

Kettlebell Protocol for Combat Readiness

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"PT is training time for war" and should produce "disciplined, combat ready, battle-focused units" (Leslie, 2007). The best tool for combat training, aside from the troops' own body weight, is the kettlebell. Kettlebells are easily transported to and used in the AOR (Area of Operation) because of their compactness. The kettlebell's fat handle, as well as unique swing and get-up drills, cater to troop tactical needs.

Numerous troops spend time "outside the wire" and actively engaged in the stressors of combat only to return to desk jobs in the states. This program enables individuals to be combat ready year-round, (regardless of state-side duties), and can be utilized in the AOR for strength, endurance, injury reduction and tactical skill maintenance.

The program incorporates joint mobility as a means of "threat inoculation" to the troops' central nervous system; which prepares vulnerable joints and tissues for the rigors of combat. This mobility training introduces sudden and unanticipated maneuvers mirrored in the demands of combat.

The protocol is as follows:

Portion of Session	Task	Condition	Standard
Warm-Up	Joint Mobility (JM)	5-10 minutes	<ul style="list-style-type: none"> -All joints through their full range of motion -Vary speed and load session to session -include single joint and multi joint drills -Vary eye position and depth of focus: work eyes closed as well. -Reference Tsatsouline's <u>Super Joints</u> & Cobb's R & I-Phase for detail -Focus on smoothing jerky movements
	Kettlebell Get-Up	5-10 minutes	<ul style="list-style-type: none"> -Vary speed to execute each rep session to session -vary type of get-up session to session or within a session
Work Out	Kettlebell Swing	1- 12 minutes *(roll a pair of dice to determine time, see: <u>Enter the Kettlebell</u> for detail)	<ul style="list-style-type: none"> -Vary rest intervals session to session or within a session -emphasize hip extension and knee lockout at the top -do not lean back at the top -aggressively throw the bell back between legs (during loading phase)
	Kettlebell One-leg Deadlift	20 seconds (3-6 reps) each leg execute 3-5 sets for each leg	<ul style="list-style-type: none"> -Stand on one leg -hold the bell with the opposite hand -lower the bell to the opposite foot then return to starting position -keep the back flat and spine elongated
	Pull-ups	-20 seconds	-Vary grip width and

		-execute 3-5 sets per session	placement session to session, or set to set -vary load session to session or set to set
	Push-ups	-20 seconds -execute 3-5 sets per session	-vary hand placement session to session or set to set -vary load session to session or set to set
	Kettlebell Carries	1-3 minutes -execute 3-5 sets per session -Farmer's carry -Waiter's (overhead) carry -Mix of Farmer and Waiter carry	- carry one or more bells a given distance -vary distance, load, and speed of carry session to session or set to set
Cool-Down	Kettlebell Halo	20 seconds, each direction	-A shoulder mobility drill -Hold the kettlebell by the horns, on either side, bottom-up, and circle it closely around the head -Stretch the chest open when the bell is behind the head
	Joint Mobility (JM)	5 minutes	-Unloaded/do not add weight to JM -execute at a slow or coordinated speed

Session Layout:

Round 1	Round 2	Round 3
5-10 minutes JM ↓	Second Set of Swings: 20 seconds – One minute ↓	Third Set of Swings: 20 seconds – One minute ↓
5-10 minutes get-ups ↓	Second set of Deadlifts: 20 seconds – One minute ↓	Third set of Deadlifts: 20 seconds – One minute ↓
First set of Swings: 20 seconds – One minute ↓	Second set of Pull-ups 20 seconds/3-5 reps ↓	Third set of Pull-ups 20 seconds/3-5 reps ↓
First set of Deadlifts: 20 seconds/3-6 reps ↓	Second set of Push-ups: 20 seconds/3-5 reps ↓	Third set of Push-ups: 20 seconds/3-5 reps ↓
First set of Pull-ups: 20 seconds/3-5 reps ↓	Proceed to Round 3	One-Three Sets of Carries: Farmer's/Waiter's/Mixed ↓
First set of Push-ups: 20 seconds/3-5 reps ↓		One set Halos: 20 seconds each direction ↓
Proceed to Round 2		5 minutes Unloaded JM

References

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About Sara Cheatham: I am an Army Brat and a dedicated Air Force wife. I've found kettlebells to be beneficial for preparing and maintaining deployable troops' needs as well as being handy for women on the home front to get & stay in shape right in their own homes. I've used kettlebells since 2004 and still press the 16kg in my 9th month of pregnancy.