

8. The Wolf

“The Wolf” is one of the most popular programs from the double kettlebell complex program compendium, ***More Kettlebell Muscle***.

Any athlete will tell you – “The legs feed the wolf.” The stronger and better conditioned your legs are, the stronger and better conditioned your whole body will be. Very few things do a better job of making that happen than the Squat. Make sure you get plenty of food and rest so you can recover from these workouts, especially **Day 3**.

Day 1:

Clean x5
Front Squat x5
Press x5
Clean x5
Front Squat x5

Day 2:

Front Squat x5
Press x5
Clean x5
Front Squat x5

Day 3:

Snatch x5
Front Squat x5
Press x5
Front Squat x5
Clean x5
Front Squat x5

Week 1: 3 sets. Work: Rest = 1:2

Week 2: 4 sets. Work: Rest = 1:2

Week 3: 5 sets. Work: Rest = 1:2

Week 4: 3 sets. Work: Rest = 1:1.5

Brutal Conditioning

When I look back at the times in my life when I've been supremely conditioned, it's when I focused a lot on my squat. When I was doing post-graduate work, I was squatting heavy three days per week and riding my bike daily across hilly campuses.

My body fat was low (single digit) and so was my resting heart rate (42bpm).

The problem is that squatting is brutal.

On the heart. On the lungs. On the legs. And on the psyche. Very few venture into the world of the Big Squat because of the work required to get there.

Squatting, a fundamental movement pattern, is made harder with a pair of kettlebells. It's also safer, as the body can align itself more naturally than it can with a bar. So more work can be done with less wear and tear on the body. Plus, it's a great loaded hip mobility exercise too.

Expect great things from yourself after a cycle of “Brutal Conditioning.”

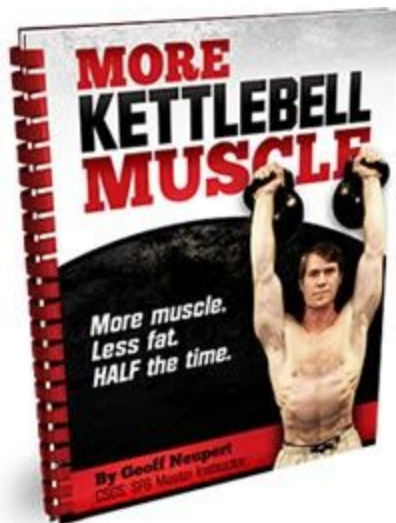
Week 5: 4 sets. Work: Rest = 1:1.5

Week 6: 5 sets. Work: Rest = 1:1.5

*Work: Rest = 1:2 - Means set a timer and time how long it takes you to complete your first complex. Then rest twice as long. For example, if it takes you 1 minute to perform your complex, rest 2.

Want to strip off even more fat, put on some muscle, and boost your conditioning?

And maybe you like challenges and saving some money?



Use the discount code “YT40” and [get a 40% discount* off *More Kettlebell Muscle* by clicking here.](#)

*Discount good for the next 3 days only.

ABOUT GEOFF NEUPERT

(The guy holding the kettlebells overhead in the picture above.)

Geoff has been training himself and others with kettlebells since 2002. He became a Certified Kettlebell Instructor through the RKC in 2005. He went on to become a Master Instructor with the RKC and later StrongFirst. He was also the StrongFirst Education Manager from 2013-2014. He's taught people how to use kettlebells and become kettlebell instructors through workshops and certifications all over the world, including across the United States, Czech Republic, Denmark, Hungary, Italy, Singapore, and Australia. Geoff's been training people since 1993. He was a Division 1 Strength & Conditioning Coach at Rutgers University, a nationally qualified and state champion Olympic Weightlifter, owned several personal training businesses, ran *Kettlebell Secrets*, an online kettlebell training site from 2009-2016, and co-founded the Original Strength movement restoration system.