

KETTLEBUILT

6- WEEK

KETTLEBELL

STRENGTH

PROGRAM



Fork and Bell

Fitness Studio

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Medical Disclaimer

Before commencing any new fitness or nutrition program, it is crucial to consult with a qualified healthcare professional or physician, especially if you are a man over 40 or have pre-existing medical conditions. The information provided in this body transformation program is for general informational purposes only and should not be considered as professional medical advice. This fitness program is designed to improve lean muscle tissue and support fat loss, but individual results may vary. It is essential to understand that engaging in physical activities and making dietary changes carries inherent risks, and these should be carefully considered based on your personal health status.

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If you experience any discomfort, pain, dizziness, or other unusual symptoms during the program, discontinue the activities immediately and seek medical attention. Do not disregard professional medical advice or delay in seeking it because of something you have read or learned through this fitness program.

Engaging in physical activities without proper guidance and assessment of your health status may pose risks, particularly if you have pre-existing health conditions. Your health and safety are of utmost importance, and it is recommended to undergo a comprehensive medical evaluation before embarking on any fitness or nutrition program, especially if you are over 40.

By participating in this fitness program, you acknowledge that you have read, understood, and agreed to this medical disclaimer. The creators and affiliates of this program are not liable for any injuries, damages, or health issues that may arise from following the program without appropriate medical supervision.

Program Philosophy

I love the barbell. Let's get that out of the way. But let's face it, sometimes life gets hectic, and dragging ourselves to the gym isn't always practical. Plus, as we get older, we gotta start thinking about taking care of our joints a bit more, right?

That's where kettlebells come in. They're like the versatile Swiss army knife of workouts. You can use them anywhere - your garage, driveway, backyard, you name it. And here's the thing, they're not just for cardio junkies or yoga enthusiasts. Kettlebells, especially when using doubles, are solid for building muscle, too.

And we'll be using a form of density training. Density training is essentially either more work in the same amount of time or the same amount of work in less time. We are using a form of the second in this program. Why? Because density training allows you to regulate yourself. You know your life and your body far better than any coach or trainer ever could. Density training gives you both the ability and responsibility to govern yourself. In my mind this is a safer and superior way to train.

Think about it - we're not trying to be bodybuilders here. We want that functional strength, that athleticism. And let's be real, at our age, we need to be a bit smarter about how we train. Kettlebells offer that perfect mix of strength, mobility, and joint-friendly movements.

So, if you're the kind of guy who's:

- serious about staying fit but also
- wants to enjoy life without being chained to the gym,
- has a good sized collection of kettlebells

this program is for you. It's for us, man - the guys who refuse to let age slow us down but also know the importance of training smart.

Let's build that high level of fitness, be the best versions of ourselves, all while keeping our joints happy. Sound good? Let's do this.

Rep Scheme and Progressions

This program employs a form of density training, where you have a predetermined number of reps for the workout. The goal is to condense the number of sets required to get the reps in.

There is no predetermined rep scheme.

Instead, you perform each exercise until you are 1-2 reps away from form breakdown, then transition to the next exercise. Repeat this process with the second exercise, and once completed, return to the first. Continue alternating between exercises until the prescribed number of repetitions has been hit.

To initiate a weight increase on a set of **primary exercises**, the goal is to get 40 reps in 4 or less sets. (**Sidenote:** the primary exercises will change from one workout to the next)

Example:

You begin the program using a pair of 40lb kettlebells for the double kettlebell clean and press and double kettlebell front squat. In the first workout your sets might look like this:

2kbcIn/press: 8,8,10,7,5,2= 40 reps/6 sets
2kbfrsq: 9,9,11,8,3= 40 reps/ 5 sets

In this scenario, you would stay at 40lbs for both movements in the next workout in which they are the primary exercises. But let's say in that next workout, your sets look like this:

2kbcIn/press: 9,10,11,7,3= 40 reps/5 sets
2kbfrsq: 9,11,11,9= 40 reps/4 sets

Rep Scheme and Progressions Cont.

In the second example, you would increase the weight in the double kettlebell front squat but not in the double kettlebell clean and press.

So you would make the smallest possible jump in bells for the squat but not the press.

Note: You only do this on the workouts where they are the primary exercises. This will make more sense when you see the structure of the program.

Finding Your Starting Weights

For each exercise, you want to start with a weight that you can get 15 reps with, no more. So as they say in strength and conditioning circles your 15 rep max or 15RM. But wait... if you're using a 15 RM, shouldn't you be able to increase right away? Wouldn't it make more sense to start with a 10RM since we are looking to average 10 reps per set?

Consider these two things:

- A) The more time you have training under your maximal efforts, the more progress you will make.
- B) Training with submaximal weights decreases the chances of you getting hurt. Remember, the goal is to get stronger but we're not 20 anymore. Injuries take longer to heal now.

The Workouts

This program is your typical "Do This" kind of program. Meaning I tell you exactly what to do, in terms of the exercises for each workout. What you have to regulate is how hard you work and when to go up in weight. It's a good idea to keep a training journal so you know exactly how many sets it takes you to get to the goal reps for each session. Training journals also help you to see progress. Six months from now, a year from now, you can look back on where you were and see your progress. If you train consistently that is.

3-Day Template

This program probably works best as a 3 day typical Mon/Wed/Fri or Tues/Thurs/Sat split. At least that's how I've always run it and every time I've run the program, either with clients or myself, we've seen significant strength gains.

You'll also see changes in body composition, but honestly, that's as much dependent on your nutrition, maybe more so, than it is your training. But more on that later.

The program will be built off of 6 exercises that you will repeat each workout. They are broken up into "supersets" meaning that you have matched pairs of exercises that you will train together. So each workout will have 3 supersets.

Each workout will have a "primary" superset and two "secondary" supersets. And they will rotate each workout, as will the expected workload. For the primary exercises, you will perform 40 reps total. For the secondary movements, you will be performing 20 reps total. Both primary and secondary movements will be performed with the same open style of reps/sets but you will only make your increases in weight based on the days when a movement is designated as a "primary".

Workout A

A Template

Primary Exercises- 40 reps

- A1) Staggered Stance Double Kettlebell Deadlift
- A2) Double Kettlebell Clean and Press

Secondary Exercises- 20 reps

- B1) Double Kettlebell Front Squat
- B2) Plank Row

Secondary Exercises- 20 reps

- C1) Kettlebell Floor Press
- C2) Kettlebell Reverse Lunge

Optional Assistance Exercises- 10 minute block

- D1) Participants Choice* 8-10 reps
- D2) Participants Choice* 8-10 reps

* This block is a 10 minute density block where you would choose two exercises and do as many sets of 8-10 reps as you can with good form in that 10 minute time frame. This would be a place to add in any additional things the participant may need to work on. Core work or any kind of isolative work for nagging injuries would be ideal for this spot. It's optional and should be treated as such.

Workout B

B Template

Primary Exercises- 40 reps

- A1) Double Kettlebell Front Squat
- A2) Plank Row

Secondary Exercises- 20 reps

- B1) Kettlebell Floor Press
- B2) Kettlebell Reverse Lunge

Secondary Exercises- 20 reps

- C1) Staggered Stance Double Kettlebell Deadlift
- C2) Double Kettlebell Clean and Press

Optional Assistance Exercises- 10 minute block

- D1) Participants Choice* 8-10 reps
- D2) Participants Choice* 8-10 reps

* This block is a 10 minute density block where you would choose two exercises and do as many sets of 8-10 reps as you can with good form in that 10 minute time frame. This would be a place to add in any additional things the participant may need to work on. Core work or any kind of isolative work for nagging injuries would be ideal for this spot. It's optional and should be treated as such.

Workout C

C Template

Primary Exercises- 40 reps

- A1) Kettlebell Floor Press
- A2) Kettlebell Reverse Lunge

Secondary Exercises- 20 reps

- B1) Staggered Stance Double Kettlebell Deadlift
- B2) Double Kettlebell Clean and Press

Secondary Exercises- 20 reps

- C1) Double Kettlebell Front Squat
- C2) Plank Row

Optional Assistance Exercises- 10 minute block

- D1) Participants Choice* 8-10 reps
- D2) Participants Choice* 8-10 reps

* This block is a 10 minute density block where you would choose two exercises and do as many sets of 8-10 reps as you can with good form in that 10 minute time frame. This would be a place to add in any additional things the participant may need to work on. Core work or any kind of isolative work for nagging injuries would be ideal for this spot. It's optional and should be treated as such.

Cardio



Alright, let's talk cardio. If you're working out M/W/F then it's very feasible to do some conditioning work T/TH and possible on Saturday.

That gives you 2-3 days to get that heart pumping. On those days, here is your path to follow:

Kettlebell swings in interval style format

**:20- of work/:40 seconds of rest
x 10 rounds**

Follow this up immediately with a brisk 15-20 minute walk. To level this up, take one of your lighter kettlebells on the walk with you. Switch hands as often as you need, just don't put it down. Stay tall and straight in your posture. If you find you have too much side lean, the bell is too heavy for this venture. The bell should be light enough that it doesn't feel bad at the start but you should be breathing and sweating a bit by the end of the walk.

Best bet?

Morning cardio on an empty stomach.

Yeah, I know the science debates it, but the lean folks swear by it. If you're just not a morning person and can't get that going, then the evening is fine as well. Doing cardio consistently beats not doing it at all.

Nutrition

Alright, friend, let's break down this eating thing for guys like us in the 40+ club. It's not rocket science; it's about making our meals work for us.

So, first up is protein – our muscle's superhero. Grab a good ol' hand-sized portion of protein – could be some chicken, fish, or red meat based awesomeness. Protein supplements can be helpful as well. This guy is here to make sure our muscles stay strong and keep up with our antics.

Now, veggies – our unsung heroes. Toss in a fist-sized pile of veggies – you know, the colorful stuff. They're like the guardians of our health, tackling vitamins, minerals and all the stuff our grandmother used to tell us about

Next is your carbs – the energy booster. Add a fist-sized portion of carbs, like fruits or legumes. We need these guys to keep us rocking through workouts and daily grind. Oh, and last but not least, healthy fats.

If your meal is lean in terms of the fat, add a thumb-sized portion – think avocados or nuts. They're the building blocks for your anabolic hormones so don't skip these.

I get it, man – this sounds like a whole production. But it's not about dieting; it's about eating smart, feeding the machine all while feeling good. Trust me, it's way simpler than it seems, and our “not 20 anymore” bodies will be thanking us for the upgrade!

Meal Blueprint

1. Protein (Hand-sized): Chicken, pork, fish, red meat or protein supplement sources for muscle repair and growth.
2. Vegetables (Fist-sized): A colorful mix for vitamins, minerals, and overall well-being.
3. Carbs (Fist-sized): Grains or legumes to keep our energy levels on point.
4. Healthy Fats (Thumb-sized, if needed): Avocados, nuts, or the good fat crew to support various bodily functions.

Mix these in, keep it simple, and let's fuel ourselves right!

Protein Sources

Understand that the following lists are not all inclusive but should serve as a guide for helping you to create meals that you enjoy and that work for you.

1. Chicken (Breast, Thigh, Drumstick)
2. Turkey (Ground, Breast, Thigh, Drumstick)
3. Beef (Sirloin, Tenderloin, Round)
4. Pork (Tenderloin, Loin Chops)
5. Lamb (Leg, Loin)
6. Fish (Salmon, Tuna, Cod, Tilapia, Trout, Mackerel, Haddock, Swordfish)
7. Shellfish (Shrimp, Crab, Lobster, Clams)
8. Eggs (Whole Eggs, Egg Whites)
9. Dairy (Greek Yogurt, Cottage Cheese)
10. Bison
11. Venison (Deer Meat)
12. Organ Meats (Liver, Kidneys)
13. Game Meat (Elk, Wild Boar... because Texas)
14. Poultry (Duck, Quail, Pheasant)
15. Sardines
16. Anchovies
17. Whey protein
18. Caesin protein
19. Pea protein

Basically anything that had eyes or was going to have eyes (like eggs) is a protein.

I don't have vegan options listed other than the pea protein as that is a more complicated approach and outside of the scope of this project.

Vegetable Sources

1. Broccoli
2. Spinach
3. Carrots
4. Bell Peppers (Red, Green, Yellow)
5. Tomatoes
6. Cauliflower
7. Zucchini
8. Sweet Potatoes
9. Cabbage
10. Kale
11. Asparagus
12. Brussel Sprouts
13. Cucumber
14. Eggplant
15. Green Beans
16. Mushrooms
17. Onions
18. Celery
19. Radishes
20. Butternut Squash
21. Artichokes
22. Beets
23. Swiss Chard
24. Snow Peas
25. Okra
- 26.

Carb Sources

1. Brown Rice
2. Jasmine Rice
3. Quinoa
4. White Potatoes
5. Sweet Potatoes
6. Oats
7. Barley
8. Bulgur
9. Farro
10. Lentils
11. Whole Grain Pasta
12. Chickpeas
13. Black Beans
14. Kidney Beans
15. Pinto Beans
16. Corn
17. Peas
18. Apples
19. Berries (Strawberries, Blueberries, Raspberries)
20. Grapes
21. Kiwi
22. Plums
23. Peaches
24. Nectarines
25. Cherries

Fat Sources

1. Avocado
2. Olive Oil
3. Nuts (Almonds, Walnuts, Pistachios)
4. Seeds (Chia Seeds, Flaxseeds, Sunflower Seeds)
5. Fatty Fish (Salmon, Mackerel, Sardines)
6. Coconut Oil
7. Dark Chocolate (in moderation, choose varieties with higher cocoa content)
8. Nut Butters (Peanut Butter, Almond Butter)
9. Chia Seeds
10. Flaxseed Oil
11. Walnut Oil
12. Hemp Seeds
13. Cashews
14. Olives
15. Grass-fed butter

Sample Menu

Day 1

1. Breakfast: Scrambled eggs, spinach, oat meal, olive oil (used to cook eggs)
2. Snack 1: Greek yogurt, celery (to scoop the yogurt), grapes, almond slivers
3. Lunch: Grilled chicken breast, salad greens, sliced apple, oil and vinegar dressing
4. Snack 2: Whey Protein, spinach, mixed berries, nut butter
5. Dinner: Grilled salmon, steamed asparagus, sweet potatoes, grass-fed butter

Day 2

- Breakfast: Scrambled eggs, spinach, oat meal, olive oil (used to cook eggs)
- Snack 1: Greek yogurt, celery, grapes, almond slivers
- Lunch: Grilled turkey breast, roasted Brussels sprouts, quinoa, grass-fed butter
- Snack 2: Whey Protein, spinach, mixed berries, nut butter
- Dinner: Baked Cod, steamed asparagus, jasmine rice, grass-fed butter (either melted on the fish or rice)

Day 3

- Breakfast: Scrambled eggs, spinach, oat meal, olive oil (used to cook eggs)
- Snack 1: Cottage cheese with pineapple chunks, baby carrot sticks, and a sprinkle of almond slivers.
- Lunch: Grilled chicken thighs with a side of roasted cauliflower, quinoa, and sliced avocado
- Snack 2: Whey Protein, spinach, mixed berries, nut butter
- Dinner: Baked chicken breast with steamed broccoli, brown rice, and avocado slices.

Hey, just a heads up—pick a breakfast, lunch, and snack that you actually enjoy or at least don't mind eating, and stick with those during the week. Keep the variety for dinner. The menu above throws in some different options to give you ideas, but trust me, the simpler you keep your nutrition game, the more likely you are to stick with it. It's all about finding what works for you without making things complicated.

Fasting



Fasting... should you or shouldn't you? I am a fan of fasting. But it's not for everyone. So before you decide yay or nay, hear me out on why first. I'm what you would call a typical endomorph in terms of my body type. I put on muscle fairly easily. But I can pack on fat like nobody's business. So unless I am in a specific muscle building phase of life where that is the sole goal of what I'm doing, I typically employ some type of fasting.

I have experimented with most of the general recommendations. The 16/8 split was the first one I tried. I found fairly quickly though that one to two 24-hour fasts a week did much better for me. It allowed me to "batch" my fasting into one or two days a week. I'd fast from dinner to dinner on Sunday into Monday and then again Wednesday into Thursday (if I felt like I needed it). That way I was eating every day and didn't have to ever miss a dinner with my family because of some weird "fitness" thing I was doing.

As of right now, I'm really enjoying the daily routine of fasting until lunch, eating dinner followed by a small snack and calling it a day. I track two things, protein intake (I get goal weight in grams) and calorie intake via Myfitnesspal.

So... should you fast? You don't have to. You can follow the meal planning recommendations made above and see great success. It's simple and effective. However, if you're like me and the extra body fat is always lurking around the corner, fasting may be a tool to help you keep it at bay. It's worked for me and for my clients that have used it as well.

Wrapping Up

Final thoughts... Alright, so we've gone through the whole program, exercises, cardio, and nutrition. Now, it's just a matter of picking the path you want and getting it done.

Keep in mind, this is a 6-week journey, at least. Don't expect miracles overnight. To truly succeed, forget about the results and focus on the daily grind. Plan your meals, get that protein in, hit those workouts hard. Instead of endlessly scrolling through your device, get some shut-eye.

If you've got questions, don't hesitate to reach out. Help is available at info@forkandbellfitness.com, or drop me a line personally at info@davescottcoaching.com.

Once the dust settles and your 6 weeks wrap up, shoot me a message and share how it went. Happy training!