

Revolution Kettlebell 30 day Fat Loss Program E-Book



“Revolution Fitness Program has been exceptional! I have lost 30 pounds! Best of all, I feel great. My overall outlook on life has improved drastically, and for the first time in years I feel healthy. The positive results have carried over to and enhanced my business and personal relationships as well!”

*~ Ernie MacManus.
La Jolla, CA*

“Franz and Yoana Snideman are a supremely athletic, supremely fit couple who not only practice what they preach but have helped hundreds upon hundreds of ordinary people achieve extra-ordinary results in as little as three months”

~ John Du Cane.

**By Franz & Yoana Snideman
RKC Team Leaders**

Warning – Disclaimer

This book is written as a source of information only. The information contained in this book should by no means be considered a substitute for the advice of a qualified medical professional, who should always be consulted before beginning any new diet, exercise, or other health program.

The workouts and other health-related activities described in this book were developed by the authors and are to be used as an adjunct to improved strengthening, conditioning health and fitness. These programs may not be appropriate for everyone and may be too strenuous or dangerous for certain individuals. All users of the information in this book, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The authors have been painstaking in their research. However, they are neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.

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Introduction

Welcome to the *Revolution Kettlebell 30 Day Fat Loss Program*, your ultimate guide to quick and healthy fat loss. If you are reading this e-book it's because you have an immediate need and goal to lose some body fat and lose it quickly. Before you get started on the 30 day program we want to emphasize that it takes a lot longer than 30 days to get in phenomenal shape. Can you make dramatic changes to your physique in 30 days? Sure you can. But we want to encourage you to *take the principles outlines in this book and apply them for the rest of you life*. The challenge with the quick fix type of mentality is that it sometimes steers people down the wrong road, and by that I mean it teaches people that achieving success is a fast paced and rather simple thing to do. Nothing could be further from the truth. When was the last time you saw a successful person who had developed the skills that lead to success in a short period of time? The answer is never, because success in any endeavor takes time, discipline and tremendous amounts of sacrifice and effort. How long did it take Tiger Woods to develop his golf game or how long did it take Michael Jordon to become a champion basketball player? It took many years and countless hours or preparation and skilled practice.

Now on the flip side we do not want to discourage right from the start of this program that getting results takes years because that is simply not true. However we do want to encourage you to take the long view approach to this program and understand that the habits you develop during the next 30 days can literally change the entire direction of your health for the rest of your life. Let us repeat; the principles you are about to learn in this book will positively affect the destiny of your future health and bodily function. If that doesn't excite you we are not sure how we can say it otherwise. It has been said that our habits will ultimately dictate the direction we go in life. Experts on behavior modification say it typically takes 21 to 28 days to create and replace an old habit with a new habit. So the next 30 days will be more than enough time to change any limiting and negative habits you have required into positive health building habits.

Now let's change gear and talk about the training and nutrition. In the following pages you are about to embark on what we feel to be the *most exciting fitness and nutrition adventure that you have been*. Adventure we say? Yes, adventure. This journey will unlock parts of your body that perhaps you have never been able to move well and will prove to you that your potential for strength, leanness and energy is more than you ever dreamed possible. If you have never used kettlebells before get ready to change your concepts of exercise and be prepared to enter a new reality of how exercise should be performed.

We also want to tell you that every training routine and every nutrition principle in this book has been personally tested by us and on our clients for over 11 years. So be comforted by the fact that hundred have clients have and our currently doing and applying everything that is in this book. Some of the principles will be more difficult to apply than others but rest assured that these principles are scientifically sound. Physiological principles will work for everyone just as gravity "works" for everyone if you jump off a roof. *Apply these principles and your body will do the rest.*

We will do our part on this 30 day journey by giving you decades of our experience in order that you may benefit without having to go through the struggles that we went through in order to learn and hone this information. We are giving you are best and therefore ask and require that you give your best to this program. The fact that you are reading this right now sets you apart from the rest of the population and proves your desire to radically enhance and change your outlook on fitness and health. Call it a paradigm shift if you will, but clearly you have the motivation and the desire to make it happen and get into shape. Make the next 30 days an absolute priority and give every ounce of energy and focus to your own body and habits. In doing this you will prove to yourself that you are ultimately ACCOUNTABLE and that everything you do (or don't do) is your responsibility. It won't always be easy because things worth achieving in life always take sacrifice. But the alternative is unacceptable.

So again we welcome you and honor your decision to take this 30 day program and challenge yourself by breaking out of the old and creating a new you. Give this program your utmost attention and effort and *you will be THRILLED with your results!*

God bless you!

Franz and Yoana Snideman

Chapter One

Begin with the End in Mind: Set the Goal

It's impossible to achieve something if you do not know what that something is. In late 80's and early 90's Stephen Covey's masterful book "The Seven Habits of Highly Effective People" came out and took the nation by storm. Not only was it a revolutionary book but it was one of the first books to highlight the importance of living one's life according to principles. Covey referred to this approach as "principle centered" living. In other words rather than living life and making decisions based on emotions (which is a dangerous way to live), make decisions based on your inner most values and convictions. With that type of mindset you more often than not end up making the right decision as opposed to being a slave to your constantly fluctuating emotional state. Because emotions are fleeting, the intelligent thing to do is to act and behave in accordance to correct principles. This book is no different. We encourage you to act upon principles, not because we say so, because they are the only way to get to your goal.

One of the principles in Covey's book that has hugely impacted our lives is the principle of "begin with the end in mind." That means that before you set out on your program you have a previously selected goal or target. A heat seeking missile flying in the air is only lethal and effective if it has a pre-programmed target to go after. Without a destination or target the missile is nothing but a flying piece of metal with the potential to blow something up. But without the target that potential is useless. The same is true with any physical goal you choose to go after. You must start with the goal first and in your mind imagine what that goal will look like and feel like. You literally have to see the invisible as visible. There is incredible logic in this line of thinking. Everything you have achieved, whether great or small, was achieved because of this type of thinking. You mentally mapped out how, when, why, and where and put it into action.

Therefore you must start this program by setting the goal. On the following page you will need to fill out our SMART goal setting sheet. SMART is an acronym we use for goal setting. The letters stand for:

SPECIFIC: A goal that is not specific is not really a goal. Someone could say, “I want to lose weight.” Okay, that’s fine, but how much weight do you want to lose? The more specific you are with your goals the higher the chance that you will achieve that goal. It is difficult to arrive somewhere when you have no clue where “somewhere” is. The clearer you are with your goal the better.

MEASURABLE: The goal must be measurable. How will you quantify whether or not you are moving in the direction of your goal? If your goal is weight loss you can take your weight. If it’s a certain level of body fat you could set a goal for a certain body fat percentage.

ACHIEVABLE: Setting a goal that is not realistic will end in disappointment and frustration. Set a worthy goal but one that you feel you can attain. Let’s say you want to lose twenty pounds during the 12-week program. If you calculate it out that means you will lose 1.6 pounds per week over a 12-week time frame. Achievable? Yes. Now if you said you wanted to lose 140 pounds in 12 weeks, we would more than likely ask, “What have you been smoking?”

RELEVANT: What will achieving this goal mean to you? How will it impact your life? Why do you want to achieve this goal? Asking these questions will show you just how important your goal is to you. The more significant the goal means to you, the higher the chance you will have of sticking on the program, even through some tougher times. List all the potential benefits you will gain from your fat loss goals. How will those closest to you be impacted? List all the potential problems that will occur if you do not achieve your goal.

TIME BASED: Give yourself a timetable and set a date. A goal without a deadline is really just a good idea with no urgency behind it. In this specific case, your calendar is 12 weeks and your deadline is the last day of the 12th week. The setting of this deadline gives you accountability and the extra motivation you will need to push through to the end.

People are often born into environments that are harsh, cruel and difficult to overcome. But history has proven that even through insurmountable odds people all over the world are capable of triumphing and overcoming challenges. In fact, a life void of challenge is a horrible life. Even in the era that we live in, where abundance is all around us, people are still not satisfied. There is a growing sense of dissatisfaction and boredom in many people we meet. You may have noticed much like we have that the most unhappy people to be around are the people that have no challenges, no goals.

Challenges are what make us grow spiritually and deepen our character!

The Revolution S.M.A.R.T Goal Setting Worksheet

Time to take out your pen or pencil and write down your goals!

S	<i>30 Day Goal:</i> <i>Starting weight:</i> <i>Starting body fat %:</i> <i>3 Month Goal:</i>
M	<i>How will you measure your goals?</i>
A	<i>Is this goal Achievable?</i> <i>Why?</i>
R	<i>How will achieving this goal impact you personally?</i> <i>Why is it important?</i>
T	<i>What is the start date? Where will you take the before photo?</i> <i>What is the exact date of your 30th day?</i> <i>Time and place you will take a photo of your body?</i>

Chapter 2

Revolutionize your Nutrition and Lifestyle Habits

In our many years of working with clients the biggest difference maker without a doubt is the client's ability to adhere to a healthy nutrition and lifestyle program. We all know people who workout daily and yet look exactly the same and sometimes even worse. If getting lean were just about exercising, all the people at the gym walking on treadmills and lifting weight would be lean. The fact is that few of these people ever achieve their fat loss goals unless they apply the correct nutrition principles. Without getting into all the scientific mumbo jumbo (be sure to get our Revolution Kettlebell Fat Loss Program book and DVDs – a 12 week program from www.revolutionlajolla.com, especially if you have any desire to learn the science behind eating right) let's dive right into the Revolution nutrition principles that you will follow throughout the next 30 days.

Habit # 1 ~ Eat protein at each meal and snack

That's right. You read it correctly! Every meal and snack must have some high quality animal based protein. Foods like organic chicken, fish, beef, lamb, goat cheese, yogurt and various protein powders will be proteins of choice. Without getting into too much detail, eating protein helps balance out your blood sugar level and reduces cravings for junk food and speeds up your metabolic rate.

Habit # 2 ~ Eat nothing processed for the next 30 days. Eat only natural whole foods

For thousands of years man has survived by eating completely whole unprocessed foods from nature. Ancient man ate nothing canned, pre-packaged, micro-waved or deep fried. If God didn't make it, don't eat it. Foods that are overly processed like wheat flour, most breads, cereals, ice cream, bagels, muffins, pasta and noodles are out of the questions. Whole foods are nothing more than foods in their original packaging. You will eat apples

instead of drinking apple juice. You will eat grains that have not been milled or processed so that the entire food as it is found in nature is left fully in tact.

Habit # 3 ~ Drink plenty of clean filtered water all day long

Drinking plenty of clean filtered water (not tap water) will be essential in your quest for optimal health and leanness. Losing body fat requires that the detoxification pathways in your body have plenty of water to keep them flowing and keep them clean. Let the next 30 days be a time of consistent water drinking. The calculation we use is to drink $\frac{1}{2}$ of your bodyweight in ounces of water per day. For example; if someone weight 200 pounds they will drink 100 ounces of clean filtered water per day.

Habit # 4 ~ Sleep at least 7 to 8 hours per night

Making sure you get plenty of high quality sleep and rest is the only way to ensure that you will recover from the challenging kettlebell workouts. Failing to get adequate sleep will for sure send you down the road overtraining and will leave you feeling burnt out and sore all the time. The best sleep is the sleep you can get before midnight. Trying to sleep between 10pm and 6am is your option if this is at all possible for you. If this is not achievable, do your best to get to sleep the earliest time possible.

Habit # 5 ~ Eat 5 to 6 small meals every day

Rather than gorging yourself at each meal, we want you to graze all day long. 5 to 6 smaller meals will keep your metabolism humming right along and will balance out blood sugar as well as your energy levels. Frequent eating has been shown to increase fat loss and will ensure that you never go hungry. Eating 1 to 2 meals per day is a recipe for disaster as people tend to overeat later in the day from the starving themselves during the day. By eating small meals you never go hungry and consequently do not overeat at night which is the worst time to overeat in our experience.

Habit # 6 ~ Perform 3 Kettlebell workouts per week and 3 cardio sessions per week

In chapter 4 you will read about the kettlebell workouts and your weekly program design. The kettlebell workouts along with the interval workout are designed to help you shed the most amount of body fat in the quickest amount of time. The movements are all big compound multi-joint exercises that stimulate all your body at the same time leading to fast results and one hell of a workout.

Chapter 3

The Eating Plan in Action

Now that you know the habits you will be doing and learning over the next month, let's dive into the "how to" part of the nutrition program. Let us remind you that every single part of this *Revolution 30 Day Fat Loss program* is important. Failing to implement in even the smallest detail will alter your results. Therefore it is essential that you do not skip a single aspect of the training and nutrition plan. Results come from effective exercise plus fat burning nutrition. And since 30 days is really not that long of a time period, give yourself the best opportunity to get in shape fast by eating well and doing the workouts exactly as we have outlined it for you in this book.

Here is a list (although not exhaustive) of the proteins, carbohydrates and fats you are allowed to choose from:

PROTEINS	CARBOHYDRATES	FATS
Chicken Chicken Sausage Beef Lamb Turkey Turkey Sausage Fish (tuna, wild salmon, halibut, swordfish, ahi, cod, Shrimp) Goat Cheese Organic Goat Milk Goat Milk Protein Powder Organic Whey Protein Organic Free Range Eggs	Brown Rice Yams (Sweet Potatoes) Corn Corn Tortillas Gluten Free Millet Bread Squash / Eggplant Bell Pepper / Onions Broccoli / Cauliflower Asparagus / Artichoke Spinach / Lettuce Okra / Beets Black Beans / Kidney Beans / Mushrooms Rice Pasta (non-gluten) Berries (all types) Apples / Oranges / Grapes	Fish Oil Flax Seed oil Organic Peanut Butter Extra Virgin Organic Coconut Oil Avocados Almonds / Cashews Walnuts Extra Virgin Olive Oil Butter Hummus

In looking at the food choices you may be saying to yourself, “Where are my favorite foods? I don’t see them on the list.” Keep in mind that this is a 30 day program. 30 days is not a long time so in order to accelerate results we have to be highly disciplined with the food choices. The following weekly food guide is a sample of what three days should look like. Remember that you must implement all the principles from the previous chapter. You will also notice that all meals and snacks have protein and at least some form of whole fruits or vegetables at each meal. And while grocery shopping, try and buy as much ORGANIC food as possible. Organic meats, chicken, fruits and vegetables are essential. If you cannot buy organic do your best and buy the best alternative available to you.

MONDAY

Meal # 1

2 Organic free range eggs scrambled in olive oil w/yellow bell pepper and mushrooms
½ cup fresh blueberries
1 TBS Fish oil (taken orally)

Meal # 2

Handful of unsalted raw almonds
1 green apple

Meal # 3

Large Chopped Salad w/cucumber, onions, broccoli, bell peppers, olive oil and vinegar
1 Organic Grilled Chicken Breast on top of salad or chopped up and mixed in
1 bowl of miso soup

Meal # 4

Protein smoothie w/2 scoops of GOATEIN (a goat milk protein powder) in 10 ounces of water. Add 1 cup mixed berries (either strawberries, raspberries, blueberries, any combination), 1 TBS Flax seed oil and ½ TBS Organic Peanut Butter

Meal # 5

Serving of Wild Salmon w/herbs & spices

3 spears of asparagus

Small spinach side salad with organic honey mustard dressing

TUESDAY

Meal # 1

Protein smoothie w/2 scoops of GOATEIN (a goat milk protein powder) in 10 ounces water. Add 1 cup mixed berries (either strawberries, raspberries, blueberries, or any combination), 1 TBS Flax seed oil and ½ TBS Organic Peanut Butter

Meal # 2

½ cup Plain Goat Milk Yogurt

Mix in 1 TBS Flax oil

Meal # 3

Grilled Yellowtail Tuna Filet served on a bed of greens

Add spices, olive oil and vinegar, lemon and dill

Meal # 4

Handful of walnut

1 Orange

Meal # 5

Ground Turkey Breast Tacos

Use organic ground turkey breast and cook in skillet

Serve inside fresh organic corn tortillas (add some goat cheese for extra flavor)

Small side salad with olive oil, vinegar, cucumbers and tomatoes

1 serving grilled eggplant

WEDNESDAY

Meal # 1

Omelet with 3 Organic Eggs and goat cheese, salsa and chicken sausage

Serve with ½ cup fresh strawberries

1 TBS Fish Oil taken orally

Meal # 2

Protein Smoothie (same as previous days)

Meal # 3

Grilled Chicken Lettuce Wrap (wrap 2 to 3 lettuce cups around grilled chicken breast and eat as sandwich)

Add tomato, bell pepper, fresh avocado and onions to the lettuce wrap if desired

Meal # 4

Organic Protein Bar with Whey Protein (no soy) – look for one at your local health food store

Meal # 5

Grilled Ahi Tuna

1 large artichoke (use organic hummus for dipping is desired)

1 small side salad with vegetables

The Monday through Wednesday menu plans are examples of how you will eat the remainder of the 30 days.

So as you can see the meal plan is rather simple put into action.

Let's review some of the most important principles one more time.

- 1) Make sure that every snack and meal has a high quality protein. Think of protein as the foundation of your food plan. From there you pick a healthy fat and a healthy low glycemic carbohydrate.
- 2) Make sure to get plenty of healthy fats like fish oil, flax seed oil, various nuts, hummus, avocados and extra virgin olive oil.
- 3) Do not skip meals. Eat 5 small meals every day even if you are not hungry. We are purposely trying to speed up your metabolic rate and burn body fat. If you starve yourself and erroneously feel you will get leaner by eating less, nothing could be farther from the truth. Not eating only sets up future binges which really pack on the pounds. Eating too few calories actually slows down the metabolism because your body has nothing to process and thus very little to metabolize.
- 4) Be sure to drink plenty of high quality water all day long.
- 5) Get your sleep.

Let's move on to the Kettlebells!!!



Chapter 4

Kettlebell Essentials: Training Movement over Muscles

Kettlebell training may be the best secret that mother Russia kept from the west for centuries. Well thanks to the advancement of information sharing through technology and travel, we here in the west are privileged to have this amazing tool. We first starting using kettlebells in our personal training practice in 2002 and since have gone on to publish our own 150 page plus book as well as a follow along DVD sets that explain how to use kettlebell for fat loss. *We have proven that kettlebells hand down may the best fat burning tool ever invented.* The major benefit that we have experienced with kettlebells is that you learn how to use your entire body in harmony. Rather than going to the gym and attempting to isolate every muscle individually, kettlebells recruit all the muscles which results in a more intelligent body. It also means more fuel is being consumed which means more fat loss. For those of you reading this that have used kettlebells you will undoubtedly understand what we are talking about. Some of the amazing benefits of kettlebell training are:

- * Teaches your body how to work as a single unit (it integrates the whole body together)
- * Can be used for high repetition work which is phenomenal for fat loss conditioning
- * Emphasizes the use of the glutes, hamstrings, spinal muscles and abdominal muscles for maximum power and speed enhancement (in other words it makes you more athletic)
- * Simultaneously improves both strength and cardiovascular endurance (other wise called incidental cardio – you're not trying to get endurance but is just happens as a natural by product – not a bad deal)
- * Improves flexibility (again, incidental flexibility, not the primary goal of kettlebell training but it just happens anyway)

* Develops incredible hand, grip and finger strength

* Improves full body stability and balance do the dynamic nature of the exercises

* Burns more energy because of the full body integration

.....and the list goes on and on. There simply is not enough room in this e-book to teach you all the benefits to KB Exercises. Check out our website at www.revolutionlajolla.com for more information on the science behind KB training.

What you will need for this program:

A) Females – will need 2 different sized KB’s. For a beginner an 18 pound plus a 26 pound KB will work fine. If you are more advanced, you will want a 26 plus a 36 pound KB.

B) Males – will need 2 different sized KB’s as well. For a Beginner a 26 pounder and 36 pounder will work well. If you are more advanced you will need a 36 pounder plus a 53 pound KB.

Safety First:

* Always make sure the surrounding area in which you are training is clear of any sharp objects, furniture, glass, animals and anything which could be dangerous.

* Make sure there is nothing wet on the floor and if possible train outside or on grass.

* If a rep goes wrong, let it go. Better you drop the kettlebell rather than hurt yourself.

* Always use good judgment. If something doesn't feel right, stop the movement and re-group. Re-check your posture, your alignment, your foot position. Make sure you have a firm grasp of the technique and what it is you are trying to do.

* Remember that quick feet are happy feet. If you drop the bell make sure your feet are no where near the path of the falling kettlebell.

Technique:

Hopefully many of you have reading this have some experience with kettlebell training. If not, do not worry. Do your best to read and understand the technique cues about each exercise. If in doubt you can always go to our website and look at the pictures we have on the site or you could purchase our Revolution Kettlebell Fat Loss DVD set. This set is an instructional and follow along DVD sets which takes you through a detailed explanation of the primary kettlebell exercises. (www.revolutionlajolla.com)

Exercise # 1 Turkish Get Up (TGU)

Exercise # 2 Swing

Exercise # 3 KB Lunge

Exercise # 4 Clean

Exercise # 5 Press

Exercise # 6 Front Squat

Exercise # 7 Burpee

Exercise # 8 Jumping Jacks and Shuffles

Exercise # 9 Fisted Push Up

TURKISH GET UP (TGU)



* Lie on floor while pressing KB in air.



* Turn to your left by bending your right knee and placing right foot flat on floor.

* Twist and push your body to your left forearm. Do not just sit up.



* Move left leg underneath the right leg.



* Push yourself up to a lunge position.



* Stand up and then reverse the movement and return to the start position.

SWING



* Look straight ahead and keep your chest held high.

* Hike the KB in back of you and swing it to chest level fully extending the hips and knees in the top position.

* Inhale when the KB is in the bottom position and exhale at the top.

* Snap the hips by squeezing glutes and abs.

* Arms and shoulders should be loose.

* Do not let the KB pull you forward.

SINGLE ARM SWING

* Same technique as the two handed swing except perform with only one arm

* Be sure to not rest the non-working arm on your thigh. Keep the non-working arm on in the air by your side.



KB LUNGE



- * Stand with feet together with KB on either side of your shoulders close to body.
- * Inhale and lunge one leg forward and drop the back knee toward the ground. Make sure front knee tracks over the toes and does not rotate inwards.
- * Keep posture upright and return to the starting position and exhale.
- * Repeat the same with the other leg for the desired amount of repetitions.

CLEAN



- * Hike pass the KB in back of you while bend at the hips and sitting back.
- * Using your hips, bring the KB to the shoulder keeping your arm loose and elbow close to the body.
- * Fully extend the hips and knees in the top position.
- * Hold the kettlebell by the handle close to the chest as the entire arm should be held close to the body.
- * Inhale while you hike the KB in back of you, exhale while snapping the hips and bringing the KB into the top position.

PRESS



- * Clean the KB to the shoulder.
- * Tense the abs, glutes and lats.
- * Press the weight overhead and extend the elbow with the KB in line with your ear.
- * Press while keeping your abs and lats tight while squeezing the glutes and legs.
- * Return the KB to the start position actively pulling the weight down using your lat muscle.
- * You can hold your breath while pressing or by releasing a small burst of air during the press.

FRONT SQUAT



- * Clean one KB to the shoulder. Look straight ahead.
- * Sit back on heels and maintain proper knee alignment.
- * Make sure knees track over the toes and do not bow inwards.
- * Stand back up by pushing your feet through the floor, tightening the abs and squeezing the glutes.
- * Hold your breath during the descent and forcefully blow a little air out during the ascent.

BURPEE



* Perform a vertical jump.



* Upon landing come down to your hands with the knees close to the floor.



* Kick back the legs keeping the whole body firm.



* Perform a push up and jump forward to the start position and repeat.

JUMPING JACKS



- * Stand with feet together and hands by your side.
- * Jump up, spreading the legs wide and bring your arms from the hip level to above your head.

SHUFFLES



- * With your hands on your waist, move legs back and forward using your hips.
- * Generate the movement from the hips without twisting them.
- * Keep posture upright.
- * Move feet quickly and be light on your feet.

FISTED PUSH UP



- * Hands in a fisted position
- * Tighten your entire body, the glutes, lats abdominals, pecs and legs.
- * Keep shoulder directly above your hands.
- * You should be able to draw a straight line from your ear to your shoulder, through the hip, knee and ankle.
- * Keep elbows close to the body.
- * Bend elbows and perform a push up.
- * Focus the eyes downward.
- * Maintain the proper spinal alignment of the body. The whole body should move as one harmonious unit.

ROUTINE A

Part One (perform each exercise in circuit format, rest one minute and repeat 3 to 4 times)

Clean + Front Squat + Press 5/5

TGU 2/2

Jumping Jack Shuffles 30 sec / 30 sec

Part Two (perform each exercise in circuit format, rest one minute and repeat 3 to 4 times)

Clean + Lunge 10/10

Fisted Push Ups 10

Swings 20

ROUTINE B

Part One (perform each exercise in circuit format, rest one minute and repeat 3 to 4 times)

TGU 3/3

Single Arm Swings 10/10

Burpees 8

Part Two (perform each exercise in circuit format, rest one minute and repeat 3 to 4 times)

Clean + Squat 6/6

Clean and Press 5/5

Jumping Jacks 1 min

Shuffles 1 min

ROUTINE C

TGU – 5 Min

Alternate arms and do as many as possible in good form for 5 minutes

Rest 2 min

Swings – 5 min

Start with single arm and switch back and forth when your arm gets tired. Rest as needed.

Try and get as many reps in 5 minutes as possible but only with good form

Burpees 20/15/10/5

Start with 20 reps then rest 1 min. Then go to 15 reps and rest 1 min. Then go to 10 reps, rest 1 min and then go to 5 reps.

Fisted Push Ups 10 x 5 sets

Perform 5 reps with the KB under each hand and then rest 5 minutes. For example, 5 reps with right on KB immediately followed by 5 with the left hand on the KB. Rest 30 seconds and repeat until all 5 sets are completed

Chapter 5

Putting your Calendar together: The Program Design

In the previous chapter you learned about and saw that we have designed 3 fat loss workouts, an A, B and C program. Each program is to be performed every other day once per week.

For example, you will do A on Monday, B on Wednesday and C on Friday. Then you will repeat the same thing format for the entire month. On Tuesdays, Thursdays and Fridays you will perform some form of interval training or cardiovascular training. Sunday will be your only day off.

We do not recommend adding more KB training program on top of this program. This program alone is sufficient to get the job done so don't underestimate it's effectiveness until after the month is over. Give it 100% of your focus and energy and you will be very excited about your progress and the directions of your health.

MONTHLY CALENDAR

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	A	Interval Cardiovascular Training	B	Interval Cardiovascular Training	C	Interval Cardiovascular Training	OFF
2	A	Interval Cardiovascular Training	B	Interval Cardiovascular Training	C	Interval Cardiovascular Training	OFF
3	A	Interval Cardiovascular Training	B	Interval Cardiovascular Training	C	Interval Cardiovascular Training	OFF
4	A	Interval Cardiovascular Training	B	Interval Cardiovascular Training	C	Interval Cardiovascular Training	OFF

Interval Training Options

You will have three exercise options to accomplish your fat loss goals during the next 30 days.

Option # 1 –

Interval Sprints at a track or on a grass field (no cement surfaces).

You will perform a 5 to 10 minute warm up by walking or doing some light jogging followed by some gentle stretching. From there you will run ten 50 yard sprints as fast as you can. Rest 1 minute between sprints and be sure to keep your body moving (walking is fine) while resting. This is much safer for your heart as stopping movement while resting can cause harm and excessive strain on the heart.

Option # 2 –

25 minutes of interval sprints on a stationary bicycle, stepper or elliptical machine. Perform a 30 seconds all out sprint with high tension followed by a 90 seconds recovery period that is little to no tension and at a very easy pace. Repeat this cycle until the 25 minutes are complete.

Option # 3 –

45 minute power walk focusing on really pumping your arms and walking at a fast pace. Keep your posture tall and shoulders relaxed. Too much tension here is the enemy so move fast but not at the expense of getting tight in your muscles.

You could pick one option and perform that same workout all three days or you could vary it and pick a different option each cardiovascular workout. The key is to get you moving and for you to have some fun!

Enjoy the following month of training and healthy eating. We look forward to hearing from you and the results that have come your way because of this program! Be well!

About the Authors



Franz Snideman is a strength coach, Kettlebell Team Leader, co-owner of Revolution Fitness Center and co-author of the Revolution Kettlebell Fat Loss Program book and DVD's. Franz is also a sought after speaker in the area of health and fitness and has spoken, consulted and engineered training program for various organizations such as Pepsi, The Anthony Robbins Companies, Polar and the Venezuelan Olympic Wrestling, Track and Field, Boxing and Weightlifting teams.



Yoana Snideman is a physical therapist, Kettlebell Team Leader, co-owner of Revolution Fitness Center and co-author of the Revolution Kettlebell Fat Loss Program book and DVD's. Yoana has her own fitness segment on a local San Diego Television show. She is also the two-time United States national champion of the Tactical Strength Challenge.



The position of RKC Team Leader is by invitation only. The RKC Team Leader has displayed consistently strong teaching skills over a number of years and demonstrates a very high level of physical skill in their kettlebell practice. RKC Team Leaders teach on a limited basis at the RKC instructor certifications.

Kettlebell instruction requires an extensive background and training to be truly safe and effective. Don't risk injury or waste time with subpar instruction.

Franz & Yoana Snideman are highly qualified RKC certified kettlebell instructors and fully qualified to help you meet and surpass your goals, be they fat loss, strength and power development or athletic success.

Franz and Yoana are available for workshops, seminars and private instruction as well as phone and web consultations. For more information about their other fat loss products, personal training and workshops check www.revolutionlajolla.com