.

We want to make sure that we’re balanced and parallel and therefore NOT leaking energy. So starting off by grabbing the kettlebell with 2 hands ensures that our shoulder and spine do not rotate allowing us to stay compact.

Now, keeping your shoulders parallel, let your left arm go of the kettlebell and bring it off and away to the side.

You should now be in your “silver back” position.
Hike pass the kettlebell through your knees.

Remember doing this will load up your hamstrings with potential energy like 2 slingshots.

Once the kettlebell reaches its furthest point back, you are going to STAND UP by forcefully extending your hips.

Your goal is to find your “root” position at the top of each swing.

The most important thing to remember when you’re doing a 1-arm swing is to make sure your shoulder stays in its socket.

That is, don’t let the kettlebell project your arm forward pulling your shoulder out of alignment.

Keep your lat engaged and fired.
After completion of Phase 2, take ONE WEEK off from training and Perform Essential Abs Level 2 EVERYDAY for 6 days straight (Monday to Saturday).

Take Sunday OFF and then, you have ONE of 2 choices...

**Choice #1**

Repeat the Kettlebell Evolution with a heavier kettlebell.
Choice #2

Begin The #28DayShred Program using the same sized kettlebell that you used for The Evolution Program ...

www.28dayshred.com
About the Author

If you recall back to your grade school days…

Playing out in the school yard, there was that one fat kid, who, when the recess bell rang and everyone had to get back to class, always ended up last in line, out of breath, sweat pouring down his forehead from the 40 foot sprint from the sandbox to the classroom door.

That was Chris Lopez.

Now, fast forward almost 30 years and Chris is one of the most sought after experts in the field of kettlebell fat loss training.

Chris is a 13 year veteran in the fitness and strength & conditioning field getting certified as a personal trainer while completing his Bachelor of Science Degree in Human Kinetics from the University of Guelph back in 2000.

He is now an NSCA Certified Strength & Conditioning Specialist, The 1st Certified Turbulence Trainer and one of only two Level 2 StrongFirst Girya (SFG2) Kettlebell Instructors in all of Canada.

Chris, a former varsity volleyball player, is also an assistant coach with the Canadian National Beach Volleyball Team and a strength & conditioning consultant with Team Ontario Volleyball and the head strength & conditioning coach for the Volleyball Canada Centre of Excellence in Toronto.

These days, Chris can be found in various downtown espresso shops, listening to ‘90s hip hop in the park while training with kettlebells or with his wife carting their 5 kids around on his Opafiet (dutch for “Grandpa bike”) through the streets of downtown Toronto.

You can also find Chris on the internet at KettlebellWorkouts.com and writing for his personal blog at FitAndBusyDad.com.

If it wasn’t for the days when his mom would purposely “sauce up” the rice on his dinner plate with bacon fat to make him “healthier”, Chris probably wouldn’t have the drive today to want to get anyone in shape - let alone himself.