

BARBELL BOLT ON



**How To Add Barbell Programming To
Kettlebell Workouts Without Burning Out
Your Central Nervous System**

**BY
GEOFF NEUPERT**

WARNING: This Book is for your personal use only. You may **NOT** Give Away, Share Or Resell This Intellectual Property In Any Way

ALL RIGHTS RESERVED

COPYRIGHT © 2021 and Beyond – Geoff Neupert. ALL RIGHTS ARE RESERVED. You may not distribute this report in any way. You may not sell it, or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

DISCLAIMER

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

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

It is strongly recommended you have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you not use *Kettlebell HARD!*, please follow your Doctor's orders.

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

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise without proper instruction. Always perform a warm-up prior to all forms of training.

INTRODUCTION

One of the questions I've been asked a lot lately is,

"How can I combine kettlebells with barbells?"

There are several ways.

We'll cover them briefly, then I'll lay out some programming for you that you can use with *Kettlebell HARD!*.

5 TEMPLATES

1. Kettlebell Primer, Barbell Main Course
2. Kettlebell Power, Barbell Max Strength
3. Barbell Power, Kettlebell Conditioning
4. Barbell Max Strength, Kettlebell Conditioning
5. Barbell Power, Barbell Max Strength, Kettlebell Conditioning

Let's take a closer look.

1 - Kettlebell Primer, Barbell Main Course

This is where you use your kettlebell for a warm up before you main barbell work.

Examples would be:

- ☐ Turkish Get Ups for total body warm up
- ☐ Swings for Deadlift and Squat warm up
- ☐ Single KB Presses for Military Press or Bench Press warm up

You'd use 2 to 3 sets of 1 to 5 reps, with light to medium KBs to prepare your joints and muscles, and CNS for the upcoming and much heavier barbell work.

2 - Kettlebell Power, Barbell Max Strength

After a warm up, you perform ballistic kettlebell exercises like the -

- ☐ Swing (2-hand or 1-hand)
- ☐ Snatch (single or double KB, but preferably single)
- ☐ Push Press (single or double KB)
- ☐ Jerk (single or double KB)

... for power.

You'd use either a rep-based program, keeping your reps low - 2 to 6, or a time-based program - keeping your work limited to between 5 and 10 seconds.

Incorporate plenty of rest between sets. Basic rest periods would be 6-10X your work time. For example:

1H Swing x 5 seconds. Rest for 55 seconds. Repeat.

Or -

Snatch x 2 reps, Top Of The Minute (TOTM).

Train for no longer than 20 minutes.

The CNS excitation will then carry over to your heavy barbell strength work, making your weights feel lighter.

3 - Barbell Power, Kettlebell Conditioning

In this training template, you'd do your barbell Olympic lifts, and their assistance work, then move on to your conditioning work done with kettlebells.

If you're using a Westside Template, this would be done on Dynamic Effort days.

One of the best examples of basic, but extremely effective KB conditioning is the Top Of The Minute (also called Every Minute On the Minute) protocols.

Set your timer for between 10 and 20 minutes, and do between 5 and 10 of your favorite kettlebell ballistic exercises on TOTM/EMOM.

4 - Barbell Max Strength, Kettlebell Conditioning

Very similar to #3 - in this template you do your low rep strength work first, then your kettlebell conditioning.

The low rep strength work will make the kettlebells feel like toys.

You can either use TOTM/EMOM, or my preferred favorite, KB Complexes to put on muscle and burn off body fat. Keep this part of your training between 20 and 30 minutes. Less when necessary.

5 - Barbell Power, Barbell Max Strength, Kettlebell Conditioning

This is a combo of templates #3 and #4.

In this template you do your power first, then your low rep strength work, then your kettlebell conditioning.

This template is pretty common in Olympic Lifting gyms in the United States.

Again, you can either use TOTM/EMOM, or my preferred favorite, KB Complexes which will put on muscle and burn off body fat. Keep this part of your training between 10 and 20 minutes, unless you have superior recovery abilities, or ****cough* *cough**** “extra help.”

Let's take a look at the simplest way to do this with **THREE different programs** influenced by Cuban Programming that you can use in Template #4...

BOLT ON #1

(TEMPLATE - 4)

What: The Big 3 - Squat, Bench, Deadlift

To start, you need your most recent 1RM.

Not the one you did back in college. Not the one you did at the beginning of the year before you took three months off. The 1RM you've done in the last 6 months of continuous training.

If you don't have that, find your 1RM for each of these lifts ASAP - like in the next 7 days. Hold your own mini-power meet and do them in one day, or spread them out. Just get your numbers before you start this program.

You're 1RM should really be a 1TM - or Training Max - the load you can handle comfortably without too much arousal or psyching up.

You'll warm up, do the prescribed number of sets and reps, then move on to your *Kettlebell HARD!* programming for the day.

DAY 1: SQUAT

DAY 2: BENCH PRESS

DAY 3: DEADLIFT

After using the following warm up **using percentages of your training percentage for the day:**

50% x 1 set of 10,
65% x 1 set of 5,
80% x 1 set of 3

(EXAMPLE: Week 1 = 50% (65%), 65% (65%), 80%(65%))

Week 1: 65% x 1 set to Technical Failure*

Week 2: 70% x 1 set to Technical Failure

Week 3: 75% x 1 set to Technical Failure

Week 4: 80% x 1 set to Technical Failure

Week 5: 85% x 1 set to Technical Failure

Week 6: 90% x 1 set to Technical Failure

By the time you get to Week 6, you'll be using 90% of your 1RM.

If your number of reps with 90% is greater than 4, you can either (a) Max out on Week 8 or (b) estimate your new 1RM with the chart below and start the cycle over again.

If your number of reps with 90% is less than 4, you've done something wrong or you're not recovering from your workouts.

Option A - Max Out.

Week 8: 80% x 3 sets of 3 reps.

Week 9: 50%/5, 60%/4, 70%/3, 80%/2, 90%/1, (95%/1), 100%/1, 102.5%/1, 105%/1

Week 10: Restart the cycle with new 1RM or use "BOLT ON #2."

Option B - Use the RM Chart.

REPS	PERCENTAGE OF MAX (%)
1	100
2	95
3	92
4	90
5	87.5
6	85
7	82.5
8	80
9	77.5
10	75
11	72.5
12	70
13	67.5
14	65
15	62.5
16	60
17	57.5
18	55
19	52.5
20	50

NOTE: ***Technical Failure is *NOT* absolute failure** - not forced reps - not assisted reps. It's the point where your speed slows down and your form or technique would break if you went any further. Typically, it's approximately 2, sometimes 3 reps, from absolute failure.

BOLT ON #2

(TEMPLATE - 4)

What: The Big 3 - Squat, Bench, Deadlift

To start, you need your most recent **5RM**.

Not the one you did back in college. Not the one you did at the beginning of the year before you took three months off. The 5RM you've done in the last 6 months of *continuous* training.

If you don't have that, find your 5RM for each of these lifts ASAP - like in the next 7 days. Hold your own mini-power meet and do them in one day, or spread them out. Just get your numbers before you start this program.

You're 5RM should really be a 5TM - or Training Max - the load you can handle comfortably without too much arousal or psyching up.

You'll warm up, do the prescribed number of sets and reps, then move on to your *Kettlebell HARD!* programming for the day.

DAY 1: SQUAT

DAY 2: BENCH PRESS

DAY 3: DEADLIFT

For all **BOLT ON** Workouts, use the following guidelines:

- ☐ Perform a general warm up between 5 and 10 minutes
- ☐ Set your timer for 15 minutes
- ☐ Do as many sets of the prescribed reps using your 5RM for that lift
- ☐ Rest as necessary between sets
- ☐ Use perfect technique
- ☐ Once your **BOLT ON** workout is complete, proceed to your *Kettlebell HARD!* program for the day.

Week 1: Sets of 2.

Week 2: Alternate sets of 2 and 3.

Week 3: Sets of 3.

Week 4: Ladders* of 2,3,4.

Week 5: Alternate sets of 3 and 4.

Week 6: Sets of 4.

Week 7: Test for a new 5RM.

Week 8: Repeat cycle.

NOTE: *Ladders = Perform a set of 2. Rest. Perform a set of 3. Rest. Perform a set of 4. Rest. Start over at 2. Do as many ladders as you can in the allotted time frame.

BOLT ON #3 (TEMPLATE - 4)

What: The Big 3 - Squat, Bench, Deadlift

To start, you need your most recent 1RM.

For instructions, see BOLT ON #1.

DAY 1: SQUAT

DAY 2: BENCH PRESS

DAY 3: DEADLIFT

Programming:

Week 1: 65% x 6, 70% x 6, 75% x 6

Week 2: 70% x 5, 75% x 5, 80% x 5

Week 3: 75% x 4, 80% x 4, 85% x 4

Week 4: 80% x 3, 85% x 3, 90% x 3

Week 5: 70% x 6, 75% x 6, 80% x 6

Week 6: 75% x 5, 80% x 5, 85% x 5

Week 7: 80% x 4, 85% x 4, 90% x 4

Week 8: 85% x 3, 90% x 3, 95% x 2-3

Week 9: 70% x 5, 75% x 4, 80% x 3,3,3

Week 10: MAX - 50% x 5, 60% x 4, 70% x 3, 80% x 2, 90% x 1, (95% x 1),
100% x 1, 102.5% x 1, 105% x 1

WHICH “BOLT ON” DO YOU CHOOSE?

If you're highly proficient in “The Big 3,” I recommend #1.

If not, choose #2 or #3. They're safer. More margin for error.

FAQ'S

What kind of warm up should you use?

I always use my "P3 Protocol." You can use Original Strength RESETS, or any other joint mobility work you'd like. Just make sure you're well warmed up for these BOLT ON's.

"Can I substitute out other lifts for The Big 3?"

Yes. You can sub out Military Press for the Bench Press... Any sort of Squat for, well, any sort of Squat, and the Deadlift? You can drop that altogether if you'd like. But I wouldn't sub out the Deadlift for the Power Clean. Or the Power Snatch.

"What about bodyweight exercises? How do I add those in?"

You could come up with your own "Big 3" bodyweight if you'd wish. But the loading parameters are beyond the scope of this programming, since this is BARBELL BOLT ON.

"What should I do for nutrition?"

Simple.

Want to lose fat?

Eat less.

Want to get stronger and gain muscle?

Eat more.

There's a whole section on nutrition inside Kettlebell HARD!

"If I have questions, what's the best way to get a hold of you?"

Just email me at support@ChasingStrength.com.

I'll usually get back to you within 48 hours.

ENJOY!



Geoff Neupert