KETTLEBELL FOR FIGHTERS

6 WEEK STRENGTH & CONDITIONING PROGRAM

MxT Method
> BUILD BRUTE STRENGTH
> DEVELOP EXPLOSIVE POWER
> IMPROVE CARDIO

BROUGHT TO YOU BY:

FUNK ROBERTS

CHRIS LOPEZ
Medical Disclaimer

As with all generic programs several assumptions are made. I assume that you have kettlebell knowledge and skill in performing these movements and that you have no medical or movement problems that make these exercises unsafe. It does not take huge lengthy workouts to become a better athlete or to look better. Being consistent and working hard are the keys to success.

This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this guide. The purpose of this guide is to help MMA, Martial Arts and Combat fighters, for those that want to look like them, gain strength, increase conditioning, lose weight, by educating them in proper exercises, kettlebell training and while using the Kettlebell For Fighters Program.

No health claims are made for this guide. The nutrition and exercise guide will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietician, or clinical nutritionist; the author is a fitness and nutrition consultant and certified kettlebell specialist. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD) for your special nutrition program.

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(READ CAREFULLY BEFORE PERFORMING ANY EXERCISES IN THIS MANUAL)

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Dear Fighter,

Thank you for purchasing the Kettlebell for Fighters 6 Week Program. We put this program together in an effort to help those fighters add strength and conditioning training to their already crazy schedule.

Whether you are in MMA, Boxing, Taekwondo, Muay Thai, Kickboxing, Wrestling, Jiu-Jitsu (BJJ), Karate, Grappling, Judo or any other Martial Art, you can use these workouts and get amazing results.

When competing against people who are the same size and skill level, this training could be the difference between submitting and being submitted.

For a fighter, the fastest way to get better is by getting stronger, improving your cardio and building overall endurance. The exercises in this program bring out the most muscle involvement.

Movement patterns for kettlebell training can be similar to the movements used in Martial Arts, whether you’re punching, grappling, throwing or kicking they all involve all of the same biomechanics that you will use in the Kettlebell for Fighters program.

The conditioning aspect of these workouts mimics that in a fight and your cardio endurance will go through the roof.

For one, you are mimicking the true nature of your sport; lifting and maneuvering a person through force is exactly what you have to do with the kettlebells.

The Kettlebell for Fighter workouts were designed by Kettlebell Expert Chris Lopez, SFG II, RKC with consultation of MMA
Conditioning Coach Funk Roberts.

The program will improve your overall strength, power, explosiveness, balance, core/abs strength, agility, endurance and of course conditioning!

Right after your first workout, you will see and feel the effects. Within a the first couple of weeks you will see and feel a noticeable difference in your overall Combat Arts performance.

Your Friend and Coach,

Funk Roberts
Welcome to the Next Level of Kettlebell Training

- Chris Lopez SFGII

The purpose of this program is to get you stronger and improve your overall conditioning.

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

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

This is the basis of what we are to help you do...build strength

STRENGTH for Better Overall Performance

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 Coach 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 combat fighter who is interested in improving himself or herself 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 endurance** - the stronger you are, the more weight you’ll be able to lift for a longer, more metabolically demanding duration, thus building endurance.

Even cardiovascular (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/athlete 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 as a fighter.

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 out 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”.

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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 develop other physical attributes needed as a combat fighter.

So how do we learn to acquire the skill of strength to help is maximize our performance?
The MxT Method: Maximum Tension For Maximum Strength and Conditioning

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.

**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.

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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.](http://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 kneecaps 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 a string connects your tailbone and your belly button 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 helps you to improve overall strength endurance.

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 conditioning.
Kettlebell for Fighters also helps you develop and improve many other needs and physical attributes for fighters in all combat sports

Before we get started it is very important you understand the physical needs and attributes of combat arts fights when it comes to overall strength and conditioning.

When you have a grasp of these attributes, then your kettlebell training becomes more meaningful and your dedication to improving, perfecting and getting stronger will be a priority.

The kettlebell exercises in this Kettlebell for Fighters program were strategically chosen to address the major needs of fighters.

**Hip Explosiveness** - one of the major attributes needed by all martial artists is hip power and explosion. The movement of grapplers and BJJ players generally stem from the hips, the power for punching and kicking is generated with hip rotation and in Judo, hip throws are dominant. In this program the core kettlebell exercises force you to use explosiveness through the hips using swings, cleans and snatches.

**Power (Explosiveness)** - Generating overall explosive power using speed and strength is prevalent in most combat sports especially wrestling and grappling. Also being able to tap into that power later in completion is key.

**Grip Strength** - The grip component in martial arts is another aspect athletes need to train. Using kettlebells will improve your grip strength and we incorporate pulling exercises to enhance your grip training.

**Isometric Strength Endurance** - BJJ and Grappling require you to have isometric strength endurance. The long duration of matches will push the lactic acid threshold (LAT). Some of the movements, such as the goblet squat will require you to hold the kettlebell for extended periods and work on developing strength endurance.
Muscular Endurance - Your muscular endurance will come into play if you are throwing hundreds of punches for example. You would rely on the muscular endurance of your shoulder for this element of the fight. Muscular endurance plays an important role in grappling and clinching during stand up for you Jui Jitsu fighters as well. Muscular endurance is the ability of a given group of muscles to execute contractions for an extended period of time, regardless of the weight. For example doing squats for 5 minutes will challenge the quad muscles.

Posterior Chain - combat fighters tend to spend a most of their times using quad dominant movements, so the kettlebell exercises in this program will help to train hip, glutes, hamstrings and posterior chain.

Core Strength - I am sure you have heard many times that everything you do stems form the core region and that its also true for fighters. Those athletes with weak a core will get expose very quickly and will fall behind in training and overall improvement. Kettlebell training puts a high demand on the core region, which will help you strengthen this region. Abdominal rotational and anti-rotational strength is important for striking, grappling and in throwing sports like Judo.

Unilateral Strength - most athletic movements are actually unilateral. This type of training will help with stability, balance and overall strength

Stability (Shoulder) - shoulders are placed under tremendous stress when an athlete engages in physical competition. The only way to strengthen the shoulder joint and all the stabilizing muscles that surround is by performing overhead lifts. Exercises like kettlebell snatches are hugely beneficial in allowing the shoulder to strengthen and even improve with mobility, which is essential for athletic performance.

Strength (Overall) - Every combat athlete needs to develop overall body strength. In combat sports the body moves as one many times and so developing overall strength is important. Moves like the Turkish Get Up is the granddaddy of exercises that use full body strength to perform.

Cardio/Conditioning - Lack of cardio makes cowards of us all. When you are out of shape and conditioning is low, you will suffer both in training and competition. Some kettlebell exercises like the snatch will place high demands on your body and force you to develop cardiovascular output. We implement both workouts and exercises to help improve your cardio.
Kettlebell For Fighters

Exercise List

**KB Turkish Get Up** - The Turkish Get Up is an excellent exercise for grapplers, wrestlers and strikers. It is a total body exercise that promotes mobility and flexibility, as well as the sort of stability required to be strong throughout many grappling movements and powerful strikes.

**Chin Ups** - This is a great pulling exercise that not only trains upper back but will enhance the grip component. You should always be pushing grip training in your workout because it carries over to everything you do in and out of the gym.

**Parallel Dips (Weighted)** - Pushing strength and upper body muscular endurance is needed in Muay Thai in the clinch and BJJ and grapplers on the ground.

**KB Goblet Bulgarian Split Squat** - we included use the Goblet Bulgarian Split Squat as a supplementary single leg exercise for the flexibility, stability, muscular and of course strength. Combat fighters suffer from knee problems and often this can be attributed to a lack of stability in the knee and/or dormant glutes, and strength in the quads. The Split squat can help here too. Holding the kettlebell in a goblet position requires you to have isometric strength endurance, which is similar to long grappling matches.

**Kettlebell Snatch** - this exercise is one the best full body movements that develops explosive power, improves shoulder stability and blows up your cardio and conditioning. By performing this posterior chain lift you are integrating the use of your shoulders, hips, glutes, abdominals, lats, hamstrings, and calves to soundly elevate the bell in a smooth efficient manner during the snatch lift. This translates into powerful strikes and takedowns.

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Overhead snatches are hugely beneficial in allowing the shoulder to strengthen and even improve with mobility, which is essential for athletic performance. Any restriction in mobility or strength in the shoulder while performing an athletic can lead to injury. When performing kettlebell snatches, you are exerting your body from head to toe and your heart has to work like crazy to keep up with providing your body with the blood supply it needs to keep moving.

**Kettlebell Swing** - develops the grip, promotes explosive hip extension, activates the glutes, improves cardio and builds muscular power endurance. Excellent for all martial arts movements like throwing punching and kicking power in Muay Thai and Kickboxing; moving the hips very quickly to manipulate their opponents into positions that allow them to get the submission like BJJ/Grappling; various throwing movements in judo and wrestling to lift, hoist and throw your opponent.

**Double KB Front Squat** - Leg, glutes strength and power is developed with this exercise. Surprisingly this also targets your core stability. All combat fighters need to develop leg and glutes strength to improve their overall performance.

**KB Military Press** - shoulder strength and stability. Lack of shoulder strength and stability can lead to injury.

**KB Renegade Rows** - Amazing horizontal pull exercise that also targets core strength, anti-rotational, stability, which is needed in grappling. Strikers can also benefit from this exercise because of the core strength aspect and judo players can benefit from the anti-rotational component to help with excreting rotational strength

**KB 1-Leg Deadlift** - Unilateral training provides great joint stability and core strength. This exercise will also help with your overall balance to avoid takedowns and to able to throw powerful technical kicks

**High Rep Double Kettlebell Cleans** - Body armor is developed here and the ability to absorb force and immediately transfer it to a punch, kick or an attack. This exercise also works the posterior chain and core.
Getting Started

Member Website
Along with this Kettlebell for Fighter program guide you will also find everything you need on the member website. The workout videos, exercise tutorials and FAQ’s. Make sure that you have registered on the site and keep your username and password in a safe place.

Kettlebell for Fighters Program
This program is a 6-week protocol with a 4-day workout split. This is meant for you to supplement with your combat skill training. It is important to stick with the program for the next 6 weeks, taking the prescribed rest days.

You can add another training day if you wish to perform something specific like sprint training or and abs routine.

Every thing is laid out for you in this eBook along with videos on the member website.

Workout Videos
You will find videos for each workout on the member website. You can download them to your computer, smartphone or tablet. Chris and Funk take through the beginning of each workout in real time to show you speed, technique and give you tips to get the most of each workout.

Exercise Tutorials Videos
On the member website you will find tutorial videos of each exercise. We cannot stress how important it for you to watch and practice the exercises in the program.

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) or 16kg (or 35lb).
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 this fighter program 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 the 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. 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?
You will need access to a pull up bar and a timer for some of the workouts. We suggest you use GYMBOSS TIMER (It is cheap and reliable) - CLICK HERE TO GET GYMBOSS - http://funkmma.com/site/gymbosstimer

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.

FAQ Videos
There are terms that we often use in this program that you may not understand, so we have included FAQ videos that address these terms and training concepts.

Now, let’s GET STARTED!
1) DENSITY Get-Up Ladders of 1 & 2 superset with (Weighted) Chin-Up Ladders of 2 & 4 x 15 minutes

**PROTOCOL** - Set a timer for 15 minutes. Start the timer and perform 1 Get-Up per side. Set the kettlebell down and perform 2 chin-ups. Rest only if necessary then perform 2 Get-Ups per side and then 4 chin-ups.

Rest only if necessary and repeat the above protocol.

Perform as many reps as possible within your 15-minute period.
Nuts & Bolts - Get-Up Left x 1, Get-Up Right x 1, Chin-Up x 2 rest, Get-Up Left x 2, Get-Up Right x 2, Chin-Up x 4 rest & repeat.

2) SUPERSET
2a) (Weighted) Parallel Dips, 5 sets of 5 superset with
2b) Goblet Bulgarian Split Squat, 4 sets of 8 per leg

**PROTOCOL** - Loop your kettlebell through a weight belt and put it around your waist. Perform 5 dips focusing on form and tension. Rest for 60-90s.

Hold your kettlebell in the Goblet position and perform 8 Bulgarian Split Squats per leg. Rest for 60-90s.

Repeat the above protocol for the required sets and reps starting and finishing with the loaded Dips.

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Day 2 - Tuesday

1) Snatch & Swing “On The Minute” Training x 20 minutes (you will need 1 kettlebells of equal weight)

**PROTOCOL** - Set a timer for 20 minutes. When you hit start, perform 8 single-arm kettlebell snatches per side. Rest for the remainder of the minute.

When the timer hits “19:00” use 1 kettlebell and perform 8 reps of Kettlebell Swings. Rest for the remainder of the minute.

Repeat this protocol (alternating between snatches & swings) for the entire 20 minute period.

Use the chart below to determine your rep assignments for the week...

<table>
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<th>WEEK</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<td>Snatches</td>
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<td>90</td>
<td>100</td>
<td>110</td>
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<td>Two Arm KB Swings</td>
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<td>10</td>
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<td>10</td>
<td>11</td>
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<tr>
<td><strong>TOTAL Two Arm Swings</strong></td>
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<td>90</td>
<td>100</td>
<td>90</td>
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<td>110</td>
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<td><strong>TOTAL BALLISTIC REPS</strong></td>
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</table>
Day 3 - Wednesday (OFF)

Day 4 - Thursday

1) DENSITY Double KB Front Squat x 3 reps superset with KB Military Press x 2 reps x 15 minutes

**PROTOCOL** - Set a timer for 15 minutes. Start the timer and perform 3 Double KB Front Squats. Rest if necessary by putting the kettlebells down. Re-Clean the kettlebells and perform a Double Kettlebell Press for 2 reps. Set the kettlebells down and rest if necessary. Rest only if necessary and repeat the above protocol. Perform as many reps as possible within your 15-minute period.

Another version
Nuts & Bolts - Clean, Squat x 3 reps, REST (if necessary), Clean, Press x 2, rest & repeat.

2) SUPERSET
2a) KB Renegade Rows 4 sets of 4 per side superset with
2b) KB 1-Leg Deadlift, 3 sets of 8 per leg

**PROTOCOL** - Perform 4 reps of renegade rows per side then immediate do 8 reps of single leg KB Deadlifts. Rest for 60-90s.

Repeat the above protocol for the required sets and reps starting and finishing with the renegade rows.

Day 5 - Friday (OFF)
Day 6 - Saturday

**Conditioning/Upper Body Armour Building - Double KB**

1) High Rep Double Kettlebell Cleans x 10 minutes (you will need 2 kettlebells of equal weight)

**PROTOCOL** - Set a timer for 10 minutes. When you hit start, perform 5 Double Kettlebell Cleans. Rest for the remainder of the minute.

When the timer hits “9:00” perform another set of 5 Double Kettlebell Cleans. Rest for the remainder of the minute.

Use the chart below to determine your rep numbers for the week...

<table>
<thead>
<tr>
<th>WEEK</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reps per minute</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>TOTAL Reps per Workout</td>
<td>50</td>
<td>60</td>
<td>70</td>
<td>60</td>
<td>70</td>
<td>80</td>
</tr>
</tbody>
</table>

Day 7 - Sunday (OFF)
**Message from Your Trainer**

**Chris Lopez**

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 Evolution
Meet Funk Roberts

Marc “Funk” Roberts, President and Owner of Funk Roberts Fitness, is a former Professional Beach Volleyball player turned Fitness trainer. Funk is an MMA Conditioning Coach that has helped thousands of combat fighters from around the world improve their overall strength, conditioning and nutrition and reach their fitness goals.

Funk is a Certified Metabolic Training Expert, Kettlebell Specialist, Mixed Martial Arts Conditioning Coach, Celebrity Fat Loss Expert and Personal Trainer. He was just named one of America’s Premiere Experts and has been seen on ABC, NBC, CBS and Fox TV.

Funk has been a featured trainer in a few fitness training DVD's and has produced his own online products such as, Elite Strength and Conditioning for Combat Athletes, Funk’s 6 Week Jump Training Program, Spartan Training System 10 Week Fat Loss Program, and the newly launched 50 Shades of Burpees Finisher program.

Funk is passionate about helping fighters to improve their level of fitness and performance in their combat sport and his mission is to help 500,000 by the end of 2015. His over 30 years of training, expertise, research and experience has made the difference in helping fighters for the better.

Funk has a following of over 40,000 subscribers to his websites, along with 36,000 YouTube subscribers and over 70,000 fans on FunkMMA Facebook and helps them on a daily to weekly basis.

He continues to learn and improve his skills so that he can supply the best information and contribute to the combat sport community and help fighters, coacher and trainers make a difference in their lives.

At a young 44 years old, Funk is married and has 2 older children. His passion is family, helping fighters, martial arts and travelling.

TRAIN HARD, FIGHT EAZY!
Meet Chris Lopez

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 now a Master Trainer with Turbulence Training 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 Opafiets (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 www.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.

Kettlebell Evolution Advanced Fat Loss Program - http://KettlebellWorkoutsForAbs.com
Kettlebell Finishers - http://KettlebellFinishers.com
#28DayShred Rapid Kettlebell Fat Loss - http://28DayShred.com

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