

KETTLEBELL GHFL: **NOVICE**



BY GEOFF NEUPERT

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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 GHFL: Novice*. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

It is strongly recommended that 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 *Kettlebell GHFL: Novice*, 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

PURPOSE: The goal of *KETTLEBELL GHFL* is to burn body fat, improve health markers, using kettlebell training, *without* dieting.

BACKGROUND: Growth Hormone (GH / HGH) is a powerful anabolic (muscle-building) and fat burning hormone. It is released primarily during sleep. But it is also released in pulses throughout the day.

It can be released as a result of specific types of exercise - specifically anaerobic exercise that uses the fast twitch 2x and 2a muscle fibers, using specific rest periods.

However, research demonstrates that excess body fat, especially central / visceral fat (a.k.a. Stomach fat) reduces the amount of GH the body produces.

Stanley (2015) found that increased visceral fat is associated with reduced HGH secretion.

Isozaki (1999) found that HGH-releasing hormone treatment can reverse visceral fat accumulation.

Roelen (1997) demonstrated visceral fat is associated with high levels of circulating growth hormone-binding protein, which may contribute to the suppression of growth hormone release.

And Björntorp (1993) suggested that visceral obesity is linked to a range of endocrine aberrations, including the suppression of growth hormone secretion.

Research by Vissers (2013), Kraemer (1991), and Braden (2017), and others, has demonstrated certain types of exercise using specific work-rest ratios (intervals) stimulate the release of GH, produce fat loss, especially stomach fat, without dieting.

METHOD: Use “O2M-GHFL” protocol.

O2M: On the 2 Minutes. One set every 2 minutes.

GHFL: Growth Hormone, Fat Loss. Exercise in such a way to release Growth Hormone (GH), which then in turns stimulates fat burning.

PROTOCOL: Work **hard** for **30 seconds**. Rest for **90 seconds**. Repeat for up to 10 rounds.

EXERCISES: 2-Hand Swing, 1-Hand Swing

LOAD / WEIGHT: Medium. Light enough to move explosively at a high temp. Roughly 20 reps in 30 seconds.

Interval 1: 0:00-0:30 - Swings.

Interval 2: 2:00-2:30 - Swings.

Interval 3: 4:00-4:30 - Swings.

Interval 4: 6:00-6:30 - Swings.

Interval 5: 8:00-8:30 - Swings.

Interval 6: 10:00-10:30 - Swings.

Interval 7: 12:00-12:30 - Swings.

Interval 8: 14:00-14:30 - Swings.

Interval 9: 16:00-16:30 - Swings.

Interval 10: 18:00-18:30 - Swings.

FREQUENCY: 3 non-consecutive days a week. Eg - Monday, Wednesday, Friday

DURATION: 12 weeks

FAQs

Q: What does “medium” mean?

A: A kettlebell you can swing explosively 20 times without too much trouble.

Q: What should I do for a warm up?

A: About 5 to 10 minutes of joint mobility work. Loosen up your tight spots. Some easy Swing for 5-10 reps for 1-3 sets to get your heart rate up.

Q: Can I do any other exercises with this program? And where do I put them?

A: Yes. You can do 1-3 strength exercises before, 2-3 sets of 2-5 reps per exercise. Or on alternate days using the same guidelines.

Q: How hard do I need to work during my Swings?

A: Produce as much power as possible. Move them with a high tempo, approximately 20 Swings per interval.

Q: Do I need to “diet”?

A: No. Just eat normally. However, if you want to speed up your fat loss, prioritize eating protein over everything else. However, just make sure you don't use the GHFL program as a “license” to eat like a pig.

Q: How do I make the program harder?

A: Use a heavier kettlebell as the program progresses (probably about week 7). Move from 2-Hand Swings to 1-Hand Swings. Use “overspeed eccentrics.” (If you don't know what those are, don't worry about it.)

Q: Can I compress the rest periods to make it harder?

A: No. And that's because we want this particular interval in order to strike the balance between the highest possible force production and optimum growth hormone release.

Q: Do I have to use 10 intervals every workout?

A: No. You can “wave the loads” and do something like the following if you wish:

Workout 1: 6 rounds

Workout 2: 8 rounds

Workout 3: 10 rounds

Q: How much time will this take each week?

A: Plan on 60 minutes per week - 3x 20 minute workouts, plus whatever time it takes you to warm up and cool down. Obviously, if you add specific strength work to this program it will take longer.

Q: Do I need to take measurements?

A: Only if you want to see your results. Scale weight and circumference measurements are best: Waist at navel, upper thigh, chest, shoulders, arm. Before and after. Pictures are great too.

Q: Do I need to send you my results?

A: Only if you want to. I always appreciate my customers' feedback. And their results help encourage future customers to better themselves.

Q: Can I reuse this program / these programs? And if so, for how long? And how would I go about doing so?

A: Yes. But I'd take a 2 to 4 week break between 12-week cycles to let your body rest and recover. This “resensitizes” your body to the training stimulus. If you choose to use the same exercise, you will most likely need a larger kettlebell.

If you have any other questions, please email me at:
support@chasingstrength.com.

Thanks for your help. I'm looking forward to your results.

Stay Strong,



Geoff Neupert

RESEARCH

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