

21 15 9 kettlebell workouts

Decoding the 21 15 9 Kettlebell Workout: A Comprehensive Guide

21 15 9 kettlebell workouts have become a celebrated benchmark in the fitness community for their efficient yet demanding nature. This popular rep scheme, involving three rounds of 21, 15, and 9 repetitions for a series of exercises, offers a potent combination of strength building, cardiovascular challenge, and time efficiency. Whether you're a seasoned kettlebell enthusiast or a newcomer looking to elevate your training, understanding the principles and applications of the 21 15 9 format can unlock significant fitness gains. This article will delve into the anatomy of a 21 15 9 kettlebell workout, explore popular variations, discuss programming considerations, and highlight the benefits of incorporating this methodology into your routine. Prepare to discover how to effectively implement these powerful protocols for optimal results.

Table of Contents

- What is a 21 15 9 Kettlebell Workout?
- The Benefits of the 21 15 9 Rep Scheme
- Key Kettlebell Exercises for 21 15 9 Protocols
- Popular 21 15 9 Kettlebell Workout Variations
- The Classic "Murph" Kettlebell Adaptation
- The "Grace" Kettlebell Challenge
- The "Isabel" Kettlebell Test
- Customizable 21 15 9 Kettlebell Routines
- Programming Your 21 15 9 Kettlebell Workouts
- Choosing the Right Kettlebell Weight
- Rest Periods and Pacing Strategies
- Frequency and Integration into Your Training
- Maximizing Your 21 15 9 Kettlebell Experience
- Proper Form and Technique
- Warm-up and Cool-down Essentials
- Nutrition and Recovery for Optimal Performance

What is a 21 15 9 Kettlebell Workout?

Understanding the 21 15 9 Kettlebell Workout Structure

The 21 15 9 kettlebell workout is a specific training protocol characterized by a descending rep scheme across three rounds. It begins with 21 repetitions of each prescribed exercise, followed by 15 repetitions of the same exercises in the second round, and concludes with a final round of 9 repetitions for each exercise. The beauty of this structure lies in its simplicity and its ability to create a progressive challenge as fatigue sets in. It's often performed as a standalone workout or as a conditioning finisher, demanding both strength endurance and mental fortitude.

This format is widely recognized in the CrossFit and functional fitness communities, originating from

benchmark workouts that often utilize barbells. However, its adaptation to kettlebells offers a unique set of advantages, leveraging the versatility and dynamic movement patterns that kettlebells facilitate. The goal is typically to complete the entire sequence of exercises as quickly as possible (AMRAP - As Many Rounds As Possible, or for time) while maintaining good form. The decreasing number of reps per round allows for a gradual ramp-up in intensity, ensuring that even as fatigue accumulates, the athlete can continue to push through.

The Core Principles of the 21 15 9 Rep Scheme

At its heart, the 21 15 9 rep scheme is designed to deliver a significant metabolic stimulus in a concise timeframe. The higher rep counts in the initial rounds build a strong aerobic and anaerobic base, forcing the cardiovascular system to work hard. As the reps decrease, the focus shifts to maintaining explosiveness and power output despite accumulating fatigue. This creates a powerful conditioning effect that enhances both muscular endurance and strength. The mental aspect is also crucial; the descending nature of the reps provides a psychological boost as you move through the workout, with each completed round feeling like a victory.

The sequential nature of the exercises within the 21 15 9 format means that muscle groups are often worked in conjunction, leading to a full-body engagement. This compound effect is what makes these workouts so efficient for overall fitness development. Unlike traditional set-and-rep schemes where rest periods can be longer and more deliberate, the 21 15 9 format often encourages shorter, more dynamic rest periods, further amplifying the metabolic demand.

The Benefits of the 21 15 9 Kettlebell Workout Methodology

Incorporating 21 15 9 kettlebell workouts into your fitness regimen offers a multitude of advantages. The inherent design of this rep scheme prioritizes efficiency, making it an ideal choice for individuals with limited time but ambitious fitness goals. It effectively targets multiple aspects of physical fitness simultaneously, leading to well-rounded development.

Enhanced Cardiovascular Conditioning

The rapid succession of exercises and the demanding rep counts in the initial rounds of a 21 15 9 protocol significantly elevate the heart rate, providing a potent cardiovascular workout. This type of training is crucial for improving aerobic capacity, stamina, and overall heart health. The continuous nature of the workout, with minimal planned rest, ensures that the cardiovascular system is consistently challenged, leading to adaptations that improve endurance and reduce fatigue in daily activities.

Improved Muscular Endurance and Strength

The higher rep ranges, particularly in the first two rounds, are excellent for building muscular endurance. This means your muscles can sustain repeated contractions for longer periods. As you progress to the lower rep counts in the final round, you can often focus on maintaining a higher intensity or power output, which still contributes to strength development. The combination of high repetitions and compound movements means multiple muscle groups are engaged, leading to functional strength gains that translate to real-world activities.

Time Efficiency and Metabolic Boost

One of the most compelling benefits of 21 15 9 kettlebell workouts is their time efficiency. These demanding protocols can often be completed in under 30 minutes, yet they deliver a training stimulus equivalent to much longer sessions. The intense nature of the workout also leads to a significant "afterburn" effect, also known as Excess Post-exercise Oxygen Consumption (EPOC). This means your body continues to burn calories at an elevated rate for hours after the workout is finished, contributing to more effective fat loss and improved body composition.

Mental Toughness and Discipline

Completing a 21 15 9 kettlebell workout requires significant mental fortitude. Pushing through fatigue, especially in the later stages of the workout, builds resilience, discipline, and a stronger mind-muscle connection. The descending rep scheme offers a psychological advantage, with each completed round bringing you closer to the finish line. This mental challenge is as important as the physical one and can translate to greater perseverance in other areas of life.

Key Kettlebell Exercises for 21 15 9 Protocols

The effectiveness of a 21 15 9 kettlebell workout hinges on the selection of appropriate exercises. These exercises should be compound movements that engage multiple muscle groups and are well-suited to the dynamic nature of kettlebell training. Choosing exercises that can be performed safely and effectively for higher repetitions is paramount.

Kettlebell Swings

The kettlebell swing is arguably the cornerstone of kettlebell training and a staple in many 21 15 9 protocols. It's a powerful hip-hinge movement that engages the posterior chain (glutes, hamstrings, lower back) and provides an excellent cardiovascular challenge. Whether performed as a two-handed swing or a single-arm variation, it builds explosive power and endurance.

Kettlebell Cleans

The kettlebell clean is a fundamental movement that brings the kettlebell from the floor to the rack position (resting on the forearm, with the elbow tucked). It's a full-body exercise involving the legs, hips, back, and arms. It's often paired with an overhead press or used as a precursor to other movements, making it a versatile choice for 21 15 9 workouts.

Kettlebell Presses (Strict and Push Press)

Kettlebell presses, whether strict overhead presses or more dynamic push presses (using leg drive), are excellent for building shoulder and upper body strength. In a 21 15 9 format, these can be particularly challenging due to the cumulative fatigue in the arms and shoulders. Variations include single-arm or double-arm presses.

Kettlebell Snatches

The kettlebell snatch is a highly dynamic, full-body explosive movement that takes the kettlebell from the floor to an overhead position in one fluid motion. It demands significant coordination, power, and grip strength. Due to its technical nature and intensity, it's often used in shorter 21 15 9 workouts or with lighter weights.

Kettlebell Goblet Squats

The goblet squat, where the kettlebell is held at chest level, is a fantastic exercise for lower body strength and core stability. It's a great variation for higher rep counts as it encourages an upright posture and proper squat mechanics. This movement targets the quadriceps, glutes, and hamstrings.

Kettlebell Lunges and Deadlifts

Kettlebell lunges, both forward and reverse, can be incorporated to work the legs unilaterally and improve balance. Kettlebell deadlifts, while simpler, are also a fundamental hinge movement that builds posterior chain strength. In a 21 15 9 context, these might be included to target specific muscle groups or add variety.

Popular 21 15 9 Kettlebell Workout Variations

The 21 15 9 rep scheme has been adapted into numerous popular benchmark workouts, many of which originated with barbells but translate exceptionally well to kettlebells. These variations offer

different combinations of movements, targeting various aspects of fitness and providing unique challenges.

The Classic "Murph" Kettlebell Adaptation

While the original "Murph" is a benchmark bodyweight workout (1-mile run, 100 pull-ups, 200 push-ups, 300 squats, 1-mile run), its spirit of endurance and grit can be channeled into kettlebell adaptations. A common kettlebell version might involve a series of kettlebell exercises performed in a 21 15 9 format, followed by a conditioning element like a run or a different set of high-rep exercises. For instance, a 21 15 9 of kettlebell swings, kettlebell goblet squats, and kettlebell push presses could be part of a larger, more complex workout that honors the endurance test of Murph.

The "Grace" Kettlebell Challenge

The barbell "Grace" is 30 clean and jerks for time. An excellent kettlebell adaptation of "Grace" would involve performing 21 kettlebell cleans and jerks, followed by 15, and then 9. This focuses on explosive power, shoulder stability, and cardiovascular endurance. The key is to choose a weight that allows for continuous movement through the 21 reps but becomes progressively more challenging.

The "Isabel" Kettlebell Test

Barbell "Isabel" is 30 snatches for time. A kettlebell version would naturally follow the 21 15 9 rep scheme: 21 kettlebell snatches, 15 kettlebell snatches, and 9 kettlebell snatches. This workout is a true test of power, coordination, and grip endurance. Given the demanding nature of the snatch, it's crucial to select a kettlebell weight that can be managed safely for all rep counts.

Customizable 21 15 9 Kettlebell Routines

Beyond established benchmarks, the 21 15 9 format is highly adaptable for creating personalized workouts. You can select 3-4 of your favorite or most challenging kettlebell exercises and string them together. For example, a routine could include: 21 kettlebell swings, 21 kettlebell push presses (alternating arms), 21 kettlebell goblet squats, followed by 15 reps of each, and then 9 reps of each. This allows you to target specific muscle groups or work on weak areas while still benefiting from the 21 15 9 structure.

Programming Your 21 15 9 Kettlebell Workouts

Successfully integrating 21 15 9 kettlebell workouts into your training requires careful consideration of several programming variables. The weight of the kettlebell, the rest periods you allow, and the

frequency with which you perform these demanding sessions all play a crucial role in effectiveness and injury prevention.

Choosing the Right Kettlebell Weight

Selecting the appropriate kettlebell weight is perhaps the most critical decision when programming a 21 15 9 workout. The weight should be challenging enough that the initial 21 reps are difficult but not impossible to complete with good form. If you can easily do 30+ reps unbroken with perfect technique, the weight is likely too light. Conversely, if you struggle to complete even 10 reps with good form in the first round, the weight is too heavy, increasing the risk of injury and hindering the flow of the workout. The goal is to find a weight that forces you to break up reps in later rounds, but not so much that it becomes a grind.

For most individuals, a weight that allows for unbroken sets of 15-20 repetitions for the primary kettlebell exercise (like swings or cleans) in the first round is a good starting point. For more complex movements like snatches, a slightly lighter weight might be necessary to maintain technical proficiency throughout the 21, 15, and 9 repetitions.

Rest Periods and Pacing Strategies

The 21 15 9 format is often performed for time, implying a focus on completing the workout with minimal rest. However, the type and duration of rest are crucial. Instead of long, passive rests, aim for short, active recovery periods between exercises or rounds. This might involve a few deep breaths, a quick shake-out of the limbs, or switching to the next exercise immediately.

A common strategy is to rest only as long as needed to regain enough composure to perform the next set with good form. For example, after a set of 21 kettlebell swings, you might rest for 10-15 seconds before transitioning to the next exercise, or vice versa. For extremely challenging workouts like a kettlebell snatch 21 15 9, you might need to break the sets into smaller chunks (e.g., 7-7-7 reps) and take slightly longer breaks.

Frequency and Integration into Your Training

Due to their high intensity, 21 15 9 kettlebell workouts should not be performed daily. A general guideline is to incorporate them once or twice a week, allowing ample recovery time between sessions. They can serve as a standalone conditioning workout or as a potent finisher to a strength training session.

If you are integrating them into a broader training plan, consider their placement. Performing them after a heavy strength session might compromise your performance and increase injury risk. Conversely, using them as a warm-up or a moderate intensity conditioning session earlier in the week can be highly beneficial. Listen to your body; if you feel excessively fatigued, opt for a lighter workout or take an extra rest day.

Maximizing Your 21 15 9 Kettlebell Experience

To truly reap the rewards of 21 15 9 kettlebell workouts, attention to detail in execution and recovery is essential. Proper form, thorough preparation, and adequate post-workout care are not optional but fundamental to achieving your goals safely and effectively.

Proper Form and Technique

This cannot be overstated: proper form is paramount in any kettlebell exercise, especially in a high-rep, high-intensity format like 21 15 9. Incorrect technique not only reduces the effectiveness of the exercise but significantly increases the risk of injury. Before attempting any 21 15 9 workout, ensure you have a solid understanding of the fundamental kettlebell movements involved. Focus on engaging the hips and posterior chain for explosive power, maintaining a neutral spine, and controlling the descent of the kettlebell.

If you are unsure about your technique, seek guidance from a certified kettlebell instructor. It is far better to use a lighter kettlebell and perfect your form than to use a heavier weight with poor mechanics. Remember that the goal is quality of movement over quantity of weight or speed, particularly as fatigue sets in.

Warm-up and Cool-down Essentials

A comprehensive warm-up is critical before launching into a 21 15 9 kettlebell workout. This should involve a gradual increase in heart rate and body temperature, followed by dynamic stretching and movement preparation specific to the exercises you will be performing. Examples include arm circles, leg swings, torso twists, hip openers, and light kettlebell drills like halo rotations and goblet squats.

Similarly, a cool-down period after the workout is vital for promoting recovery and reducing muscle soreness. This can include static stretching, focusing on the major muscle groups worked during the session, and light mobility exercises. Deep breathing and foam rolling can also be beneficial additions to your cool-down routine.

Nutrition and Recovery for Optimal Performance

Your results from any training program are heavily influenced by your nutrition and recovery strategies. For 21 15 9 kettlebell workouts, which are metabolically demanding, ensuring adequate protein intake is crucial for muscle repair and growth. Carbohydrates are essential for providing the energy needed to fuel these intense sessions and replenish glycogen stores afterward. Staying well-hydrated is also non-negotiable for optimal performance and recovery.

Adequate sleep is one of the most potent recovery tools available. Aim for 7-9 hours of quality sleep per night to allow your body to repair and rebuild. Active recovery, such as light walking, swimming,

or gentle yoga on rest days, can also aid in muscle recovery and improve blood flow without adding significant stress to the body.

Frequently Asked Questions About 21 15 9 Kettlebell Workouts

Q: What is the primary benefit of using the 21 15 9 rep scheme with kettlebells?

A: The primary benefit is its ability to deliver a potent combination of cardiovascular conditioning, muscular endurance, and strength development in a time-efficient manner. The descending rep scheme also provides a psychological advantage as the workout progresses.

Q: Is a 21 15 9 kettlebell workout suitable for beginners?

A: While the format can be adapted, it's generally recommended for individuals with some prior kettlebell experience. Beginners should focus on mastering the fundamental kettlebell movements with lighter weights before attempting higher rep schemes. They may also need to use significantly lighter kettlebells or break sets into smaller chunks.

Q: How many exercises are typically included in a 21 15 9 kettlebell workout?

A: Most 21 15 9 kettlebell workouts include two to four exercises. This allows for a focused and intense session without becoming overly complex or time-consuming.

Q: What are some common mistakes to avoid when doing 21 15 9 kettlebell workouts?

A: Common mistakes include using a weight that is too heavy, compromising form for speed, neglecting proper warm-up and cool-down routines, and performing these workouts too frequently without adequate recovery.

Q: Can I use different kettlebell weights for different exercises within the same 21 15 9 workout?

A: Yes, absolutely. It is common and often advisable to use a heavier kettlebell for simpler, strength-focused movements like swings and a lighter, more manageable weight for technical or more demanding exercises like snatches or overhead presses.

Q: How often should I perform 21 15 9 kettlebell workouts?

A: Due to their intensity, these workouts should be performed sparingly, typically once or twice per week, with at least 48-72 hours of recovery between sessions to allow for proper muscle repair and adaptation.

Q: What is the goal in terms of time for a 21 15 9 kettlebell workout?

A: The goal is usually to complete the workout for time (fastest possible time), but prioritizing maintaining good form throughout is more important than achieving a specific time, especially as you are learning or pushing your limits.

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21 15 9 kettlebell workouts: The Kettlebell Notebook Jay Cin, 2013-01-29 First, let me tell you what this book is not. This is not a book that is going to start off with a long boring introduction. This is not a book that is going to explain the entire science of kettlebells and why you must train with them to see results. This is not a book that dedicates an entire chapter to the history of kettlebells, dating back to the BC era. This is not a book that's going to dump all my personal beliefs and training philosophies on you over and over and over again. This is not a book where I preach about how I am the greatest kettlebell instructor or why I am ultraqualified to talk about this topic. Now, let me tell what this book is. I got the idea from my own experience of trying to learn how to work with kettlebells. Every book I have ever bought on kettlebells gave you the same 8-12 exercises over and over, and nobody ever gave you anything new. They all talked on and on about the history of kettlebells, and the science behind them, and all the benefits of working with them. But don't get me wrong, that stuff is definitely important to know, but I didn't need any more of that. I needed new ideas and exercises that I could do with them to see those benefits. So then I started asking other fitness professionals how they trained people with kettlebells and what exercises they did, and once again, everybody was doing the same 8-12 exercises. It almost seemed like those 8-12 exercises were the only ones that existed. So in the end, I decided to put together a compilation of all the different exercises I have either come up with, seen, or thought of and listed some of the more popular workouts I have put clients through to give you new exercises, techniques, and ideas to incorporate in either your routine or that of your client.

21 15 9 kettlebell workouts: Kettlebell: Master the Fat-burning Workout for Total Body Transformation (Best Kettlebell Routine Full Body Exercises for Core, Abs, Glutes, Legs, and Upper Body Training) James Standridge, 101-01-01 Kettlebell complexes are one of my favorite kettlebell exercises because they provide a full-body, intensive workout in a short period of time. A kettlebell complex consists mostly of a sequence of distinct movements that are tied together. You complete the whole string of movements before dropping the kettlebell. Kettlebell complexes are beneficial because they provide a high-intensity, full-body workout in a short period of time. These kettlebell workouts can also help you improve your muscular strength, boost weightless and increase power. Here is a preview of what you'll learn... • What is Kettlebell Training and Why Is It Good For You • How Heavy Should You Lift? • Amazing Upper Body Exercises • Amazing Lower Body Exercises • The Ultimate Combo Exercises • And much, much more! You will be able to challenge yourself and develop incredible strength and unmatched conditioning with this body of work. By simply varying the density, intensity and volume of the workouts included, each workout

becomes four!

21 15 9 kettlebell workouts: The Modern Art of High Intensity Training Aurelien Broussal-Derval, Stephane Ganneau, 2018-11-15 A book on high intensity training should deliver an impact equal to the training itself. Lucky for you, this one does. The Modern Art of High Intensity Training is sport and strength, movement and passion. It is a guide like no other. From the stunning artwork to the 127 workouts, it's designed to be a difference maker. Whether you use this resource as a supplement to an existing training program, or replace a program that has become tired and stale, you'll view and use this book time and time again. See high intensity training in an entirely new light. You'll find 40 exercises, each detailed and depicted with art, photos, and modifications; 127 workouts and circuits to mix things up; warm-up, safety, and injury prevention recommendations; and—if you're up to the challenge—an original 15-week program. The Modern Art of High Intensity Training has everything you need and want in a workout program. Change, variety, inspiration, motivation, challenge, and results—it's rendered and written and delivered to you on every page. So now is the time. Make an impact.

21 15 9 kettlebell workouts: Kettlebell Rx Jeff Martone, 2011-12-15 In Kettlebell Rx, CrossFit certification instructor and world-renowned kettlebell coach Jeff Martone teaches you how to toughen-up your body, develop unbelievable conditioning and stamina, and acquire a chiseled physique by wielding the ball of iron known as the kettlebell. Drawing on his world-wide research and the thousands of classes he has taught to athletes around the world, he breaks down kettlebell training like never before. He offers hundreds of movements, both beginning and advanced, shows dozens of the most common errors students make while training, and offers numerous workouts for athletes of all varieties. With more than 4,000 step-by-step photographs, descriptive narrative, and detailed programming, Kettlebell Rx is the only complete kettlebell book on the market.

21 15 9 kettlebell workouts: U.S. Army Physical Readiness Training Manual U.S. Department of the Army, 2012-01-05 Soldier or civilian, if you're looking to get into shape, the U.S. Army Physical Readiness Training Manual book is the sure-fire way to go! The official fitness and physical readiness guide of the U.S. Army (TC 3-22.20) helps anyone to engage in a rigorous, rewarding regime of physical training. Divided into three sections, the book incorporates the philosophy behind the Army's training, the types of programs and planning considerations to guide the reader's own personal training agenda, and the exercises themselves. Whether you need to be "Army Strong" or are just looking to lose that extra holiday weight, the U.S. Army Physical Readiness Training Manual is the book for you!

21 15 9 kettlebell workouts: 8 Weeks to SEALFIT Mark Divine, 2014-04-01 Embark on an 8-week journey to forge the unbeatable mind and exceptional strength of a Navy SEAL! 8 Weeks to SEALFIT plunges you into more than a workout program. Mark Divine's stories and assignments will develop your mental, emotional, intuitive and spiritual warrior as well as your physical warrior. What You Will Learn • Develop the character traits of a Navy SEAL • Forge an unbeatable mind • Adopt a level-headed approach to nutrition • Gain exceptional overall strength and stamina • Improve work capacity and durability • Get the best functional workout available with the least amount of equipment A Sneak Peek into 8 Weeks to SEALFIT It begins with your arrival as a Navy SEAL BUD/S cadet. There's no time to dilly dally. You either do the first workout and commit to this training, or don't bother. Next day, you move on to another challenge completely different than what you'd expect. It's not the stuff for doubters, quitters, or complainers. These 8 weeks will be hard. Mark will push your physical body to its limits and test your inner resolve. You'll be tempted to give up. But if you embrace the suck of the challenge, you'll begin to win. The stories and adventures Mark takes you on — escaping battlefield danger, calming yourself when there's no way out, learning to trust your gut — will tap into more power than you knew you had. You'll begin to glimpse, and reach, your full potential. You'll develop the character that makes a Navy SEAL: discipline, drive, determination, self-mastery, honor, integrity, courage, and leadership. You'll thrive in a teamwork setting. You'll learn to laugh and not take your circumstances so seriously. You'll even know how to functionally train without equipment. This is the ground-breaking training that increases SEALFIT athletes'

overall endurance, work capacity, and toughness. Be someone special. Let's get started...

21 15 9 kettlebell workouts: The Fit Vegan Edric Kennedy-Macfoy, 2020-01-07 Want to ditch meat, but not muscle? Commit to vegan values without sacrificing your strength? Balance optimal fitness with a plant-based diet using this lifestyle guide. Former firefighter Edric Kennedy-Macfoy didn't believe that was possible to go vegan and stay fit when he first began to think about veganism. He was a committed carnivore, with a fridge full of animal protein. His job required peak physical strength, so building bulk was essential. Abandoning meat was the last thing he expected of his future. That all changed after watching an eye-opening documentary, and overnight he became a vegan. Years of study and research later, Edric is now a health and fitness coach helping people transition into a vegan lifestyle, while keeping or building their physical strength. In *The Fit Vegan*, you will discover: · The wide-ranging benefits of plant-based nutrition and how this lifestyle can enrich your life · What to eat, where to shop and how to keep your social life intact · Edric's 12-week fitness plan to help you become the strongest, leanest version of yourself · How to increase your stamina, bounce back from injury faster, develop lean muscle and improve your mental health No matter your reason for taking the first step, *The Fit Vegan* will help you on the journey to becoming your best self.

21 15 9 kettlebell workouts: The Women's Health Big Book of 15-Minute Workouts Selene Yeager, 2011-10-25 Presents an assortment of short exercise routines which take only fifteen minutes per day and includes workouts for different fitness levels, with some moves targeting specific body parts.

21 15 9 kettlebell workouts: Start Your Engines Sam Briggs, 2020-04-16 INCLUDES AN UPDATED CHAPTER ON THE 2020 SEASON You don't get biceps like Briggs by giving up when the going gets tough... CrossFit superstar Sam Briggs, aka 'The Engine', is a true hero in the sport, with a level of endurance unparalleled in the game. This is the story of how she got to the top, and battled with everything she had to stay there. Sam's memoir takes in the whole story, from being kicked out of ballet lessons as a child but being accepted on the boys' sports teams, to working as a firefighter in West Yorkshire for ten years, tackling dangerous and adrenaline-fueled situations on a daily basis, and to taking up CrossFit at the comparatively ancient age of 27. Sam tells of what it took to become champion a mere three years later, and after a year out with a broken patella. Despite the numerous setbacks and debilitating injuries that have plagued her in the years that followed, when most other athletes would have thrown in the towel, Sam has fought, and continues to fight, to be the very best that she can be. *Start Your Engines* is the story of how, with a combination of grit, training and dogged motivation, it's never too late to achieve your dreams.

21 15 9 kettlebell workouts: Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More, 2019-03-05 Over 600 total pages ... CONTENTS: Army Combat Fitness Test Training Guide Version 1.2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1.4 Army Combat Fitness Test CALL NO. 18-37, September 2018 FM 7-22 ARMY PHYSICAL READINESS TRAINING, October 2012 IOC TESTING - ACFT EQUIPMENT LIST (1 X LANE REQUIREMENT) Version 1.1, 4 September 2018 ACFT Field Test Highlight Poster (Final) OVERVIEW: The Army will replace the Army Physical Fitness Test (APFT) with the Army Combat Fitness Test (ACFT) as the physical fitness test of record beginning in FY21. To accomplish this, the ACFT will be implemented in three phases. Phase 1 (Initial Operating Capability - IOC) includes a limited user Field Test with approximately 60 battalion-sized units from across all components of the Army. While the ACFT is backed by thorough scientific research and has undergone several revisions, there are still details that have not been finalized. The ACFT requires a testing site with a two-mile run course and a flat field space approximately 40 x 40 meters. The field space should be grass (well maintained and cut) or artificial turf that is generally flat and free of debris. While maintaining testing standards and requirements, commanders will make adjustments for local conditions when necessary. The start and finish point for the two-mile run course must be in close proximity to the Leg Tuck station. When test events are conducted indoors, the surface must be artificial turf only. Wood and rubberized surfaces are not

authorized as they impact the speed of the Sprint-Drag-Carry. When environmental conditions prohibit outdoor testing, an indoor track may be used for the 2 Mile Run. The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes. There should not be more than 4 Soldiers per testing group for the SPT, HRP, and SDC. The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group. Concerns related to Soldiers, graders, or commanders will be addressed prior to test day. The number of lanes varies by number of Soldiers testing. A 16-lane ACFT site will have the following: ACFT specific test equipment requirements: 16 hexagon/trap bars (60 pounds), each with a set of locking collars. While all NSN approved hexagon bars must weigh 60 pounds, there is always a small manufacturer's production tolerance. The approved weight tolerance for the hexagon bar is + 2 pounds (58-62 pounds). Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars. On average hexagon bar collars weigh < 2.0 pounds per pair and are considered incidental to the total weight of the MDL weight. Approximately 3,000 lbs. of bumper plates. 16 x 10 lb. medicine ball 16 x nylon sled with pull straps. 32 x 40 lb. kettle bells. Permanent or mobile pull up bars (16 x pull-up bars at approximately 7.5 feet off the ground with step-ups for shorter Soldiers). Common unit equipment for set-up and grading: 16 stop watches. 8 x 25m tape measures. 8 x wooden or PVC marking sticks for the SPT. One stick for every two lanes. 70 x 18" traffic cones. 50 field / dome cones. A soft, flat, dry test area approximately 40m x 40m on grass or artificial turf (half of a soccer or football field). A site that is free of any significant hazards. A preparation area (can be same as briefing area) to conduct Preparation Drill. A generally flat, measured running course with a solid, improved surface that is not more than 3 percent uphill grade and has no overall decline (start and finish must be at the same altitude).

21 15 9 kettlebell workouts: Summary of Mark Divine's 8 Weeks to SEALFIT Everest Media,, 2022-05-15T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 The first exercise is push-ups. You must do as many perfect, Navy SEAL-style push-ups as you can in two minutes. The instructor demonstrates the what-not-to-dos: no chicken dip, hip drops, or resting on your knees. #2 The screening test is a commitment on your part to show your instructor, me, that you have the stuff to be a Navy SEAL. If you can't or won't do this, don't bother with the rest of the book. #3 SEALFIT training involves more than just push-ups, sit-ups, pull-ups, running, and swimming. However, you'll use these key functional movements and a few others every day. If you hope to be a SEAL, you have to be able to do the basics. #4 When we establish a new norm for the human experience, we step up to meet the challenge. Our bodies, minds, and spirits adapt. Bobby's new normal is very uncommon in the world today. That makes Bobby uncommon.

21 15 9 kettlebell workouts: FM 7-22 Army Physical Readiness Training Headquarters Department of the Army, 2017-08-27 Field Manual 7-22 encompasses the US Army Physical Readiness Training program in its entirety. This is a must have reference for all leaders and Soldiers in order to fully understand and implement PRT (Physical Readiness Training) at the Squad, Company / Battery / Troop and higher levels. This 6x9 inch paperback is perfect for personal use and carry, and is designed to fit with other books published in this series.

21 15 9 kettlebell workouts: Kettlebell Training Steve Cotter, 2021-03-26 Kettlebells have been around for hundreds of years but have seen rapid international growth over the last decade. It is no wonder that kettlebells have become so popular across the world: They provide an effective and inexpensive tool for improving mobility; promote fat loss; increase endurance, strength, and power; and enhance sport performance. Kettlebell Training, Second Edition, is an easy-to-use, no-nonsense guide that will get you started on setting goals, assessing your fitness level, and selecting exercises. You'll learn how to exercise safely and efficiently to maximize results with 69 kettlebell programs—from beginner to advanced—for mobility, fat loss, endurance, strength, power, and sport performance. The nearly 100 exercises are accompanied by step-by-step instructions, detailed photo sequences, and training tips—instantly accessible and perfect for at home or in the gym. Also included are information about common errors and error corrections as well as

sport-specific cross-training programs. In the second edition, renowned kettlebell expert and certified strength and conditioning expert Steve Cotter provides insight into the history and value of kettlebell training. He examines the world of kettlebell sport in an interview with kettlebell sport world champion Denis Vasilev and devotes a chapter to kettlebell competition. In addition, the second edition will help you to better understand the lifestyle of kettlebell training, demonstrating how kettlebells fit into overall fitness, health, and well-being. More than exercises, Kettlebell Training contains proven programs that will produce results. Whether you are training for performance, appearance, or general fitness, Kettlebell Training has the exercises, programs, and advice you need for the results you want. It's a complete guide that you'll turn to again and again. Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam.

21 15 9 kettlebell workouts: The Total Kettlebell Workout Steve Barrett, 2015-03-12 The ultimate 'one stop' guide to training with kettlebells. Practical and easily accessible, The Total Kettlebell Training Workout is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training. Tried and tested exercises are accompanied by clear photos and illustrations presented in a modern and logical way. The Total Kettlebell Workout is brimming with ideas for using this piece of fitness equipment not just in the gym, but at home too. Packed with clear and easy to use exercises, this how-to reference book also provides adaptations of basic and advanced exercises making it ideal for anyone who wants to get the most out of their fitness gear. Each exercise idea is organised by fitness level and includes follow-up and extension ideas. Written in a jargon-free and concise style, this book is light on the science and background, heavy on practicality.

21 15 9 kettlebell workouts: Fire Your Gym! Simplified High-Intensity Workouts You Can Do At Home Andy Petranek, Roy Wallack, 2013-07-30 Fire Your Gym! Simplified High-Intensity Workouts You Can Do At Home by Andy Petranek and Roy Wallack Challenging High-Intensity Workouts That Make You Incredibly Strong and Fast Had it with the relentless pace, fatigue and sore muscles of Body Beast and P90X? Tired of driving to the gym every day or paying a trainer? Or do you want a break from your tedious workout routine? Dive into Fire Your Gym and you will find a challenging, exciting, time-saving, fun and smart program that delivers striking gains in muscle size and strength, running speed and endurance, fat loss and all-round peak fitness—developed by two top authorities in the fitness world. Best of all, it leaves you with a simple, highly motivating workout system that'll keep you super-fit for life—right from your own home. Andy Petranek, founder of one of the world's most successful CrossFit gyms, and Los Angeles Times fitness columnist Roy M. Wallack have created a unique, science-based program that blends high-intensity strength training, intervals and low-intensity recovery cardio. Brutally effective without beating you up, it is simply the best way to get the best results.

21 15 9 kettlebell workouts: The 4-Hour Body Timothy Ferriss, 2010-12-14 #1 NEW YORK TIMES BESTSELLER • The game-changing author of The 4-Hour Workweek teaches you how to reach your peak physical potential with minimum effort. “A practical crash course in how to reinvent yourself.”—Kevin Kelly, Wired Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. The 4-Hour Body is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It's the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each): • How to lose those last 5-10 pounds (or 100+ pounds) with

odd combinations of food and safe chemical cocktails • How to prevent fat gain while bingeing over the weekend or the holidays • How to sleep 2 hours per day and feel fully rested • How to produce 15-minute female orgasms • How to triple testosterone and double sperm count • How to go from running 5 kilometers to 50 kilometers in 12 weeks • How to reverse “permanent” injuries • How to pay for a beach vacation with one hospital visit And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what The 4-Hour Body delivers.

21 15 9 kettlebell workouts: HWPO Mat Fraser, Spenser Mestel, 2022-01-11 NATIONAL BESTSELLER • Transform your body and mind with the definitive guide to building peak strength, endurance, and speed, from the five-time CrossFit Games champion and Fittest Man on Earth No matter your level of fitness, no matter if you've never attempted CrossFit before, this book is your total training manual. Mat Fraser is undisputedly the fittest man in CrossFit history for winning the CrossFit Games an unprecedented five times. A student of engineering, Fraser optimized his body like a machine, and his absolute dedication to the training program he designed for himself is now legendary. For years, every single decision he made was weighed against the question: Will this help me win? If the answer was no, he didn't do it. If it would give him even the slightest edge or advantage, he would—no matter the cost. Fraser became a master of identifying his weaknesses and then seeking out training methods to improve them, and he's idolized in the fitness community for his relentless pursuit of peak performance. It's not hard to see why he achieved so much success—but how is a different question. Throughout his career, Fraser has been highly guarded about his specific training techniques (after all, sharing them would not help him win the CrossFit Games). But with his recent retirement from competition, Fraser is finally ready to open up about his path to the podium. HWPO reveals the workouts, training hacks, eating plans, and mental strategies that have helped make him a champion. It's an incredible resource of elite training strategies, illustrated workouts, and motivational stories, and it's a glimpse into the mind of one of the world's greatest athletes.

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