

TRAINING




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PHOTOS BY MARC ROYCE

ed by the Bell

TIRED OF YOUR WORKOUT?
BUILD SIZE, POWER AND
FUNCTIONAL STRENGTH WITH
THIS UNIQUE ROUTINE AND
APPARATUS **BY MATT TUTHILL**



Mike Mahler believes the best training program is a well-rounded one. Getting big simply for big's sake, he claims, is a mentality that leaves many lifters in the lurch, building muscles that have great size but are devoid of functional strength. Mahler believes that for overall development, the vast majority of us would be best served by following a program that includes a kettlebell routine in addition to other forms of training, like bodybuilding.

"Kettlebell training is an excellent way to further the benefits of bodybuilding and make your workout regimen more complete," says Mahler, a certified kettlebell trainer, in reference to the device's unique design and the distinct exercises that go along with it. "In addition, it's a great way to work in high-intensity cardio. Forget about 20 minutes on the stair-stepper — try 10 sets of 10 on kettlebell snatches or swings for impressive fat-burning."

The kettlebell dates back to early 18th-century Russia, where it was an indispensable training tool for any strongman or *girevik* (Russian for "kettlebell man") worth a lick. It's essentially a cast-iron weight ranging anywhere from 20 to 100 pounds that resembles a cannonball with a handle. When used correctly, it creates an asymmetrical displacement of weight that recruits a horde of stabilizer muscles.

Mahler's physique, while impressive, isn't likely to knock the socks off of M&F readers. But before you dismiss

his tactics, bear in mind that he built his lean, athletic temple as a *vegan* for the last 12 years. (Are you listening yet?) Besides size, symmetry and proportion he adds a fourth dimension to the bodybuilding pyramid: functional strength.

The following workout is devoid of isolation movements; most kettlebell exercises employ the use of several muscles or muscle groups. If kettlebells are too pricey, the workout can be performed with dumbbells using virtually the same exercise technique.

Using kettlebells, you'll build functional muscle strength and size, burn fat, sculpt a shredded midsection and create an overall athletic physique. (Of course, a bodybuilding routine can achieve this, too.) Also similar to bodybuilding, you'll increase strength in your connective tissues and tendons by performing these compound moves. But if building your connective tissues doesn't get you excited, just remember — in the gym and in life, we can never be stronger than our weakest link. **M&F**

THE ROUTINE

Exercise	Reps*
Double Clean and Press	5
Renegade Row	5
Bent Press	5
Double Front Squat	5
One-Arm Swing	5
One-Arm Snatch	10

*Per side (not applicable to double front squat or clean and press)

Matt Tuthill is a freelance health and fitness writer living in Riverhead, New York. You can purchase Mike Mahler's DVD *Mahler's Aggressive Strength* at mihemahler.com

To Purchase Visit mikemahier.com/store (\$82.95 for one 26-pound bell, plus around \$50 shipping); adjustable kettlebells are available at kettlestack.com (\$65 each) or USKettlebells.com (\$149.99 each).

A



B



> Because of the dynamic nature of the moves, perform this routine in an open space on a nonslick surface.
> Perform this routine as a

circuit, going through it three times per workout, or as straight sets.
> Start with one-minute rest periods between each exercise.

When that much rest makes the next move too easy, gradually shorten breaks to 30 seconds.
> Rest two minutes at the end of each circuit.

> Start with 20-pound kettlebells, then move up from there as you master the moves. Determine the correct weight before you begin.

Muscles trained Quads, hamstrings, glutes

DOUBLE FRONT SQUAT

With a flat back, curl two kettlebells to your shoulders and turn your palms in. Spread your feet to shoulder-width apart or slightly wider. As you squat down, push your glutes out. Looking straight ahead at all times, squat as low as you can and pause at the bottom. Keep your weight off your toes and push through your heels as you return to the top.

>> Pull your elbows into your upper body to keep the kettlebells in place.

>> Squeeze your glutes and core before rising back up from the bottom of the squat.

Muscles trained Lats, biceps, chest, core

RENEGADE ROW

Get into the top position of a push-up, holding two kettlebells inside shoulder width. Push one bell into the floor as you pull the other straight up to your hip. Hold your working arm in the top position for one second, lower the bell back to the floor and repeat. Complete all reps for one arm, then switch arms.

>> Contract your glutes and abs for added stability.

>> Flex the lat on your working-arm side before pulling the kettlebell off the floor.

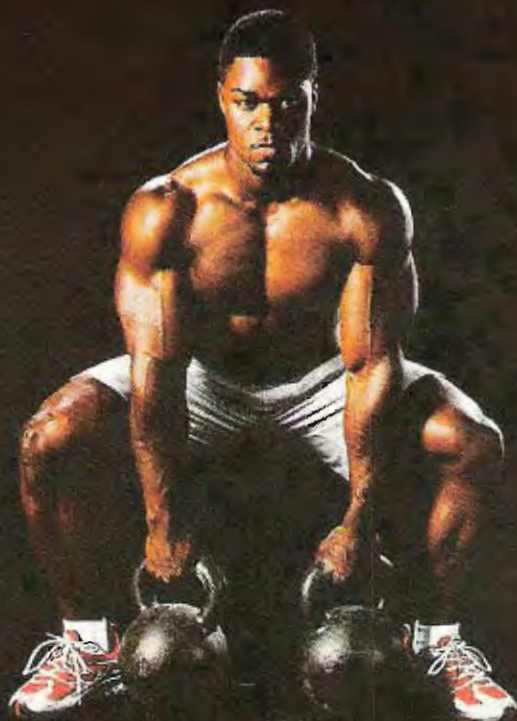
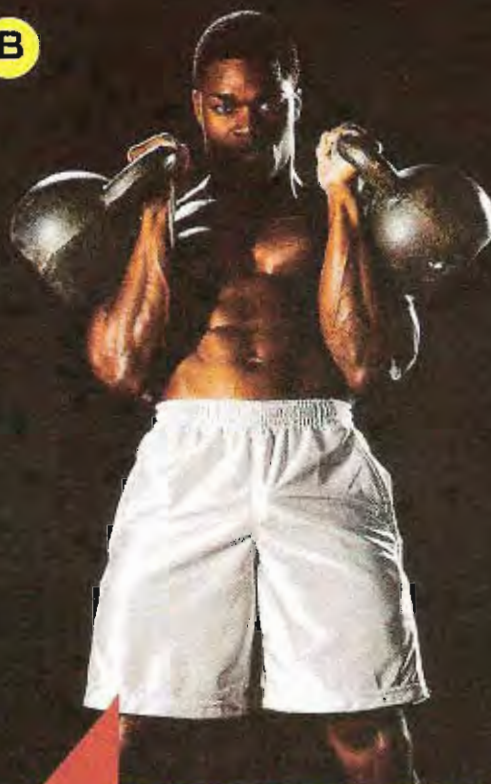


A



B



A**B**

Muscles trained Chest, delts, triceps, quads, hamstrings, glutes, core

DOUBLE CLEAN AND PRESS

Place two kettlebells inside your feet and squat down to grasp them. As you drive through with your hips to stand erect, curl the bells to your shoulders, keeping your back flat and turning your palms in. Press the bells overhead, rotating your palms outward as if doing an Arnold press. Lower them back to your shoulders, then squat down to the start position.

>> Flex your lats as hard as you can before pressing the bells overhead for stability and power.

>> Make sure to swing the kettlebells under you slightly before curling them to your shoulders.

KB Split

Here's one way to incorporate kettlebell training into your current training split. Because the kettlebell workout hits all major muscle groups, you should rest both the day before and after.

Muscles trained Delts, triceps, core

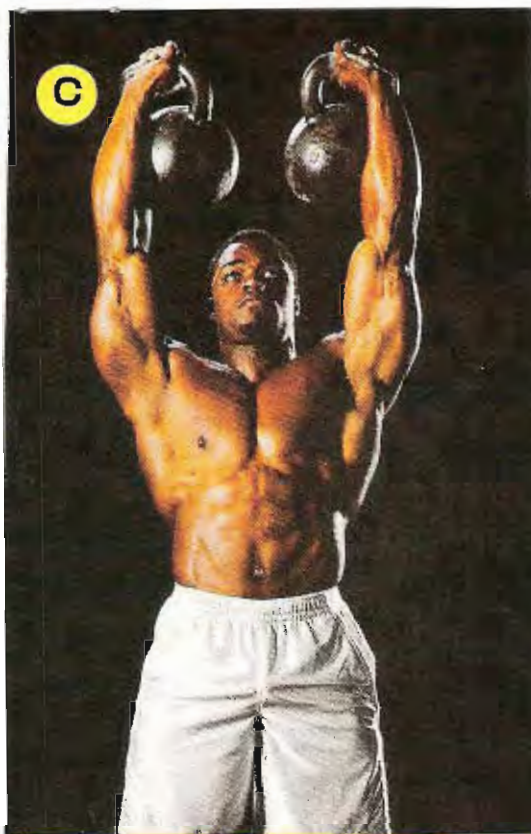
BENT PRESS

Curl a kettlebell to your shoulder with one arm. Push your hip out in that direction and turn your feet out in that direction and turn your feet out at 45-degree angles from your working arm. While simultaneously extending your working elbow and shoulder, contract your lat as hard as you can and move your torso toward the floor and away from the bell. Continue to bend to the side until the bell is locked out over your shoulder. Hold your breath as you move toward the floor and exhale as you return to the starting position.

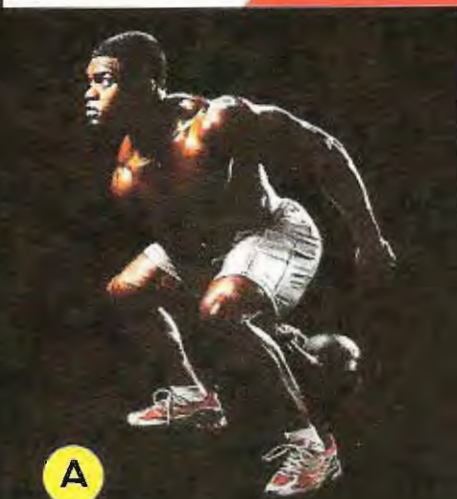
>> Look at the kettlebell during the entire duration of the move.

>> Think of this exercise as an extension rather than a press.

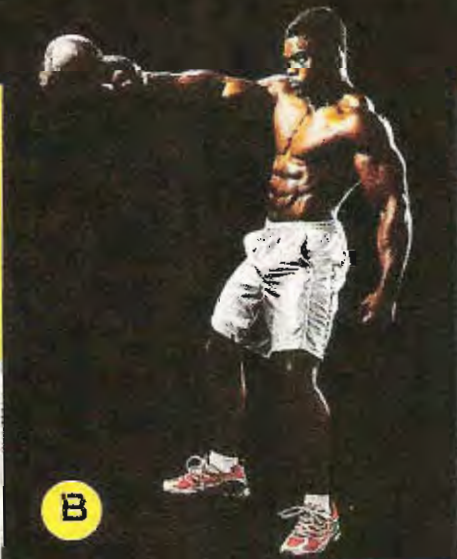
A**B**



C



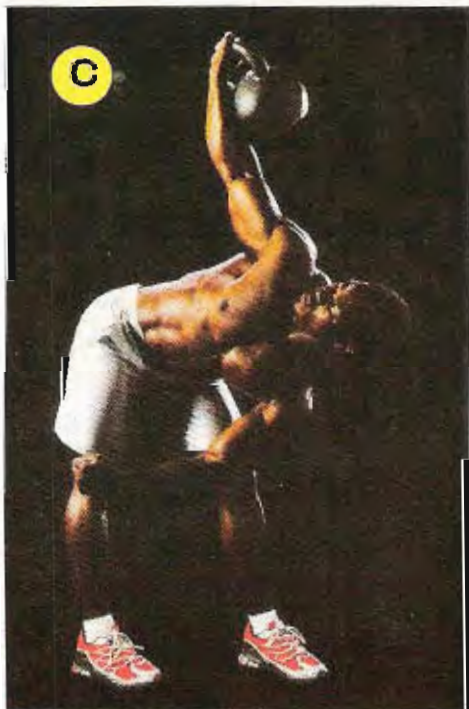
A



B

PARTS

Day	Workout
Mon	Chest, delts, triceps
Tue	Back, biceps
Thu	Legs
Sat	Kettlebell routine
Wed/Fri/Sun	Rest



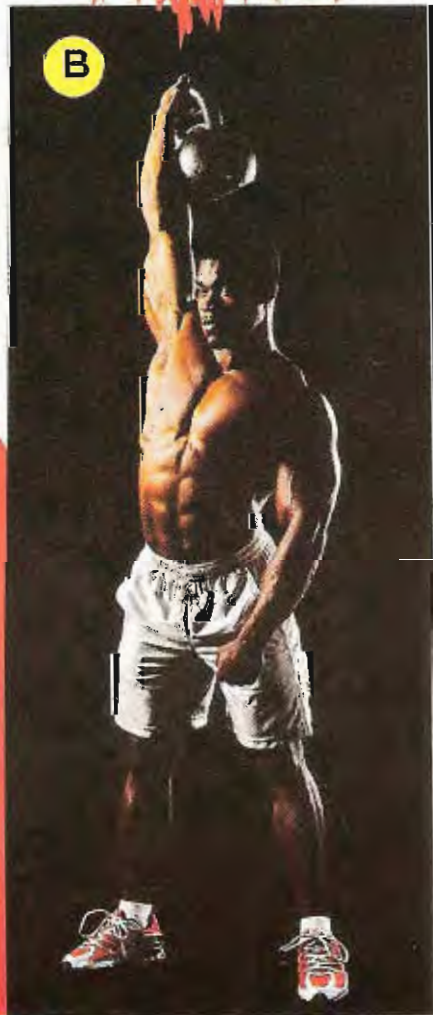
C

Muscles trained Quads, hamstrings, glutes, front delts, core

ONE-ARM SWING

Place one kettlebell between your feet. Push your glutes back, bend your knees and grasp the handle to start. Make sure your back is flat and you're looking straight ahead. Forcefully swing the bell back between your legs, then quickly reverse direction and drive through with your hips, pulling the kettlebell straight out in front of you to shoulder height. Control the weight as you let it swing back between your legs and repeat.

- >> Exhale as you swing the kettlebell out in front of you and breathe in as it swings back between your legs.
- >> Keep your core and glutes tight throughout the exercise.



B

Muscles trained Back, hamstrings, front delts, traps, quads, glutes

ONE-ARM SNATCH

The start position here is identical to the one-arm swing. Look straight ahead and swing the bell back between your legs. Immediately reverse direction and drive through with your hips, pulling the kettlebell up and toward your body as if starting a lawnmower. As it approaches your shoulder, drive the weight straight overhead and catch it, as if performing a snatch.

- >> Exhale as you lift the weight overhead and breathe in as the kettlebell swings between your legs.
- >> Punch through at the top forcefully to lock out the bell overhead.