

BODYWEIGHT BOLT ON



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

**BY
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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 *BODYWEIGHT BOLT ON*. 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 dietician. If your physician recommends that you not use *BODYWEIGHT BOLT ON*, please follow your Doctor's orders.

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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 over the last 2 decades is,

“How can I combine kettlebells with _____?”

In this case, it's **bodyweight** exercises.

There are several ways.

We'll cover them briefly, then I'll lay out some programming for you that you can use with your kettlebell workouts.

6 TEMPLATES

1. Bodyweight Primer, Kettlebell Max Strength
2. Bodyweight Max Strength, Kettlebell Conditioning
3. Bodyweight Max Strength, Kettlebell Max Strength
4. Bodyweight Power, Kettlebell Conditioning
5. Bodyweight Power, Kettlebell Max Strength
6. Kettlebell Power, Bodyweight Conditioning

Let's take a closer look.

1 - Bodyweight Primer, Kettlebell Max Strength

This is where you use specific bodyweight exercise to prime your Central Nervous System for kettlebell strength work. This works exceptionally well for restoration work.

Examples:

- ☐ Dead Bugs before Turkish Get Ups or Single KB Presses
- ☐ Bird Dogs before Turkish Get Ups or Single KB Presses
- ☐ Bird Dogs before Swings
- ☐ Segmental Rolling before Turkish Get Ups or Single KB Presses
- ☐ Hollow Holds before Single KB Presses

You'd use higher rep sets of Dead Bugs and Bird Dogs - 1-2 sets of 10 to 20 before your main kettlebell exercises of the day. This increases motor control and therefore strength.

2 - Bodyweight Max Strength, Kettlebell Conditioning

Over the years, I've found that certain bodyweight exercises can make kettlebell exercises better. Pick 2 to 5 bodyweight exercises, and perform 2 to 10 sets of 1 to 5 reps of each. (Traditionally, the more exercises, the less sets per exercise. And the more reps you perform, the less total sets.)

Examples:

- ☐ Pull Ups: Tactical, Bar, Ring
- ☐ Chin Ups: Tactical, Bar, Ring
- ☐ Levers: Front / Back (and their various regressions)
- ☐ Pistols (Rock bottom single leg squats, like the image on the cover of this book)
- ☐ Handstand Push Ups
- ☐ Hanging Leg Raises
- ☐ Parallel / Ring Dips

Option 1:

Train for up to 30 minutes.

Then tack on your favorite kettlebell ballistic exercise - Swings, Snatches, Jerks, Clean + Jerks - for 10 to 15 minutes after.

Choose your form of conditioning - Time-based or rep-based.

Examples:

- ☐ 10 x 10; rest as needed to keep the power high
- ☐ TOTM (On The Minute sets) for 5 to 10 reps per set

Train 2 to 5 days a week.

Option 2:

Train 4 days a week out of 7.

Days 1 and 4 are for Bodyweight Strength. Train for up to 45 minutes.

Days 2 and 5 are for Kettlebell Conditioning. Train for up to 30 minutes.

Days 3, 6, and 7 are off for recovery. Completely off or restoration work only.

3 - Bodyweight Max Strength, Kettlebell Max Strength

In this training template, you combine both bodyweight and kettlebell max strength work.

You can:

- ☐ Use super/alternating sets - one set of a kettlebell then one set of a bodyweight exercise (or vice versa)
- ☐ Alternate between bodyweight and kettlebell exercises
- ☐ Do all of one type of exercise first, then the other (bodyweight then kettlebell, or vice versa)
- ☐ Build strength circuits

Random vs. Block Practice?

For best results, I recommend either alternating between exercises, or building strength circuits.

These are examples of what the Soviets called “Random Practice,” where you perform one set of one exercise, then one set of another exercise, etc. They found these produced better strength results than the typical Western approach of completing all the sets for a given exercise before moving on to the next exercise - “Block Practice.”

Example of Random Practice (Strength Circuit):

- A1. Turkish Get Up
- A2. Pistols
- A3. Single KB Press
- A4. Pull Ups

- Repeat for 5 rounds

Example of Block Practice:

- A. Turkish Get Up
- B. Pistols
- C. Single KB Press
- D. Pull Ups

Perform all of A, then all of B, then all of C, then all of D.

4 - Bodyweight Power, Kettlebell Conditioning

Power training using “just” your bodyweight has been popular in strength and conditioning circles for the last 40 to 50 years. Essentially, we are talking about “plyometric” exercises - explosive exercises like jumps, sprints, and explosive push ups.

These are for the “Young Bucks” or we older guys who have “Rebuilt” or “Restored” ourselves.

Examples of Bodyweight* Power Exercises:

- ☐ 10 to 30 meter sprints
- ☐ Hill sprints (sprint UP-hill)
- ☐ Vertical jumps
- ☐ Broad jumps
- ☐ [Single leg] Hops
- ☐ Bounds
- ☐ Depth Jumps
- ☐ Explosive Push Ups

These are done for very low reps per set (5-10), minimal sets (2-5) , with near-maximum effort, and lots of rest between sets.

(*NOTE: We can add “load” to the body in the form of vest or medicine balls. The medicine balls are useful tools for **tosses**, **passes**, and **throws**, working the upper body explosively.)

For Your Kettlebell Conditioning:

You can either use your favorite kettlebell ballistics and train them OTM/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 - Bodyweight Power, Kettlebell Max Strength

In this template, we'll combine the bodyweight power exercises with your favorite kettlebell strength exercises.

The power exercises will excite your Central Nervous System making your strength exercises feel lighter.

Use the slow kettlebell lifts (grinds): Turkish Get Ups, Presses, Squats, Rows.

6 - Kettlebell Power, Bodyweight Conditioning

In this template, you'll use the kettlebell ballistics: Swings, Snatches, Cleans, Push Presses, and Jerks to train power production.

Keep your reps relatively low: 1 to 5 reps per set or 3 to 6 seconds of work per set. (You can push to 10 seconds in some cases.)

Examples:

Swings x 5

Snatches x 2-3

Clean + Jerks x 1-2

And use multiple sets: Between 10 and 30, depending on your conditioning levels and the exercise you decide to use.

Keep this part of your training session under 30 minutes.

Rest between sets should be generous so every rep is crisp and explosive.

This part of your training session is over when the last rep you just did isn't as explosive as your first rep - regardless of the duration.

And do it FIRST.

Power before conditioning.

ALWAYS.

For Bodyweight Conditioning Use:

- ☐ Calisthenics: Jumping Jacks, Cross-Country Skiers, 8-Count Bodybuilders, Squat Thrusts, Burpees, Push Ups
- ☐ Sprints, Hill Sprints, Shuttle Runs
- ☐ Jump Rope
- ☐ AGT work - low to medium rep cals like Pull Ups, where the tempo of each rep is the same and you terminate the set when the tempo of your reps within a set slows
- ☐ Crawling: Bear, Leopard, Spider-Man; Forward, Backward, Lateral
- ☐ Locomotion work: Walking, Jogging, Running, Rucking

And train for:

- ☐ Time / Duration: Example - 30 minutes
- ☐ Distance: Example - 400 yards, 3 miles
- ☐ Total reps: 100 (Pull Ups, Push Ups)
- ☐ Density: 3 miles in 18 minutes (Running)

Up next, let's take a look at HOW to program these concepts with **THREE different programs.**

BOLT ON #1

(TEMPLATE - 1)

What: Bodyweight Restoration Exercises To “Prime” the Kettlebell Max Strength Exercises

We will be using several bodyweight restoration exercises to “prime” the basic single kettlebell exercises.

	WEEK 1	WEEK 2	WEEK 3
A1. Dead Bugs	x 5-8 reps/set	x 6-10 reps/set	x 8-12 reps/set
A2. Turkish Get Up	x 1	x 1	x 1
A3. Bird Dogs	x 5-8 reps/set	x 6-10 reps/set	x 8-12 reps/set
A4. 2-Hand Swings (or 1-Hand Swings)	x 5-10	x 5-10	x 5-10

	WEEK 4	WEEK 5	WEEK 6
A1. Dead Bugs	x 6-10 reps/set	x 8-12 reps/set	x 10-15 reps/set
A2. Turkish Get Up	x 2	x 2	x 2
A3. Bird Dogs	x 6-10 reps/set	x 8-12 reps/set	x 10-15 reps/set
A4. 2-Hand Swings (or 1-Hand Swings)	x 5-10	x 5-10	x 5-10

- ☐ Set your timer for 30 minutes
- ☐ Perform A1 through A4 as a Strength Circuit
- ☐ Perform the number of reps specified for each set
- ☐ Rest as necessary between sets

BOLT ON #2

(TEMPLATE - 2)

What: The Bodyweight Big 3 - Handstand Push Up, Pull Up, Pistol

To start, you need your most recent 1RM or RM.

As in a 1RM you've done in the past 8-12 weeks. If you haven't found one in that time period, find one now. For the Handstand Push Up (HSPU) you may use either a 1RM for depth - nose to floor, or elevated, or a Rep Max (RM) nose to floor.

For the Pull Up (PU), you may use a weighted 1RM - working your way up to the heaviest weight you can use and still touch your throat to the bar.

And for the Pistol*, you can perform a "max" with one of the following:

- ☐ Bodyweight Pistol
- ☐ Bodyweight Pistol for a RM
- ☐ Weighted Pistol to 1RM
- ☐ Bodyweight Pistol to lowest "box" or step
- ☐ Counterbalanced (Weighted) Pistol to lowest "box" or step

(*NOTE: For Pistol percentages that are using bodyweight only, use "estimated regressions," that reduce the range of motion (higher boxes/steps) or reduce the need for mobility (heel wedges) or a combination of the two. Then use RPEs (Rate of Perceived Exertion - a scale of 1 to 10, where 10 is maximum) to estimate the percentages. Example: RPE = 7 is approximately 70%.)

DAY 1: HSPU, PU, Pistol

DAY 2: HSPU, PU, Pistol

DAY 3: HSPU, PU, Pistol

Perform as a Strength Circuit:

A1. HSPU**A2. PU****A3. Pistol**

- ☐ Follow the percentage guidelines and reps below
- ☐ Set your timer for 30 minutes
- ☐ Rest as necessary between sets to make each rep feel strong and crisp
- ☐ Perform as many sets as comfortable in each session

And yes, you will perform the same workout 3 days a week. This is called “Step Loading” and it is very good for acquiring and stabilizing (a.k.a. keeping) results.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
A1. HSPU	65%/3-6 reps/set	70%/3-6 reps/set	75%/3-5 reps/set	80%/2-4 reps/set
A2. Pull Ups	65%/3-6 reps/set	70%/3-6 reps/set	75%/3-5 reps/set	80%/2-4 reps/set
A3. Pistols	65%/3-6 reps/set	70%/3-6 reps/set	75%/3-5 reps/set	80%/2-4 reps/set

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
A1. HSPU	85%/2-3 reps/set	90%/1-2 reps/set	80%/2 x2	MAX OUT
A2. Pull Ups	85%/2-3 reps/set	90%/1-2 reps/set	80%/2 x2	MAX OUT
A3. Pistols	85%/2-3 reps/set	90%/1-2 reps/set	80%/2 x2	MAX OUT

After finishing each strength circuit perform your kettlebell conditioning for between 10 and 20 minutes.

Option A: OTM

- ☐ Pick a kettlebell ballistic you can perform 10-12 explosive and crisp reps.
- ☐ Set your timer for between 10 and 20 minutes
- ☐ Perform the prescribed sets using that kettlebell:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Kettlebell Ballistics	Sets of 3	Sets of 4	Sets of 5	Sets of 4

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
Kettlebell Ballistics	Sets of 5	Sets of 6	Sets of 7	Sets of 5

And yes, just like you did with your bodyweight exercises, you will use “Step Loading” and perform the same workout three days a week. To make it more challenging, make your reps more explosive.

Option B: 10x10

- ☐ Pick a kettlebell ballistic
- ☐ Perform 10 sets of 10
- ☐ Keep all reps crisp and explosive
- ☐ Seek to compress the rest periods from week to week

Recycle the plan with your new maxes, or switch exercises and run it again.

BOLT ON #3

(TEMPLATE - 6)

What: Kettlebell Ballistics

To start, find your **10RM** in your Swing or Snatch or your **5RM** in your Clean + Jerk (Single or Double).

Then pick your Bodyweight Conditioning Exercise(s) of choice.

I recommend crawling if you're really beat up and don't have a solid restoration plan in place. This will help restore you. Plus it's brutally hard, yet gentle.

I recommend rucking or walking uphill if you're over 40 and high mileage.

If you're low mileage and over 40 - no issues or recurring injuries, running should be fine.

PROGRAMS

Kettlebell Ballistics:

- ☐ Set your timer for 20 to 30 minutes
- ☐ Perform the specified number of reps
- ☐ Rest using the "Talk Test" - when you can talk without sucking wind, at a relatively normal effort, you can start your next set
- ☐ Train 2 to 3 times per week. 3 is preferable unless you're also training for a sport, like BJJ.
- ☐ You should be able to reduce your rest times between sets as the cycle within each 12-week cycle repeats itself, e.g. the second time you do Clean + Jerks for sets of 1.

Clean + Jerk

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
CLEAN + JERK	Sets of 1	Sets of 2	Sets of 3	Sets of 1

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
CLEAN + JERK	Sets of 2	Sets of 3	Sets of 1	Sets of 2

	WEEK 9	WEEK 10	WEEK 11	WEEK 12
CLEAN + JERK	Sets of 3	Sets of 1	Sets of 2	Sets of 3

Swing

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SWINGS	Sets of 3	Sets of 4	Sets of 5	Sets of 4

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
SWINGS	Sets of 5	Sets of 6	Sets of 5	Sets of 6

	WEEK 9	WEEK 10	WEEK 11	WEEK 12
SWINGS	Sets of 7	Sets of 6	Sets of 7	Sets of 8

Snatch

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SNATCHES	Sets of 2	Sets of 3	Sets of 4	Sets of 3

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
SNATCHES	Sets of 4	Sets of 5	Sets of 4	Sets of 5

	WEEK 9	WEEK 10	WEEK 11	WEEK 12
SNATCHES	Sets of 6	Sets of 5	Sets of 6	Sets of 7

Bodyweight Conditioning Programming

Option A: Immediately after your KB work

Option B: On alternate days

Choices:

- ☐ Rucking w/10% of your bodyweight for 30 to 60 minutes. Consider a longer ruck once a month - such as 90 to 120 minutes.
- ☐ Crawling: Accumulate 100 yards for time. Then 200 yards. Then 300 yards. Then 400 yards. (If you live in Europe, substitute meters for yards.)
- ☐ Uphill Walking: Accumulate distance in a set period of time, such as 30 minutes
- ☐ Running: Work to a 5K while breathing nasally (through your nose)

WHICH “BOLT ON” DO YOU CHOOSE?

Whichever one you desire and best fits your current needs.

As your goals change or you get stronger, you can change your template.

FAQ'S

What kind of warm up should you use?

I always use my "P3 Protocol." You can use any other joint mobility work you'd like. Just make sure you're well warmed up for these BOLT ONs.

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

Yes. Use Dips, Chin Ups, Levers, and their variations... any gymnastic exercise.

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

The loading parameters are beyond the scope of this programming, since this is BODYWEIGHT BOLT ON. However, you can get BARBELL BOLT ON for ideas and programs.

"What should I do for nutrition?"

Simple.

Eat.

More specifically:

If you want to lose fat?

Eat less.

If you want to get stronger and gain muscle?

Eat more.

"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 to 72 hours, depending on my workload.

ENJOY!



Geoff Neupert