

FITSTRONG BRISBANE



8 WEEK

**METABOLIC, MUSCLE & STRENGTH
SPRING PROGRAM**

8 Week

Metabolic, Muscle & Strength Spring Program

A Fusion of Kettlebells and Bodyweight Training

**By Jamie Hunter
FitStrong Brisbane**

Disclaimer

This is not a personally prescribed exercise program, but is intended for educational / interest purposes only. You follow the workouts herein at your own risk. You must consult your doctor prior to starting a new exercise program, if you have any medical condition or injury that contraindicates physical activity.

INTRO

The FitStrong Spring Program is a simple fusion of both strength focussed training and metabolic enhancing training using Kettlebells and bodyweight movements..

The three days that we will rotate between place demands on two different energy systems. One pure power and strength and the other endurance and muscle building. Now, you're probably not going to turn into Arnie overnight or even after 8 weeks but creating the stimulation for maintaining muscle hypertrophy helps immensely in creating more favourable conditioning for increasing muscular metabolism and hopefully fat loss.

To simplify, one session you'll lift heavy with lots of rest and the other session you'll push a little longer and get a little out of breath. At FitStrong we heavily promote moving better as well as developing our strengths. With this in mind, the program does include elements of mobility and bodyweight movements also.

4 x 10

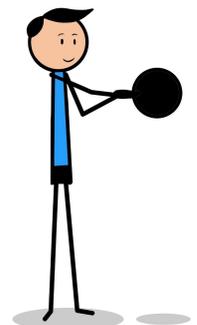
This program is built with four 10 minute sections, finishing with a 5 minute cool down (either static stretches or repeating some of the warm up mobility movements). Why? Oftentimes I hear frustrations that, "I've not got time for a 30 to 45 minutes training session". This program is slightly unique in that you don't have to complete each of the four sections and that if stuck for time, you build your daily routine to meet your time budget. Only got 10 minutes? I'd recommend just running through the warm up mobility routine. Yep, if stuck for time, guaranteed you'll be slightly more stressed too. For that reason your body does not need more stress in the form of muscular stress. The body when under stress needs a reset. The warm up will offer just that. Got 20 minutes? Do the warm up then any of the 10 minute blocks that you'd like to do. Keep it simple.

Of course, you might find that once you start, that you might find it easier to squeeze in one more 10 minute section.... go for it.

Each training session emphasises pressing and rowing to develop the shoulders and arms in general. We play with various leg movements and both days use the kettlebell swing to enhance power and fat utilisation using tried and tested StrongFirst 'Strong Endurance' protocols.

But here's the caveat - I'm not a believer that exercise is a good tool for body fat loss. Yes, strength exercise helps to boost the metabolic rate but pales in comparison to dialing in our nutrition habits.

So, I will be providing just ONE Nutrition Challenge to accompany the exercise component. We'll get to that soon. First though, let's dive in and check out the first day.



Day 1

Part 1a - 7 minutes: [Original Strength warm up prep.](#)

Part 1b - 3 minutes: 2 to 3 rounds of Light [Goblet Squats](#) x 5 and [Birddogs](#).

Part 2 - Roughly 10 mins: Clean & Press, [single](#) or [double](#) kettlebell a 1,2,3,4,5 ladder x 2 rounds.
Use a weight you can **press for 7 reps** with good form.
Don't rush. If you need more than 10 minutes, take it. If you need to start at 10 minutes, then stop.

Ladder progressions							
1,2,3,4,5 x 2 30 reps	2,3,5 x 3 30 reps	2,4,6 x 2 24 reps	1,2,3,4,5 x 2 30 reps	2,4,6 x 2 24 reps	2,4,6 x 3 36 reps	1,2,3,4,5 x 2 30 reps	3,5,7 x 2 30 reps

Part 3 - 10 minutes: **7 Swings Every Minute On the Minute** with a heavy kettlebell - a weight you are confident with, not scared of. Rest more if needed between sets. Getting out of breath is not the goal. Shoot for strong, crisp swings. Rest longer or take a lighter kettlebell if this is not the case.

Part 4 - 'Other Stuff': Fill 10 minutes with a circuit made up with one movement from each column A, B and C below.
Nothing crazy hard, just move from each movement with control.
Links are provided for demonstration purposes.

A	B	C
Step ups Kickstand Squat Lunges (any variations) Single Leg Deadlifts Single leg box squats Roll to Pistol balance	Push Up Variation Bicep Curls Dips Halo Rows Any other arm move you like	Abdominal Hollow Plank Deadbugs Floor L-Sit Crawl

Day 2

- Part 1a** - 7 minutes: Original Strength warm up prep.
- Part 1b** - 3 minutes: 2 to 3 rounds of Light [Goblet Squats](#) x 5 and [Birddogs](#).
- Part 2** - 10 minutes: Press, 3 x 8 reps. Either single arm or double (Use a weight you can press for 10 reps with good form) [Kickstand Squat](#), [lunges](#) or [front squats](#) x 5 (Use a weight you medium to heavy weight you can handle)
- Part 3** - 10 minutes: [Push Up](#) variation. Not to muscular failure. Leave a couple of reps in the tank
1 arm [Kettlebell rows](#), 3 x 8 reps
- Part 4** - 5 minutes: [Hand to Hand Swings](#) with a medium kettlebell. Let the kettlebell float at the top of the swing.
Getting out of might just happen now!

Timing progressions (work : rest ratio in seconds)							
20:20	25:25	20:20	25:25	30:30	20:20	30:30	35:35

- Part 4** - 'Other Stuff': Fill 5 to 7 minutes with a simple circuit made up with one movement from each column A, B and C below. Nothing crazy hard, just move from each movement with control. Refer to Day 1 box for links.

A	B	C
Step ups Single Leg Deadlifts Single leg box squats Roll to Pistol balance Farmers Carries	Bicep Curls Dips Halo Any other arm move you like	Abdominal Hollow Plank Deadbugs Floor L-Sit Crawl

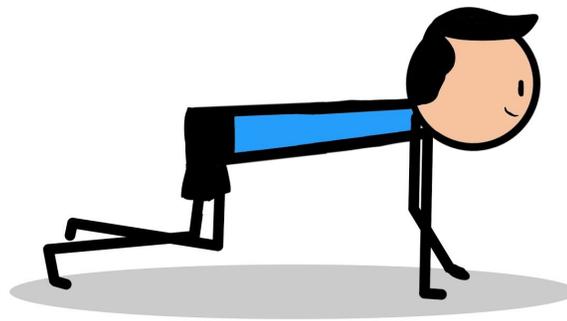
Day 3

Day 3 is an optional workout but recommended.

Part 1 - 10 minutes: Original Strength warm up prep.

Part 2 - 'Other Stuff': Fill 10, 15 to 20 minutes with a circuit of 1 or 2 movements from each column A, B and C below. Just have fun and work at a comfortable pace. Refer to Day 1 box for links.

A	B	C
Lunges Step ups Goblet Squats Lunges (any variations) Single Leg Deadlifts Single leg box squats Roll to Pistol balance Loaded Carries	Push Up Variation Bicep Curls Dips Halo Rows Any other arm move you like	Abdominal Hollow Plank Deadbugs Floor L-Sit Crawl



One Nutrition Challenge

Sugar, it's one legal foodstuff that's causing a storm for our health and a strain on the medical systems of our countries. We all know that it's a problem but don't always realise how much it affects us. The most obvious problem is diabetes (when excess dietary sugars place stress on insulin production to balance glucose in our system) but obesity, heart disease, cancers, behavioural and developmental problems are all matters that can be limited to an extent by controlling how much sugar we consume.

Sugary foods are very energy dense and oftentimes replace more nutrient dense foods. Anyway, you get the idea, reducing sugar consumption is a great idea for both disease prevention and losing a few kg.

This accompanying element challenges you to vastly reduce or even eliminate most added sugar from your life. We'll aim to cut out refined sugar, natural sweeteners and artificial sweeteners. What we want to promote are naturally occurring sugars in fruits, vegetables, and other whole foods - these are acceptable and recommended.

How the Sugar Challenge looks

1. Tackle added refined sugar in your meals and drinks
2. Sugary drinks
3. Cut out sugary snacks, chocolate, sweets, biscuits, cakes
4. The hidden sugars in the foods and meals you buy

Take two week to work on each of these 4 areas

On the first week of each area

- Acknowledge where the sugar is and when and how you eat it.
- How will you address it?
- What alternatives will you take?
- Will you just stop it or substitute it?
- Make up some meal ideas.
- Make a shopping list.

On the second week of each area

'Put your actions in place'.

OUTRO

Final words of wisdom from the Evil Russian himself, who brought the kettlebell back from extinction.

'The kettlebell swing is the Russian army knife of exercises. What else do you call an exercise that can increase both a professional powerlifter's strength and an elite marathoner's endurance?

The swing zaps fat without the dishonor of aerobics, and it develops explosive power and never-quit conditioning. Since I introduced the kettlebell to the West a decade and a half ago, the swing has become a staple in the training of elite fighters and athletes, and has spurred a number of scientific studies that have documented its benefits.'

Pavel Tsatsouline.

If you find this program fun, challenging, making you still want more, get in touch for a more personalised solution, either in person if you are in Brisbane or via online methods.

Get me anytime at jamie@fitstrong.com.au

Find FitStrong Brisbane at www.facebook.com/FitStrongPT

Stay strong and classy,

Jamie