



ENTER THE KETTLEBELL
...THE WORKBOOK

Second Edition
Art of Strength
www.artofstrength.com

By: Anthony DiLuglio, RKC
www.artofstrength.com

**Enter The Kettlebell
The Workbook
From The Art of Strength**

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Published in the United States by:

Punch, Inc

450 North Broadway

East Providence, RI 02920

Phone: 401-996-7474

Email: mos@theartofstrength.net

Website: www.artofstrength.com

First edition published in September 2006.

Second edition published in April 2007.

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Book design, layout, and editing by Jeff Waters.

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"What does not destroy me, makes me stronger."
-Friedrich Wilhelm Nietzsche, 1844-1900

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Preface

This workbook is a companion to Pavel Tsatsouline's "Enter the Kettlebell" (ETK) available through www.dragondoors.com in book and DVD form. You must purchase ETK to learn Pavel's overall program concept, philosophy, proper form, and safe lifting techniques. Do not attempt the program laid out in this workbook before thoroughly studying ETK. I also recommend you read through this entire workbook before starting. The Week 1 (starting on page 4) and Week 5 (starting on page 18) Previews are very important.

ETK leaves certain program aspects open to interpretation. The program presented in this workbook springs from the experience and interpretation of Anthony DiLuglio, RKC. Please direct any questions on this particular interpretation to Anthony via email at mos@theartofstrength.net.

This workbook is intended to stay with you during your workout. I suggest you immediately purchase a 3 hole punch, 3 ring binder, and print the entire workbook. Each week, you will record your progress within these pages. The entire program is designed to be completed in a minimum of 12 weeks. However, any weeks you do not successfully complete must be repeated. You will simply print out another copy of that section of the workbook and insert it into your 3 ring binder.

Why this workbook?

Pavel Tsatsouline specializes in teaching breakthrough fitness techniques to elite athletes and people who are naturally motivated. Anthony DiLuglio specializes in providing motivating programs based on Pavel's principles to get ordinary people started and keep them going. Anthony's typical client needs more structure and "follow-along" simplicity than provided in ETK itself. It is Anthony's hope that this companion workbook will help ETK reach a wider audience.

How to use this workbook

This workbook is divided into 2 main sections: the Program Minimum and the Rite of Passage (ROP). Each of these is broken down into weekly progressions with a specific checklist of drills for each day. The week starts with a preview and then the follow-along program itself. You should strive to complete the program in its entirety. If you do not complete a week appropriately, simply repeat that week before moving on.

If you have questions, please visit us at www.artofstrength.com.

Anthony DiLuglio, Punch Gym, & Art of Strength



Anthony DiLuglio, RKC

Anthony DiLuglio has practiced his unique style of personal training throughout the United States and Scandinavia. In 2002, Anthony stumbled across the “ancient strong-man” practice of kettlebell lifting and was immediately attracted to its focus on core strength and total body fitness.

Anthony was one of the first US trainers to achieve official RKC (Russian Kettlebell Challenge) certification in April of 2003 under the direction of Pavel Tsatsouline.

DiLuglio pioneered the use of kettlebell-based circuit training for the general public—carefully molding this often intimidating, hardcore practice into a system accessible to all. His groundbreaking “Punch Kettlebell Gym” in Providence, Rhode Island was the first to focus on kettlebells as the central tool for strength, endurance, and body shaping in every workout.

The wild success of DiLuglio's circuits with athletes, housewives, and desk-bound executives inspired Men's Journal to honor Anthony as one of America's top 100 trainers for two years in a row (2004/2005).

Anthony continues to inspire legions of clients at the original Punch Kettlebell Gym in Providence... but has expanded the reach of his message throughout the world with “The Art of Strength” (AOS) DVD training series and his highly regarded “The Minute of Strength” video newsletter. The AOS training series is the first video “work along” kettlebell system and enables new and experienced kettlebellers to get right to work—bypassing the need to master the art of proper program design.

For more information visit:

www.artofstrength.com

www.artofstrength.com/talk

www.artofstrength.com/minute


Week 1: RKC Program Minimum – Preview

“It is easier to resist at the beginning than at the end.”
 -Leonardo da Vinci, 1452-1519

Before You Start

The first phase of ETK is “The RKC Program Minimum”. I break this phase into a 4 week process, but you should repeat any of the weeks as often as needed until you successfully complete the workout as written. Consider this your warm-up for the phase 2 “Rite of Passage” to come. If you are new to kettlebells, the RKC Program Minimum will prove quite challenging... and if you are a kettlebell veteran, the RKC Program Minimum will prove quite challenging.

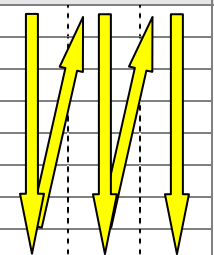
On each workout day, you will begin with Pavel’s warmup routine. Do not skip it. Perform the prescribed number of reps for each drill in order and repeat for the full 10 minutes. Do not get overly concerned with the number of times you cycle through these drills in the time allotted. These drills are simply a warmup. You may record the number of cycles completed in the “# Cycles” block:

Warmup	Target	# Cycles	Warmup Instructions
Wall squats	10 x		<ul style="list-style-type: none"> • complete drills in order • no breaks • repeat sequence • total time = 10 Minutes
halos	10 x		
pumps	10 x		

These warmup drills are meant to work the shoulders, open the hips, and extend the spine. I know it is boring... but it works. If you are losing interest in your workouts, it is fine to swap out some of these drills with these alternatives:

- Cossack squat
- Punch matrix
- Egyptian shoulders
- Figure 8 to a hold
- Shadow box
- Jump rope
- Russian twist

On your “swing” days, perform the prescribed swing rep range and “active rest” exercise for the full time allotted. You may “check off” your progress in the provided chart. Simply fill in dotted line area as needed. Check off the 1st column then started back at the top of the 2nd dotted column, etc. **NOTE: There are more boxes in the columns than you can possibly check off in 12 minutes. You do not have to check off each box... only check off as many as you can complete in the time allotted.**

Workout	Target	Completed	Workout Instructions
swings	20 x		<ul style="list-style-type: none"> • complete drills in order • no breaks • hit target or “comfortable stop” • swap out “active rest” drills as desired • start over if you complete sequence • total time = 12 Minutes
jumping jacks	2 min		
swings	20 x		
mountain climbers	2 min		
swings	20 x		
pushup to squat thrust	2 min		
swings	20 x		
jog	2 min		

For example, here's what it will look like if you can complete 7 swing and active rest pairs:

Workout	Target	Completed			Workout Instructions
swings	20 x	✓	✓		<ul style="list-style-type: none"> complete drills in order no breaks hit target or "comfortable stop" swap out "active rest" drills as desired start over if you complete sequence total time = 12 Minutes
jumping jacks	2 min	✓	✓		
swings	20 x	✓	✓		
mountain climbers	2 min	✓	✓		
swings	20 x	✓	✓		
pushup to squat thrust	2 min	✓	✓		
swings	20 x	✓			
jog	2 min	✓			

Active Rest

I have provided the following options for your active rest periods:

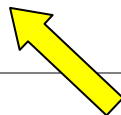
- jumping jacks
- mountain climbers
- pushup to squat thrust
- easy jog
- punch matrix
- pushups
- triple crush
- back lunge to a front kick (no weight)
- figure 8 to a hold
- burpees
- jump rope
- Russian twist
- one legged deadlift

Please understand that the active rest period is NOT the focus of the workout. You may substitute any active rest drills you like... be creative! If you are working out in a 2nd floor apartment, perhaps jumping jacks are out of the question. If you live in Alaska, maybe jogging outside doesn't seem appropriate (but don't knock it until you've tried it). If you have a boxing background, you may wish to only shadow-box through all rest periods.

The point of the active rest period is to KEEP MOVING! You don't even need to move fast. Gently hop up and down in one spot if you like. The only rules are to always stay in motion and on your feet. You may not sit or lay down... and you may not bend over gasping for breath with your hands on your knees.

If you choose to use active rest drills other than those listed, simply make a note of it in... well, gee... in the "notes" section:

Notes:



Get started

That's about it. The program you are starting may well prove more physically demanding than anything you've ever attempted. Make the commitment to complete all 4 weeks before you pick up that first kettlebell on Monday. Though the volume and work performed this week will certainly be easy compared to later weeks, it may be quite a shock to the system if you are just getting started with kettlebells.

As Leonardo suggests... it's much easier to quit at the beginning than at the end. You will need to fight through this week if you expect to endure the Rite of Passage later. Let's get it started!

Monday

Week 1: RKC Program Minimum

Warmup	Target	# Cycles	Warmup Instructions
wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	Target	Completed	Workout Instructions
swings	20 x		<ul style="list-style-type: none"> complete drills in order no breaks hit target or "comfortable stop" swap out "active rest" drills as desired start over if you complete sequence total time = 12 Minutes
jumping jacks	1 min		
swings	20 x		
mountain climbers	1 min		
swings	20 x		
pushup to squat thrust	1 min		
swings	20 x		
jog	1 min		
Notes:			

Tuesday

Warmup	Target	# Completed	Warmup Instructions
Wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	# Left	# Right	Workout Instructions
getup singles			<ul style="list-style-type: none"> take your time be safe alternate singles (left/right) total time = 5 minutes
Notes:			

Wednesday

Day off! Record any physical activity here:
--

Thursday

Week 1: RKC Program Minimum

Warmup	Target	# Cycles	Warmup Instructions
wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	Target	Completed	Workout Instructions
swings	20 x		<ul style="list-style-type: none"> complete drills in order no breaks hit target or “comfortable stop” swap out “active rest” drills as desired start over if you complete sequence total time = 12 Minutes
jumping jacks	1 min		
swings	20 x		
mountain climbers	1 min		
swings	20 x		
pushup to squat thrust	1 min		
swings	20 x		
jog	1 min		
Notes:			

Friday

Warmup	Target	# Completed	Warmup Instructions
Wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	# Left	# Right	Workout Instructions
getup singles			<ul style="list-style-type: none"> take your time be safe alternate singles (left/right) total time = 5 minutes
Notes:			

Saturday-Sunday

Day off! Record any physical activity here:
--

Week 2: RKC Program Minimum – Preview

“Sports do not build character. They reveal it.”

-Heywood Broun 1888-1939

Be honest with yourself. Did you adequately complete week 1? Were you struggling with endurance? If so, don't go on to week 2. Print out the week 1 section again, stick it in your binder, and do it again.

Are you still not quite sure if you are performing the drills correctly? Review the ETK book and/or DVD. Still not sure? Find a local RKC instructor to work with in person. You need to master proper form in the swing and getup before moving on. Take your time. There really is no rush! Moving on to week 2 with bad technique will only ensure an injury and even longer delay. Get some help and nail these fundamentals!

Enjoy week 2!

Monday

Week 2: RKC Program Minimum

Warmup	Target	# Cycles	Warmup Instructions
wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	Target	Completed	Workout Instructions
swings	20 x		<ul style="list-style-type: none"> complete drills in order no breaks hit target or “comfortable stop” swap out “active rest” drills as desired start over if you complete sequence total time = 12 Minutes
jumping jacks	1 min		
swings	20 x		
mountain climbers	1 min		
swings	20 x		
pushup to squat thrust	1 min		
swings	20 x		
jog	1 min		
Notes:			

Tuesday

Warmup	Target	# Completed	Warmup Instructions
Wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	# Left	# Right	Workout Instructions
getup singles			<ul style="list-style-type: none"> take your time be safe alternate singles (left/right) total time = 5 minutes
Notes:			

Wednesday

Day off! Record any physical activity here:
--

Thursday

Week 2: RKC Program Minimum

Warmup	Target	# Cycles	Warmup Instructions
wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	Target	Completed	Workout Instructions
swings	30 x		<ul style="list-style-type: none"> complete drills in order no breaks hit target or “comfortable stop” swap out “active rest” drills as desired start over if you complete sequence total time = 12 Minutes
jumping jacks	1 min		
swings	30 x		
mountain climbers	1 min		
swings	30 x		
pushup to squat thrust	1 min		
swings	30 x		
jog	1 min		
Notes:			

Friday

Warmup	Target	# Completed	Warmup Instructions
Wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	# Left	# Right	Workout Instructions
getup singles			<ul style="list-style-type: none"> take your time be safe alternate singles (left/right) total time = 5 minutes
Notes:			

Saturday-Sunday

Day off! Record any physical activity here:
--

Week 3: RKC Program Minimum – Preview

“The future is purchased by the present.”

-Dr. Samuel Johnson, 1709-1784

Did you finish week 2 strong? If not, do it again. There is no one to impress... do what's right for yourself.

If you feel strong enough, now could be the time to work on the clean & press and snatch drills. Start out with 1-5 reps per side for each drill. Remember, this is just “practice”-- not your workout. You will be focusing on these drills in the “Rite of Passage” phase.

Do this practice for 5 minutes prior to your warmup in the beginning of each workout.

Congratulations. Many people give up before completing week 2. What did you originally hope to gain from the ETK program? Fat loss? Strength gain? Endurance? Close your eyes and create a sharp mental image of yourself having reached these goals.

Now, open your eyes and enjoy week 3!

Monday

Week 3: RKC Program Minimum

Warmup	Target	# Cycles	Warmup Instructions
wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	Target	Completed	Workout Instructions
swings	40 x		<ul style="list-style-type: none"> complete drills in order no breaks hit target or “comfortable stop” swap out “active rest” drills as desired start over if you complete sequence total time = 12 Minutes
jumping jacks	1 min		
swings	40 x		
mountain climbers	1 min		
swings	40 x		
pushup to squat thrust	1 min		
swings	40 x		
jog	1 min		
Notes:			

Tuesday

Warmup	Target	# Completed	Warmup Instructions
Wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	# Left	# Right	Workout Instructions
getup singles			<ul style="list-style-type: none"> take your time be safe alternate singles (left/right) total time = 5 minutes
Notes:			

Wednesday

Day off! Record any physical activity here:
--

Thursday

Week 3: RKC Program Minimum

Warmup	Target	# Cycles	Warmup Instructions
wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	Target	Completed	Workout Instructions
swings	40 x		<ul style="list-style-type: none"> complete drills in order no breaks hit target or “comfortable stop” swap out “active rest” drills as desired start over if you complete sequence total time = 12 Minutes
jumping jacks	1 min		
swings	40 x		
mountain climbers	1 min		
swings	40 x		
pushup to squat thrust	1 min		
swings	40 x		
jog	1 min		
Notes:			

Friday

Warmup	Target	# Completed	Warmup Instructions
Wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	# Left	# Right	Workout Instructions
getup singles			<ul style="list-style-type: none"> take your time be safe alternate singles (left/right) total time = 5 minutes
Notes:			

Saturday-Sunday

Day off! Record any physical activity here:
--

Week 4: RKC Program Minimum – Preview

“It is impossible for a man to be cheated by anyone but himself.”
-Ralph Waldo Emerson, 1803-1882

Good job. Time to finish off the RKC Program Minimum.

This week, expose yourself to more drills. Start to review ETK Special Report #2, “Seven simple and sinister kettlebell drills.” It includes some extremely useful drills to help you achieve your RKC Rite of Passage. Once again review and PRACTICE these drills. Do not make them part of your workout yet! Be patient... you are still building strength and conditioning.

At this point, you may also want to take a look at “The Art of Strength: Providence” DVD to reinforce ETK Special Report #2. Both share many of the same drills including:

- one legged deadlift
- maxercist row
- squat flip clean
- tactical lunge
- russian twist
- figure eight to a hold (a signature AOS drill!)
- crush curl / triple crush

All of these and more can be found in The Art of Strength: Providence. Much like this workbook, AOS: Providence will structure your training to achieve the best possible results. The Art of Strength series will also be a necessary tool for your training beyond the Rite of Passage.

Welcome to week 4!

Monday

Week 4: RKC Program Minimum

Warmup	Target	# Cycles	Warmup Instructions
wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	Target	Completed	Workout Instructions
swings	50 x		<ul style="list-style-type: none"> complete drills in order no breaks hit target or “comfortable stop” swap out “active rest” drills as desired start over if you complete sequence total time = 12 Minutes
jumping jacks	1 min		
swings	50 x		
mountain climbers	1 min		
swings	50 x		
pushup to squat thrust	1 min		
swings	50 x		
jog	1 min		
Notes:			

Tuesday

Warmup	Target	# Completed	Warmup Instructions
Wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	# Left	# Right	Workout Instructions
getup singles			<ul style="list-style-type: none"> take your time be safe alternate singles (left/right) total time = 5 minutes
Notes:			

Wednesday

Day off! Record any physical activity here:
--

Thursday

Week 4: RKC Program Minimum

Warmup	Target	# Cycles	Warmup Instructions
wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	Target	Completed	Workout Instructions
swings	50 x		<ul style="list-style-type: none"> complete drills in order no breaks hit target or “comfortable stop” swap out “active rest” drills as desired start over if you complete sequence total time = 12 Minutes
jog	1 min		
swings	50 x		
jog	1 min		
swings	50 x		
jog	1 min		
swings	50 x		
jog	1 min		
Notes:			

Friday

Warmup	Target	# Completed	Warmup Instructions
Wall squats	10 x		<ul style="list-style-type: none"> complete drills in order no breaks repeat sequence total time = 10 Minutes
halos	10 x		
pumps	10 x		
Workout	# Left	# Right	Workout Instructions
getup singles			<ul style="list-style-type: none"> take your time be safe alternate singles (left/right) total time = 5 minutes
Notes:			

Saturday-Sunday

Day off! Record any physical activity here:
--

“Well begun is half done.”
-Aristotle, 384-322 B.C.

Is your form perfect on swing and getups? Did you get all of your workouts in? Come on, be honest! This is important. If you skipped workouts and your form is not great, you are not ready. You will only hurt yourself in your Rite of Passage journey.

No big deal! This is not something to be rushed. Here is what to do: Review ETK once again and start at week 1 of this workbook. Complete all 4 weeks of training.

If the above does not apply to you, then chapou! Congratulations! You have earned your ticket to the Rite of Passage.

Clean & Press Ladders

The clean & press (C&P) will be a staple of your workout in the next 7 weeks. It is an excellent drill with a focus on both core and upper body. Structuring your reps with the “ladder” scheme is a great way to introduce a high number of reps into your workout without reaching muscle failure.

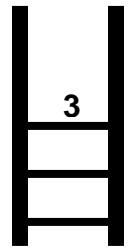
Re-read pages 133-137 in ETK for Pavel’s take on ladders. Traditional weightlifting programs call for a certain rep/set scheme for a given exercise. Most people are used to the boring old rule of “3 sets of 10”. With ladders, you start with 1 set of 1 rep and keep adding a rep with each set.

Here is an example of a 5 rung ladder:

- Set 1 (or... rung 1): 1 rep
- Set 2 (or... rung 2): 2 reps
- Set 3 (or... rung 3): 3 reps
- Set 4 (or... rung 4): 4 reps
- Set 5 (or... rung 5): 5 reps

This is 15 total reps (that’s 15 reps per side with a single arm exercise like the C&P). Once you complete all the rungs (or sets), you will take a short break and repeat the ladder starting with a single rep in set (or rung) 1.

In week 5, you’ll be doing 3 ladders made up of 3 rungs. Simple check off each time you finish a complete ladder and write down any notes you’d like to remember:

<h1>3</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
<div style="border: 1px solid black; background-color: yellow; padding: 5px; display: inline-block;">Check off completed ladders here and record any notes to the right.</div>		

Pulls

Adding a “pull” to your C&P ladder is not *required* by Pavel in ETK... it’s just highly suggested. In my experience with hundreds of clients, adding the pull to this routine provides a significant boost in effectiveness.... So if you are following my program, you must include a pull!

What do I mean by a pull? In ETK, Pavel recommends pull-ups. In 1950’s America, it was the norm for the average 20-30 year old male to bang out 5-10 pull-ups. Most men could do far more. Good luck finding an average 20-30 year old male today who can do more than 1 pull-up. I’m not a rocket scientist, but here’s what I believe has happened:

- our society is much fatter now, adding a ton of resistance to the pull-up
- our society is largely sedentary with an atrophied musculature
- most males who do lift free weights measure strength with the bench-press

So, most of you starting this program may not be able to handle strict pull-ups. Of all possible pulls, I personally prefer the pull-up. I generally have my clients start with assisted pull-ups. Attach a couple of long elastic bands to your pull bar or tree branch with the bottom of the loop hanging at about belly level. Get 1 or both feet into the loop and extend your body straight while performing your pull-ups. If using multiple bands, try to work up to using just a single band over the next couple months. Eventually, you can drop the bands altogether and do strict pull-ups.

If you can’t do pull-ups for some reason, you may substitute any of the following pulls:

- 1 arm row
- 2 arm row
- Lat pull-down machine

I’ll assume you only own 1 kettlebell and suggest that you stick with the 1 arm row alternative. But keep in mind, you’ll need to do your ladder rung reps on both the left and right side.

C&P left	1
C&P right	1
Pull	1
C&P left	2
C&P right	2
Pull	2
C&P left	3
C&P right	3
Pull	3

If doing pull-ups or 2 armed rows, do a single rep.

If doing 1 armed rows, do a single rep on the left followed by a single rep on the right.

Snatches

You will only be doing snatches 1 day per week. ETK calls for snatches only on your light days (Mondays). I recommend taking a very easy pace and performing 10 reps on the left, 10 reps on the right, rest for 1 minute or less, and repeat for the full time. Take it easy and never blow yourself out on these. They simply represent a nice start to the week.

Fast Swings & Slow Swings

The swings prescribed in ETK for the Rite of Passage can be a bit tricky. On Wednesdays, Pavel calls for “medium swings” at 70-80% of your max for the duration of time defined in your dice roll. Similarly, Saturdays call for your max effort for the duration of your dice roll. What exactly is max effort, though?

The swing is the most important fundamental drill in the kettlebell world. It is 1 of the 1st 3 drills I teach all new clients... I've watched thousands of people of all ages and fitness levels performing the swing. Here are a few extremely important observations I've made:

1. Most people have a steady swing pace between 35 and 50 swings per minute.
2. You can't swing fast.
3. You can't swing slow.
4. Most new clients can't swing continuously for over 2 minutes.
5. Clients in great shape can rarely swing for more than 5 continuous minutes.

Let's start with those 1st three points. If you are inclined to argue with these observations, put this workbook down and immediately try the following experiment: Swing any kettlebell for 1 minute straight at what you consider to be an average pace and record your number of reps. Repeat the experiment for what you consider to be a fast pace. Repeat the experiment for what you consider to be a slow pace.

What were your numbers? Your “average pace” will probably be in the 35-50 range if you are using good form. Interestingly, the “slow pace” and “fast pace” will be fairly close to your average pace if you are maintaining good form. Any attempt to radically increase or decrease your pace was probably uncomfortable and full of atrocious form. The only way to go faster is to attempt to “pull” the kettlebell up and down using your arms and shoulders. Think about the upswing, for example. If you are muscle it up with your arms, the bell will hang at an angle from your arm rather than properly in line with your arm.

RKC's always tell new victims to imagine that their arms are just ropes with meat hooks at the ends. The swing IS NOT an arm exercise. It relies on momentum created by your core and hip snap to “float” the bell up.

You might think that a short swing (say, to waist level) can be done much faster than a high swing up to chest level. Try it. Not much difference. What's going on here? Much of the reason behind this has helped us humans keep track of time for centuries. Look at any grandfather clock. It relies on a pendulum swinging (yes... SWINGING) back and forth. When the clock is tightly wound, the pendulum has a wide swing. As it unwinds, the swing travels a shorter and shorter distance. Interestingly, though, it takes exactly the same *time* for the pendulum to travel a wide path as a short path. The main factor governing the frequency of the clock swing is the length of the pendulum arm. If you want to make significant swing rate changes, try growing longer or shorter limbs!

Now, admittedly, there is a lot more going on in the mechanics of a swing. The kettlebell isn't simply swinging about a single fixed point as a clock's pendulum. The body also features a hip and knee flex in addition to the shoulder rotation. But, you get the idea! Each person will usually find an individual average swing rate based on the particular dimensions of their body.

Here's an article you may find useful:

<http://home.howstuffworks.com/clock3.htm>

Hard Swings and Medium Swings

Throughout the Rite of Passage, you will roll the dice to determine how long each swing session will last. Let's look at your "hard" days. If you roll "snake eyes", you are asked to do as many swings as you can in 2 minutes. If you roll a "hard 12", Pavel demands as many swings as you can perform in 12 minutes. Here lies a problem of interpretation.

Since I've already established that there's no such thing as a fast or slow swing, you should understand that your continuous "hard" pace might be around a non-stop 40 reps per minute.... so, how many continuous reps can you do? If you can only do 120 straight reps, about 3 minutes is all you can expect to handle! So, any dice roll higher than a 3 will be a bit pointless.

The dice roll is good as it adds some needed variation to your workout. I contend that you need to last for the duration of whatever turns up on those dice. So, if you can only do 3 minutes of continuous swings, how are you going to last for 12 minutes? Build in some short breaks.

That's it... no magic! Each workout, I will give you a rep range and rest period for your swings... and I use the term "rest" loosely! On "medium" days, you'll be asked for fewer reps and/or longer rest periods. On "hard" days, you'll do as many as 50 continuous swings, set the bell down for a few seconds, and immediately pick it back up for 50 more. In this way, you can ensure a medium or heavy volume of swings over the full allotted time.

Rolling the Dice

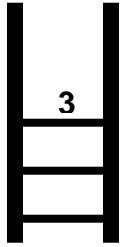
ETK calls for you to roll the dice to determine the time length of your snatch and swing workouts. That means you could roll for 12 minutes of swings in week 5 and 2 minutes of swings in week 6.

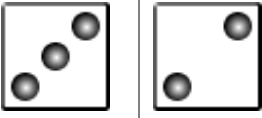
I took the liberty of rolling my dice *for you* in the following program. Did I use loaded dice?

Stop asking questions and enjoy week 5!

Monday: Light Day

Week 5: RKC Rite of Passage

Ladders	Rungs	Clean & Press + Pull Ladders
<h1>3</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
Drill	Rep	
C&P left	1	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • check off ladders and record notes above • repeat drills in order a total of 3 times
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

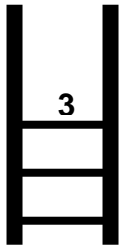
Dice Roll	Snatches
	<ul style="list-style-type: none"> • maintain an easy pace (50-60% of max) • 10 reps left, 10 reps right • rest for 1 minute • repeat • total time = 5 minutes
Notes:	

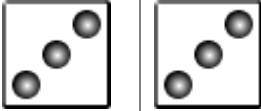
Tuesday: Variety Day

The Art of Strength: Providence DVD
<ul style="list-style-type: none"> • Rounds 2-6 • Repeat for 2 total cycles -OR- • Do whatever you want and take it easy.
Notes:

Wednesday: Medium Day

Week 5: RKC Rite of Passage

Ladders	Rungs	Notes
3		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
Drill	Rep	
C&P left	1	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 3 times
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

Dice Roll	Swings
	<ul style="list-style-type: none"> • maintain a medium pace (70-80% of max) • 25 reps • rest for 10 seconds • repeat • total time = 6 minutes
<u>Notes:</u>	

Thursday: Variety Day

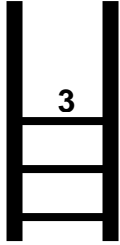
Try any or all of the following:
<ul style="list-style-type: none"> • If you are struggling through your ladders, try 5x5 loaded cleans alternated with 5x1 getups with a heavier kettlebell. • If you are getting smoked by swings and snatches, try 2-3 sets of 5-10 swings and/or 1-10 snatches with a heavier kettlebell than you are using in your timed sets. • Try Pavel's <i>Relax into Stretch</i> DVD. -OR- • Do what ever you want and take it easy.
<u>Notes:</u>

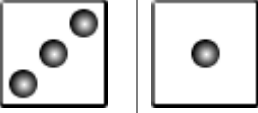
Friday

Week 5: RKC Rite of Passage

Day off! Record any physical activity here:

Saturday: Heavy Day

Ladders	Rungs	Notes
3		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 3 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

Dice Roll	Swings
	<ul style="list-style-type: none"> • don't hold back... max effort! • 50 reps • rest for 10 seconds • repeat • total time = 4 minutes

Notes:

Sunday

Day off! Record any physical activity here:

Week 6: RKC Rite of Passage – Preview

*“You don’t hold your own in the world by standing on guard,
but by attacking and getting well hammered yourself.”*
-George Bernard Shaw, 1856-1950

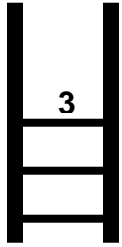
Great job completing the 1st week of your RKC Rite of Passage! The conditioning you gained during the Program Minimum phase should have well prepared you for it.

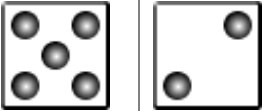
If you are new to the clean and snatch drills, your forearms may be sore. This primarily comes from allowing the KB to rotate around too quickly and bash the forearm. Once you master these drills, you should have no “bashing” or discomfort. Re-read Pavel’s instruction on these moves in Enter the Kettlebell and/or see a certified RKC instructor for some live help.

Week 6 will be more of the same. You will keep your C&P ladders at 3 rungs, but up the workload to 4 total ladders.

Monday: Light Day

Week 6: RKC Rite of Passage

Ladders	Rungs	Clean & Press + Pull Ladders
4		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • check off ladders and record notes above • repeat drills in order a total of 4 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

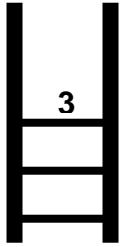
Dice Roll	Snatches
	<ul style="list-style-type: none"> • maintain an easy pace (50-60% of max) • 10 reps left • 10 reps right • rest for 1 minute • repeat • total time = 7 minutes
Notes:	

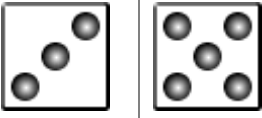
Tuesday: Variety Day

The Art of Strength: Providence DVD
<ul style="list-style-type: none"> • Rounds 8-12 • Repeat for 2 total cycles -OR- • Do whatever you want and take it easy.
Notes:

Wednesday: Medium Day

Week 6: RKC Rite of Passage

Ladders	Rungs	Notes
4		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
Drill	Rep	
C&P left	1	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 4 times
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

Dice Roll	Swings
	<ul style="list-style-type: none"> • maintain a medium pace (70-80% of max) • 50 reps • rest for 20 seconds • repeat • total time = 8 minutes
Notes:	

Thursday: Variety Day

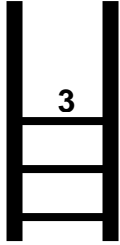
Try any or all of the following:
<ul style="list-style-type: none"> • If you are struggling through your ladders, try 5x5 loaded cleans alternated with 5x1 getups with a heavier kettlebell. • If you are getting smoked by swings and snatches, try 2-3 sets of 5-10 swings and/or 1-10 snatches with a heavier kettlebell than you are using in your timed sets. • Try Pavel's <i>Relax into Stretch</i> DVD. -OR- • Do what ever you want and take it easy.
Notes:

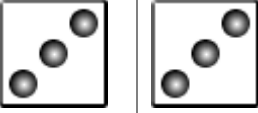
Friday

Week 6: RKC Rite of Passage

Day off! Record any physical activity here:

Saturday: Heavy Day

Ladders	Rungs	Notes
4		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 4 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

Dice Roll	Swings
	<ul style="list-style-type: none"> • don't hold back... max effort! • 25 reps • rest for 5 seconds • repeat • total time = 6 minutes
<p>Notes:</p>	

Sunday

Day off! Record any physical activity here:

“Rudeness is the weak man’s imitation of strength.”
-Eric Hoffer, 1902-1983

If you’ve made it this far, you are doing great! Keep up the good work. I know this type of training can be a bit monotonous. Trust me, it is necessary and will be well worth your sweat and pain.

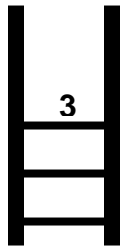
The ETK program will get your body conditioned so you can enjoy training with kettlebells for a long time to come. You will enjoy years of injury free training after building your base right here.

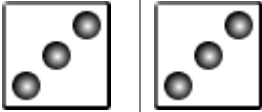
It takes heart and dedication to successfully complete ETK. When you do, you will have earned the right to walk tall with a true and obvious inner strength.

Don’t give up! This is your time to “be extraordinary”!

Monday: Light Day

Week 7: RKC Rite of Passage

Ladders	Rungs	Clean & Press + Pull Ladders
<h1>5</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • check off ladders and record notes above • repeat drills in order a total of 5 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

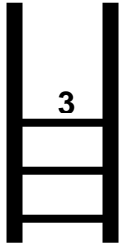
Dice Roll	Snatches
	<ul style="list-style-type: none"> • maintain an easy pace (50-60% of max) • 10 reps left, 10 reps right • rest for 1 minute • repeat • total time = 6 minutes
Notes:	

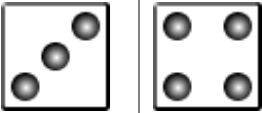
Tuesday: Variety Day

The Art of Strength: Providence DVD
<ul style="list-style-type: none"> • Complete DVD -OR- • Do whatever you want and take it easy.
Notes:

Wednesday: Medium Day

Week 7: RKC Rite of Passage

Ladders	Rungs	Notes
<h1>5</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	
C&P left	1	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 5 times
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

Dice Roll	Swings
	<ul style="list-style-type: none"> • maintain a medium pace (70-80% of max) • 25 reps • rest for 10 seconds • repeat • total time = 7 minutes
Notes:	

Thursday: Variety Day

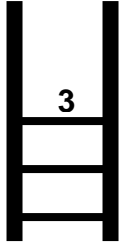
Try any or all of the following:
<ul style="list-style-type: none"> • Go for a jog. -OR- • Do what ever you want and take it easy.
Notes:

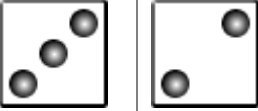
Friday

Week 7: RKC Rite of Passage

Day off! Record any physical activity here:

Saturday: Heavy Day

Ladders	Rungs	Notes
5		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 5 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

Dice Roll	Swings
	<ul style="list-style-type: none"> • don't hold back... max effort! • 50 reps • rest for 10 seconds • repeat • total time = 5 minutes

Notes:

Sunday

Day off! Record any physical activity here:

“Our minds are lazier than our bodies.”
-François, Duc de La Rochefoucauld, 1613-1680

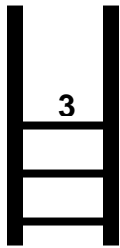
Test week! If you feel ready, I think it would be a good idea to assess your true strength. Pavel suggests replacing your regular Saturday workout with a press and snatch test every 4-8 weeks.

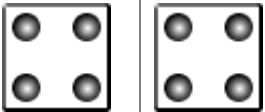
This is completely your option. If you choose to do your test on Saturday, check out the rules for your tests in ETK. Simply record your results in Saturday’s notes. Take a little break after the test. If you have enough juice left, I suggest trying the regular Saturday workout, too!

As you test, remember that your mind will fail long before your body does. Take this opportunity to exercise your mental resilience. You will be a better man or woman for it!

Monday: Light Day

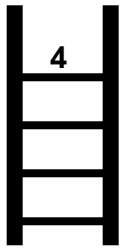
Week 8: RKC Rite of Passage

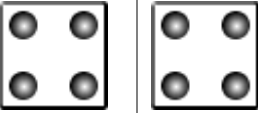
Ladders	Rungs	Clean & Press + Pull Ladders
<h1>5</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • check off ladders and record notes above • repeat drills in order a total of 5 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

Dice Roll	Snatches
	<ul style="list-style-type: none"> • maintain an easy pace (50-60% of max) • 10 reps left, 10 reps right • rest for 1 minute • repeat • total time = 8 minutes
Notes:	

Tuesday: Variety Day

The Art of Strength: Newport DVD
<ul style="list-style-type: none"> • Rounds 1-4 • Repeat for 2 total cycles -OR- • Do whatever you want and take it easy.
Notes:

Ladders	Rungs	Notes
5		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	
C&P left	1	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 5 times
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
C&P left	4	
C&P right	4	
Pull	4	
Rest	1-2 min	

Dice Roll	Swings
	<ul style="list-style-type: none"> • maintain a medium pace (70-80% of max) • 50 reps • rest for less than 20 seconds • repeat • total time = 8 minutes
<u>Notes:</u>	

Thursday: Variety Day


Try any or all of the following:
<ul style="list-style-type: none"> • Do what ever you want and take it easy.
<u>Notes:</u>



Friday

Week 8: RKC Rite of Passage

Day off! Record any physical activity here:

Saturday: Heavy Day

Ladders	Rungs	Notes
5	5 	<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 5 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
C&P left	4	
C&P right	4	
Pull	4	
C&P left	5	
C&P right	5	
Pull	5	
Rest	1-2 min	

Dice Roll	Swings
 	<ul style="list-style-type: none"> • don't hold back... max effort! • 25 reps • rest for 5 seconds • repeat • total time = 3 minutes
<u>Notes:</u>	

Sunday

Day off! Record any physical activity here:

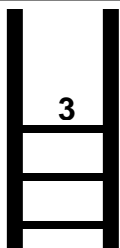
“When the fight begins within himself, a man’s worth something.”
-Robert Browning, 1812-1889

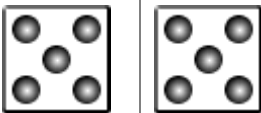
You are extraordinary for making it this far! It is time to dig deep within yourself and push to a new level. I am always amazed at the transformations my clients make with kettlebells... these changes transcend the physical and radiate into every aspect of their lives. I recommend you again picture your “goal self” in your mind prior to each workout this week. This is who you are becoming.

Most people never do the work to transform themselves from within. This is where real change has to start.

Monday: Light Day

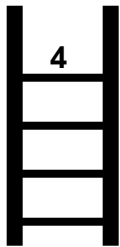
Week 9: RKC Rite of Passage

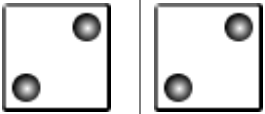
Ladders	Rungs	Clean & Press + Pull Ladders
<h1>5</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • check off ladders and record notes above • repeat drills in order a total of 5 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

Dice Roll	Snatches
	<ul style="list-style-type: none"> • maintain an easy pace (50-60% of max) • 10 reps left, 10 reps right • rest for 1 minute • repeat • total time = 10 minutes
Notes:	

Tuesday: Variety Day

The Art of Strength: Newport DVD
<ul style="list-style-type: none"> • Rounds 5-8 • Repeat for 2 total cycles -OR- • Do whatever you want and take it easy.
Notes:

Ladders	Rungs	Notes
<h1>5</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 5 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
C&P left	4	
C&P right	4	
Pull	4	
Rest	1-2 min	

Dice Roll	Swings
	<ul style="list-style-type: none"> • maintain a medium pace (70-80% of max) • 25 reps • rest for 10 seconds • repeat • total time = 4 minutes
<p>Notes:</p>	

Thursday: Variety Day


Try any or all of the following:
<ul style="list-style-type: none"> • Do what ever you want and take it easy.
<p>Notes:</p>


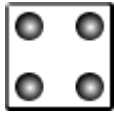
Friday

Week 9: RKC Rite of Passage

Day off! Record any physical activity here:

Saturday: Heavy Day

Ladders	Rungs	Notes
<h1>5</h1>	5 	<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 5 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
C&P left	4	
C&P right	4	
Pull	4	
C&P left	5	
C&P right	5	
Pull	5	
Rest	1-2 min	

Dice Roll	Swings
 	<ul style="list-style-type: none"> • don't hold back... max effort! • 50 reps • rest for 10 seconds • repeat • total time = 6 minutes
Notes:	

Sunday

Day off! Record any physical activity here:

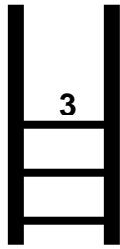
Week 10: RKC Rite of Passage – Preview

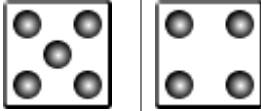
“Pride is generally censured and decried, but mainly by those who have nothing to be proud of.”
-Arthur Schopenhauer, 1788-1860

Pride? You’ve earned it. Stick out your chest and walk an inch or two taller. Over the next 3 weeks you will have earned the RKC Rite of Passage.

Monday: Light Day

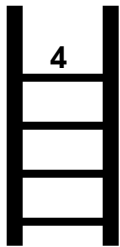
Week 10: RKC Rite of Passage

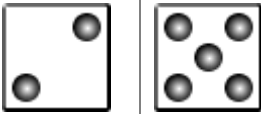
Ladders	Rungs	Clean & Press + Pull Ladders
<h1>5</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • check off ladders and record notes above • repeat drills in order a total of 5 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

Dice Roll	Snatches
	<ul style="list-style-type: none"> • maintain an easy pace (50-60% of max) • 10 reps left, 10 reps right • rest for 1 minute • repeat • total time = 9 minutes
Notes:	

Tuesday: Variety Day

The Art of Strength: Newport DVD
<ul style="list-style-type: none"> • Full DVD -OR- • Do whatever you want and take it easy.
Notes:

Ladders	Rungs	Notes
<h1>5</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	
C&P left	1	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 5 times
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
C&P left	4	
C&P right	4	
Pull	4	
Rest	1-2 min	

Dice Roll	Swings
	<ul style="list-style-type: none"> • maintain a medium pace (70-80% of max) • 50 reps • rest for 20 seconds • repeat • total time = 7 minutes
Notes:	

Thursday: Variety Day


Try any or all of the following:
<ul style="list-style-type: none"> • Do what ever you want and take it easy.
Notes:

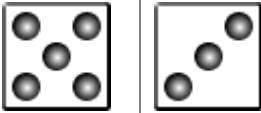
Friday

Week 10: RKC Rite of Passage

Day off! Record any physical activity here:

Saturday: Heavy Day

Ladders	Rungs	Notes
<h1>5</h1>	5 	<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 5 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
C&P left	4	
C&P right	4	
Pull	4	
C&P left	5	
C&P right	5	
Pull	5	
Rest	1-2 min	

Dice Roll	Swings
	<ul style="list-style-type: none"> • don't hold back... max effort! • 25 reps • rest for 5 seconds • repeat • total time = 8 minutes
Notes:	

Sunday

Day off! Record any physical activity here:

Week 11: RKC Rite of Passage – Preview

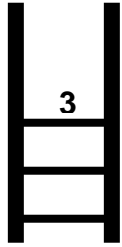
*“That all men are equal is a proposition to which,
at ordinary times, no sane individual has ever given his assent.”*
-Aldous Leonard Huxley, 1894-1963

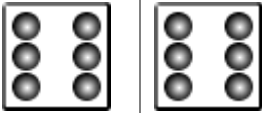
All people may be created as equals, but each person has the power to make themselves extraordinary or mediocre. While many of your friends and family have been lounging on the couch, you have pushed through to a new level of health and strength.

Enjoy week 11!

Monday: Light Day

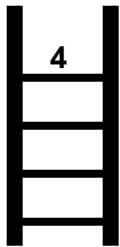
Week 11: RKC Rite of Passage

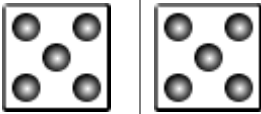
Ladders	Rungs	Clean & Press + Pull Ladders
<h1>5</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	
C&P left	1	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • check off ladders and record notes above • repeat drills in order a total of 5 times
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

Dice Roll	Snatches
	<ul style="list-style-type: none"> • maintain an easy pace (50-60% of max) • 10 reps left, 10 reps right • rest for 1 minute • repeat • total time = 12 minutes
Notes:	

Tuesday: Variety Day

The Art of Strength: Providence DVD
<ul style="list-style-type: none"> • Full DVD -OR- • Do whatever you want and take it easy.
Notes:

Ladders	Rungs	Notes
<h1>5</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	
C&P left	1	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 5 times
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
C&P left	4	
C&P right	4	
Pull	4	
Rest	1-2 min	

Dice Roll	Swings
	<ul style="list-style-type: none"> • maintain a medium pace (70-80% of max) • 25 reps • rest for 10 seconds • repeat • total time = 10 minutes
Notes:	

Thursday: Variety Day

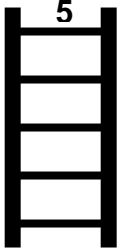
Try any or all of the following:
<ul style="list-style-type: none"> • Do what ever you want and take it easy.
Notes:

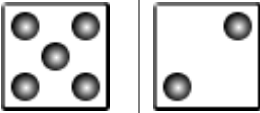
Friday

Week 11: RKC Rite of Passage

Day off! Record any physical activity here:

Saturday: Heavy Day

Ladders	Rungs	Notes
<h1>5</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 5 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
C&P left	4	
C&P right	4	
Pull	4	
C&P left	5	
C&P right	5	
Pull	5	
Rest	1-2 min	

Dice Roll	Swings
	<ul style="list-style-type: none"> • don't hold back... max effort! • 50 reps • rest for 10 seconds • repeat • total time = 7 minutes
<p>Notes:</p>	

Sunday

Day off! Record any physical activity here:

*“Courage is rightly esteemed the first of human qualities
because it is the quality which guarantees all others.”*
-Sir Winston Spencer Churchill, 1874-1965

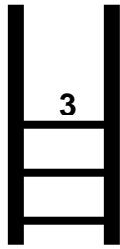
You have certainly shown a strong internal courage in the last 11 weeks. Now we're down to the last week of your Rite of Passage. Others may talk about it, plan for it, discuss it to death on the internet... but you will forever have accomplished it!

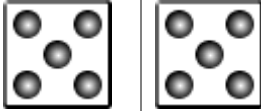
I recommend replacing your Saturday workout with another test day. 10 minutes of Clean & Press and 10 minutes of Snatches. Record your numbers in the notes section and flip back 4 weeks to your last test... any improvement?

Take a little time off and see if you have the juice to complete Saturday's workout in addition to the tests!

Monday: Light Day

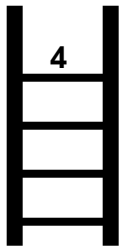
Week 12: RKC Rite of Passage

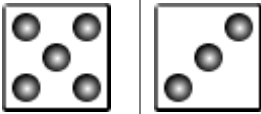
Ladders	Rungs	Clean & Press + Pull Ladders
<h1>5</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • check off ladders and record notes above • repeat drills in order a total of 5 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
Rest	1-2 min	

Dice Roll	Snatches
	<ul style="list-style-type: none"> • maintain an easy pace (50-60% of max) • 10 reps left, 10 reps right • rest for 1 minute • repeat • total time = 10 minutes
Notes:	

Tuesday: Variety Day

The Art of Strength: Newport DVD
<ul style="list-style-type: none"> • Full DVD -OR- • Do whatever you want and take it easy.
Notes:

Ladders	Rungs	Notes
<h1>5</h1>		<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	
C&P left	1	<ul style="list-style-type: none"> take breaks as needed do not flirt with failure, drop the bell instead! If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung record notes above repeat sequence a total of 5 times
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
C&P left	4	
C&P right	4	
Pull	4	
Rest	1-2 min	

Dice Roll	Swings
	<ul style="list-style-type: none"> maintain a medium pace (70-80% of max) 50 reps rest for 20 seconds repeat total time = 8 minutes
Notes:	

Thursday: Variety Day


Try any or all of the following:
<ul style="list-style-type: none"> Do what ever you want and take it easy.
Notes:


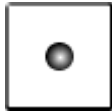
Friday

Week 12: RKC Rite of Passage

Day off! Record any physical activity here:

Saturday: Heavy Day

Ladders	Rungs	Notes
5	5 	<input type="checkbox"/> 1
		<input type="checkbox"/> 2
		<input type="checkbox"/> 3
		<input type="checkbox"/> 4
		<input type="checkbox"/> 5
Drill	Rep	<ul style="list-style-type: none"> • take breaks as needed • do not flirt with failure, drop the bell instead! • If substituting 1 armed rows for pull-ups, complete reps specified on <i>each side</i> before continuing to the next C&P rung • record notes above • repeat sequence a total of 5 times
C&P left	1	
C&P right	1	
Pull	1	
C&P left	2	
C&P right	2	
Pull	2	
C&P left	3	
C&P right	3	
Pull	3	
C&P left	4	
C&P right	4	
Pull	4	
C&P left	5	
C&P right	5	
Pull	5	
Rest	1-2 min	

Dice Roll	Swings
 	<ul style="list-style-type: none"> • don't hold back... max effort! • 25 reps • rest for 5 seconds • repeat • total time = 5 minutes
Notes:	

Sunday

Day off! Record any physical activity here:

Done. You are extraordinary. Congratulations!

Does your back hurt? Are your shoulders aching? Don't forget your wall squats and halos. Earning your Rite of Passage is no excuse for forgetting the basics. Be smart and listen to your body. Pavel has some of the best stretching and joint mobility programs on the market today. Use them! They will keep you injury free.

At this point, you have a strong base of fundamental kettlebell skills. There is an amazing amount of variety in both drills and programs to choose from. I recommend you check out our work-along DVD series "Art of Strength" at www.artofstrength.com or choose from our other upcoming multiweek workbooks.

Walk proud. You've earned a strong body and mind.

Sincerely,

Anthony DiLuglio, RKC