



Pat Flynn's...

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CHRONICLES OF STRENGTH

A Fitness Minimalist Manifesto

MINIMALIST MUSCLE



More
Muscle,
Less Time

ChroniclesOfStrength.com **Pat Flynn**

Minimalist Muscle

The formula for muscle is simple, obvious, and often ignored: Use lower reps and heavier weight for the business of getting strong, then use higher reps to fetch the muscle and fill yourself in.

Each day will start with one or two lifts done in a heavy, low-rep manner. Following that will be a more strenuous assault on the muscles.

There are five—just five—exercises in this program: The double clean and press, the deadlift, the front squat, the weighted dip, and the weighted pull-up.

Acceptable substitutions for the dip include bench press or weighted push-ups. Acceptable substitutions for the deadlift, if you don't have access to a barbell, would be single leg deadlifts, performed with two kettlebells.

The formula for muscle is simple, obvious, and often ignored.

It is critically important that you operate at the prescribed weights, otherwise you won't get the response you want. How do you know you're going heavy enough? You should want to quit after the first set.

Day 1:

A1: Weighted Dip: 6 sets x 4 reps @ 5 rep max

B1: Double Clean and Press: 10 sets x 5 reps

B2: Double Kettlebell Front Squat : 10 sets x 5 reps

Day 2:

A1: Deadlift: 6 sets x 4 reps @ 5 rep max

B1: Weighted Dips: 10 sets x 5 reps @ 7 rep max

B2: Weighted Pull-Ups: 10 sets x 5 reps @ 7 rep max

C1: 10-15 Minutes of Metabolic Conditioning*

Day 3: Off (Brisk walking and mobility work only)

Day 4:

A1: Front Squat: 6 sets x 4 reps @ 5 rep max

B2: Deadlift: 5 sets x 10 reps @ 7 rep max

B3: Double Clean and Press: 10 sets x 5 reps @ 7 rep max

Day 5:

A1: Weighted Pull-Up: 6 sets x 4 reps @ 5 rep max

B1: Front Squats: 10 sets x 5 reps @ 7 rep max

B2: Weighted Dips: 10 sets x 5 reps @ 7 rep max

C1: 10-15 Minutes of Metabolic Conditioning*

Day 6: Off

Day 7: Off

Metabolic Conditioning

Because you're going so heavy for the strength and hypertrophy work, the metabolic conditioning here will be restricted to single kettlebell complexes.

Options to choose from for this program include:

[The 9-Minute Workout](#) (one round of this is plenty on the days metcon is prescribed)

[The Beastmother](#)

[Fresh Off The Yacht](#)

Switch between these three every workout, don't do the same one twice in a row.

Nutrition

This lean gaining protocol is slightly similar to what's found in my [14-Day Kettlebell Fat Furnace](#), but with a few alterations to promote the gaining of weight rather than the losing of it.

Important Note: You will need to calculate your weekly caloric maintenance level, because this will dictate the size of your “solid food meal” at the end of the day. I need you to add at least 500 calories a day to that maintenance level starting out. You can go more than that, if you're feeling aggressive, but if you want to stay as lean as possible while gaining muscle, it's best to bring calories up slowly, rather than heaping them on.

Needed Supplements:

1. Quality Whey Protein (Preferably organic and from grassfed cow, undenatured, cold processed—I recommend [Raw Organic Whey](#))
2. Fish Oil—Pharmaceutical grade only (I recommend [Nordic naturals](#), or equivalent)
3. Greens supplement (I recommend health force nutritionals [spirulina/chlorella](#) and [vitamineral green](#)),
4. Coconut Oil—Organic, extra virgin, cold processed (I recommend [Nutiva](#))

Protocol

15 Minutes upon waking: 30-40* grams of whey protein, heaping spoonful of coconut oil, greens shake (mix of spirulina/chlorella and vitamineral green—take recommended dosing of both), 4 fish oil capsules (you want approximately 4,000mg of fish oil)

Pre-Workout: 20-30 grams of whey protein, 4 fish oil capsules

Post-Workout: 30-40 grams of whey protein, 50-60 grams of carbohydrates (50 grams if you take 30 grams of protein, 60 grams if you take 40 grams of protein—fresh fruit is the best option, here), greens shake, 4 fish oil capsules

Meal 4: 30-40 grams of whey protein, 4 fish oil capsules

Meal 5: Solid Food Meal, featuring quality protein, healthy fats, and fibrous, color veggies. No sugar, nothing processed. Ex: Arugula salad with extra virgin olive oil and lemon, salmon, broccoli and sweet potato*.

Meal 6 (consume an hour or so before bed): 30-40 grams of whey protein, spoonful of coconut oil, 4 fish oil capsules.

***NOTE:** *You want to consume at least 1 gram of protein per DESIRED pound of bodyweight, hence the variance in protein intake. So, if you WANT to be 150lbs, for example, be sure to consume 150 grams (or more) of protein per day.*

***NOTE:** *Again, carbs post-workout are optional, but only for those who meet the body fat percentage guidelines. That is, you need to earn your carbs by being lean. Stick to fresh fruit, mostly—berries are always a good option.*

***NOTE:** *It's during your one solid food meal per day where you will need to hit your daily caloric quota. Make it big enough to reach that number. Starches are OK here, but keep them limited to roots and tubers, like the sweet potato.*

A Review of the Scientific Process

Q. Pat, did you see the recent study on the kettlebell swing. Looks like the world of science is finally catching up. Thoughts? –John Jannes

[The Acute Hormonal Response to the Kettlebell Swing Exercise](#)— From The Journal of Strength and Conditioning Research.

A. What we have here is a consortium of very predictable outcomes, a collection of already firmly established facts, and a resource useful only for helping the kinds of people who experience great difficulty arriving at easy conclusions. In brief, ignoramuses.

I indulge in one specimen: kettlebell swings done with a light to moderate weight for time demonstrated a spike in hormones responsible for exercise adaptations. Thus, the kettlebell swing exercise might provide a good supplement to resistance training programs.

Put that into *bumpkinese*, and you get this: What you see here is that the ketyball swing is an exercise which if you do it gives you all the prosperities of doing exercise.

I wonder what's next for the prestigious Journal of Strength and Conditioning Research. If they are open to suggestions, I have two:

1. Investigate the effects of scalding water on the skin, preferably on themselves or Baptist clergyman. I offer myself up as an observer, and will even supply mineral water from my private reserve, and bring it to a boil.
2. Next, to discover the effects of hanging on the neck.

- Pat

Time-Crunched Workouts

The theme of the time-crunched workouts this month is locomotion. That is, moving around in different and unusual ways. Animal based locomotion, I mean trying to mimic the movement of various vermin, is a worthwhile thing to do from the standpoints of both mobility and metabolic conditioning.

The Elephant Walk

Reminds me of the [Colonel Hathi's scene](#) in the jungle book.

10 Swings
5 Goblet Squats
3 [Elephant Walks](#) (take this slowwww)

x 5 Rounds

The Orangutan Walk

10 Swings
[Orangutan Walk](#) x 50 meters (25 meters in one direction, 25 meters back, working both sides)
5 push ups

x 5 rounds

The Leopard Sprint

5 x one arm swing (R+L)

5 x clean (R+L)

5 x snatch (R+L)

[Leopard Sprint](#) x 50 meters

x 5 founds

The Best of Facebook Ramblings (May 2014)

An Inner Circle member requested me to compile the best of my Facebook content, because he believed it was worth having compiled and kept around. I liked the idea, and I hope you do, too.

Nutrition is the steering wheel. It decides where you will end up, and in what direction you will ultimately move.

Heavy lifting is your gas pedal, and will get you to where you need to be. Apply it liberally, but not all the time.

Resting is your brake pedal. So know when to slow down; look for the yellow lights, and always stop at red.

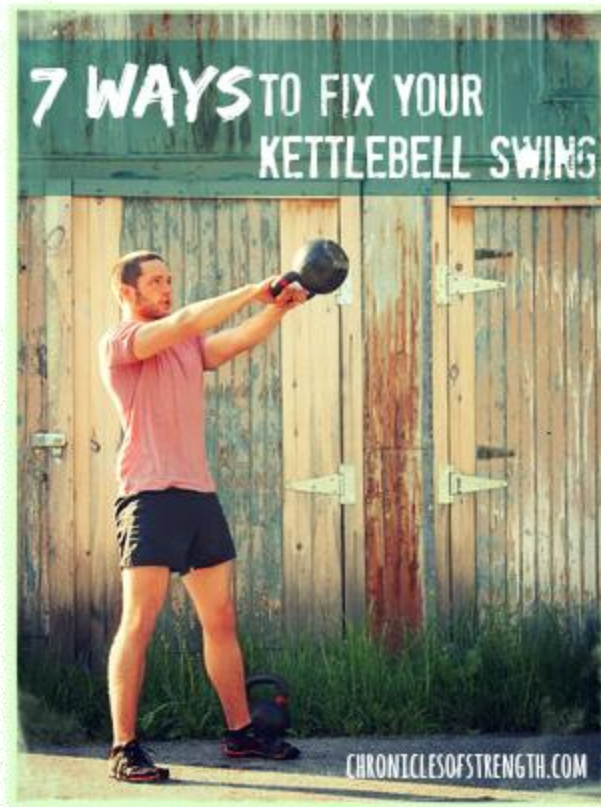
Metabolic conditioning is your nitrous oxide. It can get you where you want to go faster, if applied judiciously and at the right times. Otherwise it will work against you, and possibly even wreck your engine.

And every excuse you make is a branch fallen in the road, an inevitable detour.

So the best way to reach your goals is to get your nutrition set first, then use heavy lifting to get you the majority of the way there, while adding a little metabolic conditioning, here and there, to accelerate things, to rest as needed, and, of course, to quit dawdlin' and hit the road.

- = +

- Pat



The kettlebell swing, like so many movements, is filled with riddles and surprises. But the more you study about the movement, the more you find out its secrets.

This is the deep charm of movement. I mean you can practice and study a thing—I mean a movement—for years and get to know almost nothing but the most elementary things about it. I mean most people never pass the first grade.

Because too many people chase the quantitative aspects of movement (How heavy can I go? How many sets can I do?) and too few hunt the qualitative (How graceful can I be? How consistent can I keep my form? Can I make it look smooth, fluid, and seemingly effortless?)

But it's in combining the two—the quantitative and the qualitative—where really cool and interesting things start to happen. Going heavy, but making it look easier. Going fast, but keeping it smooth. Getting tired, but staying consistent.

They should be interwoven, and tightly knitted into your training program, the quantitative and the qualitative. The goal should not be to just do more sets, but to do more sets while making the last look identical to the

first. The goal should not be to just use more weight, but to use more weight and make it look like you're using less. The goal should not be to just gather more reps, but to gather one perfect rep many times.

Will you ever get that perfect rep? Seriously, I doubt it. But it's worth aiming for. Because even if you fall a little short, you still end up pretty high.

So here's what I want you to do today. Below, I've collected some notes on the kettlebell swing, or how to improve it. I want you to study them, and put them into your training. I want you to focus on the nuances, and work towards making each rep of your swing as powerful and as graceful as you can make it.

Here are the notes:

1. Gather Float

Don't block the bell. Let it soar (just not overhead). A quality swing should produce a quality float. Meaning, the bell should continue to rise after your hips have finished extending. Let it.

2. Active Descent

Don't let gravity do all the work, that isn't the way to do it at all. Instead, actively throw the bell back down into the hips. This will help to better load the hips for the next rep, and deepen your hinge.

3. Break the Handle

Imagine you're trying to bend the handle of the kettlebell like a horseshoe throughout the swing. This will flare your lats, pack your shoulders nicely, and stop them from protruding forward. Just be sure to keep your elbows locked (see point 6).

4. Jump through the Heels

Perhaps the most effective (and simple) cue for teaching the hip snap. Simply think of jumping through your heels when executing the swing. We say "through the heels" to remind you to keep them planted on the ground, and not go air-born.

5. Plank at the Top

The top of the kettlebell swing should very closely resemble a four-point plank. You should be standing tall, and not leaning back. Your abs should be braced, and you should be squeezing your butt cheeks. Your thighs should be tense, and your kneecaps tugged slightly upwards. Certainly it's a good drill to practice planks between swings to get the idea.

6. Elbows Locked

Locked elbows help to ensure the best possible shoulder position, the best transmission of force, and to avoid any unnecessary strain on the biceps. Plus, swinging with unlocked elbows makes you look like a T-rex pushing a shopping cart.

7. Match the Breath

All good movement can be reduced to good breathing. With the swing, the breath should match the movement with a deep inhalation through the nose on the back swing and a sharp exhalation as you drive the hips forward.



The Old School Lead In

A classic conditioning workout, and one that I lifted from the late Brian Petty.

Two very cool things about this workout:

1. It's a powerful fat burner, and will quickly boost your work capacity and "poise under pressure".
2. It's not long, nor is it crushing on the nervous system, so you can do it often (4-5x a week is ideal) and get really awesome results from it.

For years this was the lead in to Brian Petty' bare knuckle boxing class. He used it as a way to get the system primed and the sweat pouring.

The workout itself is very simple, and great for any kettlebell neophyte. But don't discount it because of that, this is something I still do at least 2x a week either as a lead in, or a finisher. It's that good.

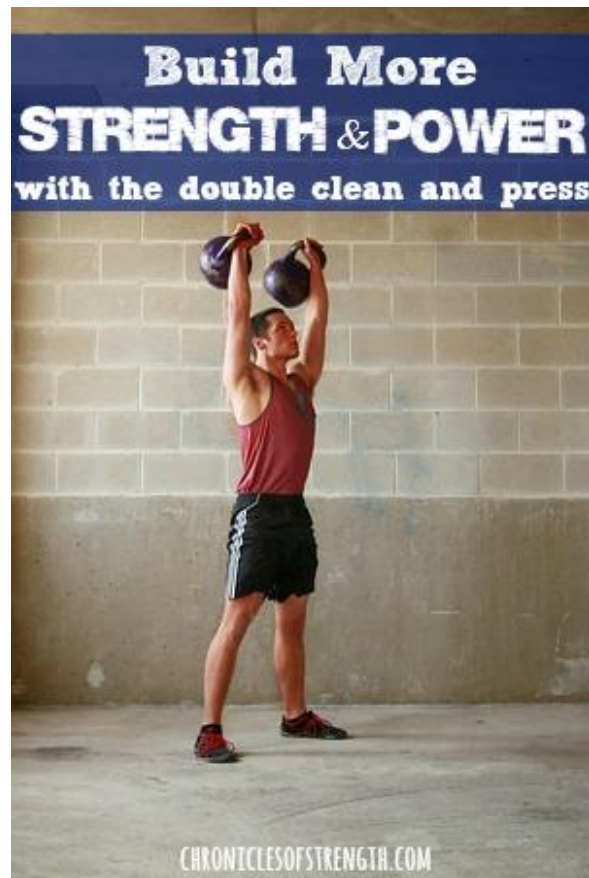
Men use at least a 24kg, women use at least a 16kg

Two Hand Swing x 30 Seconds

4-Point Plank x 30 Seconds

Skip Rope x 60 Seconds (this is your active recovery)

Perform five rounds.



The Double Clean and Press

No matter what your goal is (strength, fat loss, or more muscle) this movement can get you there, and it can get you there quick, too.

Very few exercises hit as many muscle groups all at once as the double clean and press does, and even fewer allow you to so seamlessly combine strength (upper body grind) and power (low body ballistic). The result is huge metabolic hit.

What's cool is the double clean and press can be easily tweaked to fit any set of goals. Go higher rep for muscle, go heavier for more strength and power. For fat loss, eat broccoli.

So check it out, here's one of my favorite double clean and press workouts.

NOTE: This will FRY you, so be sure your technique is 100% on point (see below) before you even think about attempting this.

Ok, so put 10 minutes on the clock (any more than that will be overkill)

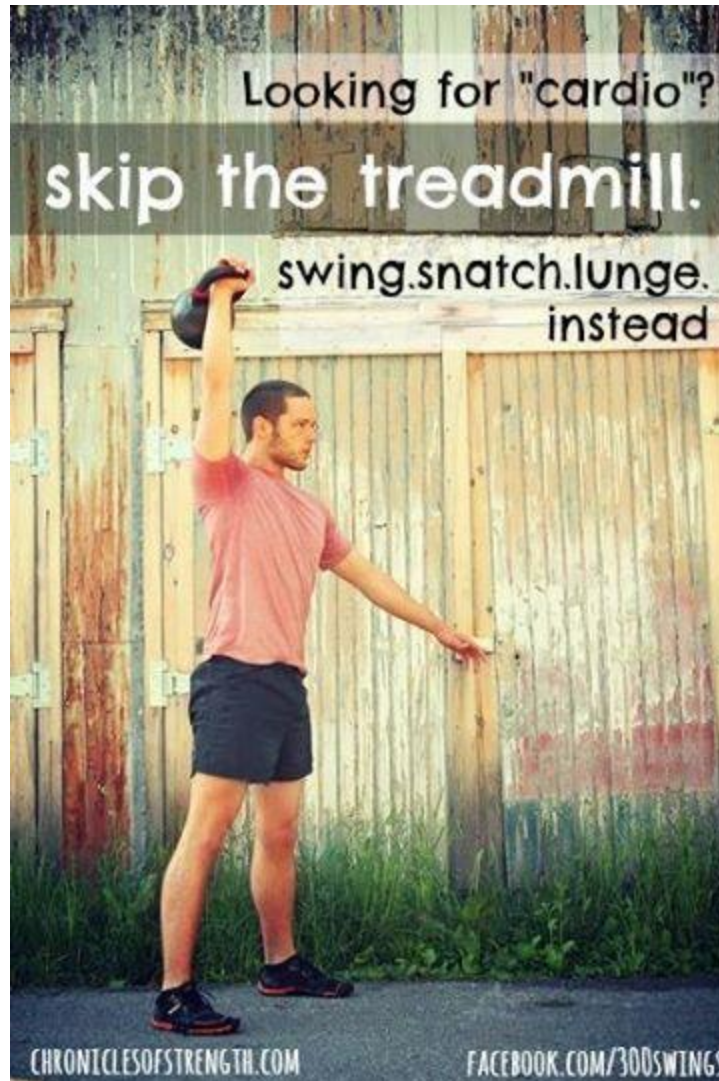
Then, on the minute, every minute, perform a set of five double clean and presses (that's one clean between every press).

Men use 2x24kg, women use 2x16kg.

The double clean and press demands study and attention. Do your homework before you take the test.

For a technique reference video, and a description of some of the more subtle nuances, go [HERE](#):

==> <http://bit.ly/1nPJVao>



It's Memorial Day, which for the many of us means a day of relaxing in the sun, drinking beer, and expanding on sausages.

So if you're going to have your cheat meal, enjoy it. In the long run it won't matter much.

However, if you plan on going the whole hog this Memorial Day and over-engorging yourself, here are two tips to mitigate the damage (fat gain).

1. Keep carbs low throughout the day until your big pig out (or even fast)
2. Get in an intense metabolic session beforehand

To help you with the latter, I've put together a short, but heavy and

intense kettlebell workout for you to use as a pre-emptive strike on all those calories.

So check it out, here's what I got for ya':

3 Rounds of the following single arm complex:

5 one-arm swings
5 snatches
5 lunges

Men use a 24kg, women use a 16kg

THEN, 5 rounds of the following double kettlebell complex:

1 squat + 1 press right
1 squat + 1 press left
1 squat + 1 double press
1 squat + 1 press right
1 squat + 1 press left
1 squat + 1 double press

Men use 2 x 24kg, women use 2 x 16kg

For a video demo of both, go HERE:

==> <http://bit.ly/1IN5nKA>



The "Heartbeat Squat"

It's important, if you want to squat deep, to mobilize from the **BOTTOM** of the squat position.

But what if you can't get to the bottom of a squat? Well then this drill--the heartbeat squat--can help you circumvent that.

Grab a kettlebell, or some other light object (I use my son Roan in the video, but I'd recommend a kettlebell, they're far cheaper), to counterbalance you into a deep squat. Keep the object pinned fairly close against your chest on the descent.

Once you reach the bottom, straighten your elbows and push the weight straight out in front of you, posturing up against it.

Imagine that you're trying to elongate the spine, pushing the top of your head up towards the ceiling and your tailbone down towards the ground.

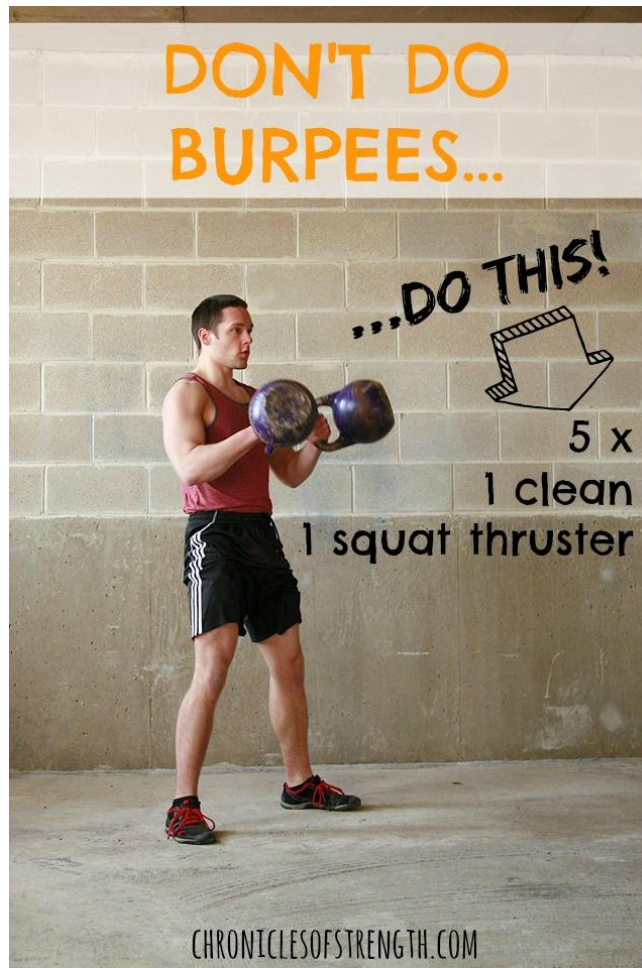
Keep the heels planted. Push the knees out. Make a proud chest.

You can do this drill for time (holding the weight out in front of you for extended periods) or reps, both work well.

I would recommend working this drill before any heavy squatting routine to supple the hips, set your posture, and activate the core. What you'll find, over time, is this will improve both your squatting depth, posture, and integrity.

For a video demo, go [HERE](#):

==> <http://bit.ly/1nLnWSb>



I don't think the Burpee is inherently dangerous, but I do think it's rather pointless.

It can get your heart rate up, sure, but it's hard to make it any more challenging or useful unless you continuously speed it up. And by doing that your form will quickly begin to deteriorate.

So eventually the Burpee is hardly recognizable as a Burpee at all, and instead becomes a Mushee. This is when it gets dangerous, and is an all too common thing to see.

So I've come up with a replacement for the Burpee--a sinister kettlebell complex--and what you'll find, as soon as you try it is that 1) it's far more heinous than the burpee could ever hope to be, and 2) far more useful for building strength and blasting fat.

And because it requires the use of two heavy kettlebells, you can't get away with anything less than perfect form unless you're no longer interested in being a going concern, which is fine, too.

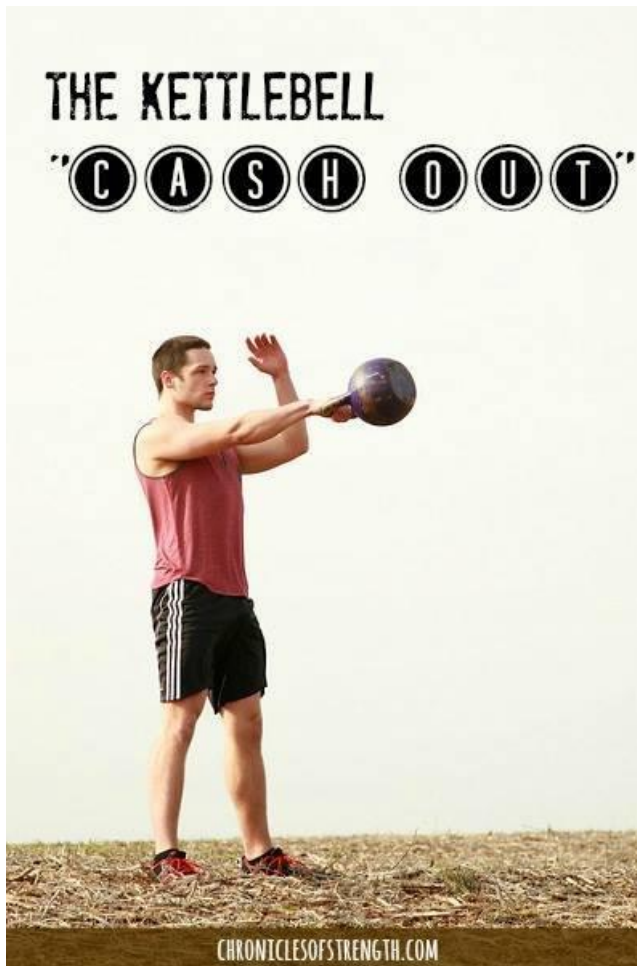
So check it out, here's what I got for ya:

5 x [1 Double Clean + 1 Double Kettlebell Squat Thrust]

Set 15 minutes on the clock and perform as many rounds as you can with FAULTLESS form.

For a video demo, go HERE:

==> <http://bit.ly/1m6imbD>



1 Quick (and Dirty) Kettlebell "Cash Out"

A cash out, or you might call it a finisher, should come at the END of a strength training session (never do metabolics before strength).

The goal isn't to deliver a full on metabolic beat down, but simply a quick slap; just enough to boost the afterburn effect of high intensity exercise (EPOC) so you can burn more calories and fat throughout the day.

"Cash outs" should take no more than 10 minutes. Get them done quick and uncomfortably. I mean they should be short and miserable.

So check it out, here's one of my favorite cash outs.

It's not overly crushing (still very tough), so you can tack it on to the end of just about any heavy strength session without overdoing it.

One arm swing x 1 + clean x 1 + press x 1 + squat x 1

One arm swing x 2 + clean x 2 + press x 2 + squat x 2

One arm swing x 3 + clean x 3 + press x 3 + squat x 3

...

And so on and so forth up until you are performing five reps of each exercise.

For a video demo, go [HERE](#):

==> <http://bit.ly/1to10M1>



Kettlebell Rack Holds

1. Punish the abs (without requiring a single crunch or sit-up)
2. Build massive withholding strength (they make you VERY difficult to move)
3. Teach you to breathe shallowly, "behind the shield", and while under

tension (making them a perfect drill for learning deep, diaphragmatic breathing--a skill which will boost your strength in all other lifts)

4. Teach you to maintain "poise under pressure", or composure under stress.

5. Test and improve mental toughness without forcing you to do something stupid (try the workout below, and you'll see what I mean).

The rack hold was actually the first kettlebell exercise I ever learned, even before the swing.

I came into the gym and my old coach handed me 2x24kg kettlebells, and forced me to hold a two minute rack.

It was an enormously long and unpleasant experience, like Easter church service, and the only relief I could find was in vulgarities.

But the next day my abs were surprisingly wrecked, and it felt like somebody had treated my traps with a baseball bat very generously. I was sold.

Now a good rack position is essential for all double kettlebell movements, particularly squats and presses.

Here are a few key points:

1. The forearms should be close to vertical and pinned against the rib cage.
2. Your fists should be below your chin (imagine you're trying to draw your elbows to your hip. This will help to fire the lats).
3. Your spine should be long and tall (don't lean back).
4. Your breath should be drawn deep and into the belly (imagine the crude cue of "breathing into your balls", even if you don't have any).
5. Stay tight. Squeeze the glutes, brace the abs, and tighten your quads. Tense every muscle you can while in the rack (except for your neck and face).

So check it out, here's one of my favorite rack hold workouts.

This will help you to establish a strong rack position, and also help you to maintain good form under fatigue. It's definitely a mental toughness workout, too.

Set 15 minutes on the clock, and perform as many rounds of the following as you can with GOOD form:

5 x Double Clean and Press
30 Second Rack Hold

Rest as little as you need, but as much as you have to between sets.

Men use 2x24kg (at least)

Women use 2x16kg

For a video demo, go **HERE**:

==> <http://bit.ly/1nbGyyG>



My friend Jen Sinkler, fellow kettlebell enthusiast and head honcho over at [Thrive as the Fittest](#), stopped by our place a few weeks back and offered up this cool new workout.

So check it out, this one's a little bendy, a little twisty, and a lot of fun.

Here's what you do:

1 bent press; 2 skater squats; 3 push presses; 4 cleans

Do a few rounds of these and you'll be feelin' it (literally) all around. Even better, complete 10 kettlebell swings between each round and you'll be feeling very satisfactory about yourself.

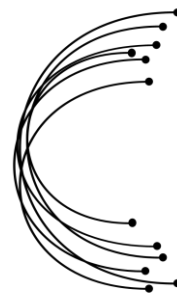
Not familiar with the bent press or skater squat? Check out the full video [HERE](#):

==> <http://bit.ly/1gel5ly>

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Gold Members receive:

- Chronicles of Strength Inner Circle newsletter
- Time-Crunched Workouts-of-the-Month
- Minimalist Meal of the Month (MMM!)
- Exclusive email access to me
- Monthly Gold Webinar
- One (1) Personal Fitness Critiques
- Up to a 40% discount on products and events



CHRONICLES
OF STRENGTH

As a valued Chronicles of Strength Inner Circle member, you'll receive periodic email alerts pertaining to breaking news, spontaneous ideas and my personal musings. If you run teleseminars, webinars or events and would like to have me as a guest expert, email me to discuss.

Upcoming Events

- "For Dummies" Workshop and Book Tour 2014 – With the launch of *Paleo Workouts for Dummies* and *Intermittent Fasting for Dummies*, Pat will be traveling extensively throughout 2014, putting on workshops and seminars to coincide with the book tour. If you are interested in hosting one of Pat's live training events, please email ChristineMooney@ChroniclesofStrength.com for more information.
- August Killing It With Kettlebells Instructor Level Certification (8/22-24) with Epic Abs Seminar with Aleks Salkin (8/24): To Register, email PatFlynn@ChroniclesofStrength.com with the subject line "KIWK"
- The 300 Swings Challenge – I challenge you to swing a kettlebell 300 reps per day every day for a month. That's 9,000 swings. Think you're up to the challenge? Then head over to [Facebook.com/300swings](https://www.facebook.com/300swings) to learn how to enter.
- The 14-Day Fat Furnace Webinar – Thursday, June 5th at 1 pm ET and again at 8 pm ET. Register here: <http://bit.ly/1kjRT7U> (1 pm ET) <http://bit.ly/1huqgZz> (8 pm ET)

Publisher & Editor - Pat Flynn, Chronicles of Strength, LLC.

(P) 262.825.2085 (E) patflynn@chroniclesofstrength.com

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