



*Pat Flynn's...*

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# CHRONICLES OF STRENGTH

*A Fitness Minimalist Manifesto*

## A FAT, COARSE,

AND OFFENSIVE VOLUME OF SHORT AND  
INTENSE FAT-BLASTING KETTLEBELL WORKOUTS



ChroniclesOfStrength.com **Pat Flynn**

# A Fat, Coarse, and Offensive Volume of Short and Intense Kettlebell Workouts

The purpose of this newsletter is to venture a number of new ideas. You will find included complexes, combos, and chains, and definitions and applications of each. You will also find, by the way of a special guest contributor, who's Nebraskan, a feature on crawling.

But some context should be given. These workouts are best applied judiciously and in moderation. You need not to do them often to get the major benefit. It's better, in reality, if you don't, else you might cancel out the advantages of being a minimalist.

For any of these workouts, adhere to a firm limitation of 15-30 minutes per session, no more than 2-3 times per week. These are best used in conjunction with a minimalist strength program. [Note: Workouts such as these—which is to say, of a very high intensity—should succeed strength training, never precede it.]

And remember this: to keep fat loss efficient, keep your workouts inefficient. In other words, mix it up. The selection here will give you enough variety until Christmas, I hope. And by then, I should be able to come up with something new.

- Pat

## Complexes

Complexes—what can I say of these that I haven't already said before? Complexes are my prize sample, my most barbarous and efficacious tool for the swift ruination of body fat.

Complexes, simply put, are a series of movements performed back to back with little to no rest in between. **They produce an enormous metabolic effect and caloric afterburn**, not by taxing any one muscle group to complete exhaustion, but by keeping the system as a whole—the heart, the lungs, the kidneys, etc—under a prolonged period of stress.

*Complexes are my prize sample, my most barbarous and efficacious tool for the swift ruination of body fat.*

Complexes can be heavy, or they can be light. They can be done for reps, or they can be done for time. **There are as many complexes out there as there are flavors of Ben and Jerry ice creams. All of them are unique, and all of them are special in their own way.**

In this newsletter, however, I will whittle the selection down for you, and give you a series of complexes different enough to produce rapid results.

### **Complex 1: Single-Sided**

This is a single-sided complex, to be done first on your right, and then repeated on your left. Men use 24kg; women use 12-16kg. [CLICK HERE](#) for a video demo.

5 x one arm swing  
5 x staggered stance squat  
5 x military press

### **Complex 2: Crazy 8s**

This complex features eight reps of three movements: **the military press, the front squat, and the bent over row**, in that order. I like using a sandbag for this complex (I prefer the sandbag over kettlebells for rows), but you may use a set of double kettlebells if you'd like. [CLICK HERE](#) for a video demo (in this I am using a 100lb sandbag, which is good for most averagely strong males, give or take 20lbs, females should use 30-50lb). If using kettlebells, males use 2x20-2x24kg; females use 2x8-12kg.

8 x military press  
8 x front squat  
8 x bent over row

### **Complex 3: The Fat-Blaster 9000**

This complex, which is a minor extension of the last, with some of the reps cut (it is a good policy, by the way, to cut reps as you increase the number of exercises in a complex, less you feel particularly spunky) can be done using only kettlebells or a mix of kettlebells and sandbag. [CLICK HERE](#) for a video demo. Males use 2x20-2x24kg; females use 2x12kg-2x16kg.

5 x military press  
5 x front squat  
5 x bent over row  
5 x deadlift  
5 x two hand swing

#### **Complex 4: The Chiseler**

This complex features two of **my favorite, and most effective, movements for chiseling the upper body**: the double clean and press, and the push up. If you need a quick, brutal upper body strength and metabolic workout, this should be your go to. [CLICK HERE](#) to see a video demo. Males use 2x20-2x24kg; females use 2x12-2x16kg.

5 x double clean and press  
5 x push up

#### **Complex 5: The 9-Minute Workout**

The title sums it up.

One-Hand Swing x 60 Seconds (30 seconds on your right + 30 seconds on your left)

One Arm Clean x 60 Seconds (30 seconds on your right + 30 seconds on your left)

One Arm Snatch x 60 Seconds (30 seconds on your right + 30 seconds on your left)

One Arm Clean and Press x 60 Seconds (30 seconds on your right + 30 seconds on your left)

Lunge x 60 Seconds (30 seconds on your right + 30 seconds on your left)

Single Leg Deadlift x 60 Seconds (30 seconds on your right + 30 seconds on your left)

Two Hand Swing x 30 Seconds\*

Goblet Squat x 30 Seconds

Push Press x 60 Seconds (30 seconds on your right + 30 seconds on your left)

Swing Burpee x 60 Seconds\*

\* I am giving you the option to choose whether or not you'd prefer to perform the two-hand swing for 60 seconds or the swing burpee for 60 seconds. In the video below I perform the two-hand swing for 60 seconds and the swing burpee for 30 seconds, but honestly, I much prefer the reverse, to work the two-hand swing for 30 seconds and the swing burpee for 60 seconds. Your call. [CLICK HERE](#) for a video demo.

# Combos

Combos are a series of movements, like complexes, with the primary difference being **you rep cycles of movements, rather than each movement individual**. This means you will string together a series of exercises, say, like the swing, clean, squat, and press, but only do one rep of each, one after the other. That would be one cycle. A combo of five cycles would be to repeat that sequence—again only do one rep of each movement—five times.

## Combo 1: Take Five

This is my favorite combo. **It features (almost) all the core kettlebell movements:** the swing, the clean, the snatch, the press, and the squat, performed in that order. You do one rep of each, and repeat for five cycles. Do it on your right first, then immediately on your left. [CLICK HERE](#) for a video demo. Men use 20-24kg; women use 12-16kg.

5 cycles of:

- One arm swing
- One arm clean
- One arm press
- One arm snatch
- One arm squat

## Combo 2: Take Six

This is exactly the same as the last, but adding in **a full Turkish Get-Up at the end**. This amounts to an enormous challenging, adding a get-up at the end. For this reason, you will now only do 3 cycles instead of five. Men use 20-24kg; women use 12-16kg.

3 cycles of:

- One arm swing
- One arm clean
- One arm snatch
- One arm press
- One arm squat
- Turkish get-up

### Combo 3: Piggy

This is probably **the simplest, but most effective single kettlebell fat-burning combo**. It's a clean to a thruster, essentially. This means you clean the bell up, take a deep squat, then use the momentum of the squat to thrust the bell overhead. This works great going heavy or light, so I give a wider rep and weight range here, and encourage you to experiment. Men use 16-32kg; women use 8-20kg.

5-10 cycles of:

One arm clean  
One arm Squat to press

### Combo 4: The Teeter-Totter

This combo, which is slightly a complex/combo hybrid, features the see-saw press. The see-saw press should move like a teeter-totter, with one arm extending as the other flexes. Men use 2x20-2x24kg; females use 2x12-2x16kg.

3 cycles of:

1 x double clean  
1 x see-saw press  
2 x double front squat

### Combo 5: The Revolver

Similar to Piggy, but with a one arm swing added in. Specifically, I want this variation to be **done lighter, with more cycles and at a quicker tempo**. Males use 20kg; females use 8-12kg.

5 cycles of:

One arm swing  
One arm clean  
One arm thruster

## Chains

Chains are where you pick a body part to pick on. **They are, simply, a combo with a ladder build into one specific pattern.** Meaning, and let's just pretend, that you choose to demolish your shoulders. You would then add a ladder to whatever pattern/movement is most related to that body part. Probably, in most cases, that would be the military press. All other patterns would remain constant.

To give an example:

### **Chain #1: The Shoulder Wrecker**

With this combo we are going to climb a 1-5 single arm press ladder. Because this is a single arm complex, you want to climb all the way up on one side first, and then switch and repeat on the other. Males use 24kg; females use 12-16kg.

1 x one arm swing  
1 x one arm clean  
1 x one arm press

1 x one arm swing  
1 x one arm clean  
2 x one arm press

1 x one arm swing  
1 x one arm clean  
3 x one arm press

1 x one arm swing  
1 x one arm clean  
4 x one arm press

1 x one arm swing  
1 x one arm clean  
5 x one arm press

### **Chain #2: The Double Shoulder Wrecker**

This chain is identical to the first, except it is now a double kettlebell chain. Males use 2x20-2x24kg; females use 2x12-2x16kg.

1 x double arm swing  
1 x double arm clean  
1 x double military press

1 x double front squat

1 x double arm swing  
1 x double arm clean  
2 x double military press  
1 x double front squat

1 x double arm swing  
1 x double arm clean  
3 x double military press  
1 x double front squat

1 x double arm swing  
1 x double arm clean  
4 x double military press  
1 x double front squat

1 x double arm swing  
1 x double arm clean  
5 x double military press  
1 x double front squat

### Chain 3: The Quadominator

The sequence here is Fibonacci—1, 2, 3, 5, 8, 5, 3, 2, 1, applied to the staggered stance squat. **The goal is to get up and down that ladder as quickly as possible with good form.** The staggered stance squat is a less fancy alternative to the pistol, but equally, if not more effective, for bugging the quads. [CLICK HERE](#) for a video demo of the movement (Note: in this video I am using a sandbag. When using a kettlebell you will hold it in the goblet position. There is otherwise no difference.) Males use 24kg; females use 16kg.

1 x one arm swing  
1 x one arm clean  
1 x staggered stance squat  
1 x military press

1 x one arm swing  
1 x one arm clean  
2 x staggered stance squat  
1 x military press



1 x one arm swing  
1 x one arm clean  
3 x staggered stance squat  
1 x military press

1 x one arm swing  
1 x one arm clean  
5 x staggered stance squat  
1 x military press

#### **Chain 4: The Quadocalypse**

Here the challenge is to get up a double front squat ladder and back down without resting the bells. Of course, if form starts to fail, exercise prudence and take a rest. Males use 2x20-2x24kg; females use 2x12-2x16kg.

1 x double arm swing  
1 x double arm clean  
1 x double front squat

1 x double arm swing  
1 x double arm clean  
2 x double front squat

1 x double arm swing  
1 x double arm clean  
3 x double front squat

1 x double arm swing  
1 x double arm clean  
4 x double front squat

1 x double arm swing  
1 x double arm clean  
5 x double front squat

#### **Chain 5: The Rattan Stick**

This one feels like you've gotten a proper paddling on the behind. A swing ladder, essentially, up to twelve (and back down), skipping by twos. You break the swings up with one very deep, controlled goblet squat. Males use a 24kg; females use a 16kg.

2 x two hand swing  
1 x goblet squat

4 x two hand swing  
1 x goblet squat

6 x two hand swing  
1 x goblet squat

8 x two hand swing  
1 x goblet squat

10 x two hand swing  
1 x goblet squat

12 x two hand swing  
1 x goblet squat

# Crawling: The Missing Link in Strength Programming

**Guest Article by: Aleks Salkin**

All of you love strength. How do I know this? C'mon, you're in Pat Flynn's Inner Circle, which means you have a taste for the finest – the finest in fitness information, the finest in minimalistic, take-no-prisoners training, and the finest in personal improvement and performance. And by now you've no doubt come to embrace (or at least come to terms with, if you're a recovering endurance athlete), the importance of strength for the attainment of all of your goals, be they fat loss, body composition, athletic performance, and so on.

And in the world of strength, we can very comfortably rely on legendary coach Dan John's list of five basic human strength movements. For those unfamiliar, they are as follows:

- Push
- Pull
- Hinge
- Squat
- Gait – from walking, running, or sprinting under load (usually called the loaded carry).

These will take you just about as far as you could ever want to go to conquer any goal you set before yourself.

Well, almost.

As with anything, there's a caveat – the proverbial “catch” we're all expecting and waiting on. Fortunately, however, this is not a “catch” in the traditional sense, but a 6<sup>th</sup> category that acts as a catch-ALL – ground work. Dan is so generous that he's (rightfully) added a 6<sup>th</sup> category to the previous five categories (at no extra cost to you, of course). Ground work includes basically anything you do with more than your feet on the ground, such as rolling, rocking, and perhaps most intriguingly, crawling.

Just like walking on two legs, crawling requires that one use contralateral limb movements – meaning right arm and left leg, left arm and right leg – and is one of the most powerful ways that children build the strength necessary to imbue their bodies with resilience and the first drops of athleticism that they will continue to add to their bucket throughout their lives.

But the secret here is that crawling doesn't stop being beneficial once we learn how to walk – much like walking doesn't cease to be beneficial once we learn how to run. As we teach in Original Strength, crawling is the basis for your gait patterns, and the stronger your gait patterns are, the stronger YOU are. Fortify your base and it is much easier – and safer – to build a higher and higher peak, be it in a given sport, strength training, or simply the ability to run around and play with your kids and grandkids without fear of tweaking something or wiping yourself out in the process.

Beyond just that, crawling contains much deeper benefits for your health and physical performance. Chief among them is stimulating your vestibular system – your balance system – which is responsible for keeping you reflexively stable, i.e. helping your body to anticipate and react to movement before you can consciously react to it. Every muscle in your body is tied to your vestibular system (especially your core and back).

Beyond just *that*, your nervous system is developed through the stimulation of your vestibular system. I would call that somewhat important, particularly considering strength training is essentially nervous system training – training it to become more efficient at certain movements, training it to send more nerve force to your muscles to contract them harder, thereby making you stronger.

**Crawling, therefore, is a very important component in strength training.** What's more, it's *gentle* strength training for the entire body. Everything gets in on the action because everything HAS to in order to move you from point A to point B: your arms, legs, core, your entire back, etc. Your heart and lungs will also find themselves pumping and chugging like a locomotive. But best of all, it carries with it a very low systemic stress, meaning crawling hard – even daily – is unlikely to wear you out. VERY unlikely. And as we know, the more you practice, the better you get. And the more you practice while FRESH, the more skilled you become at something.

So given that crawling is something that has a powerful impact at bringing every muscle in your body online, teaching them to work together as a unit and not as a bunch of disparate parts, and can be done daily, it's safe to say that turning it into a part of your daily routine will take you from skeptic to believer as regards its unbridled power to transform you again, just as it did when you were a child.

The solution for you, the dear reader? Well, there are about a million and a half, ranging from raw beginners to seasoned elite. We'll start off with just enough crawling to get you the feel for it, and fast.

Before your training session, and just after your warm up, get down on your hands and knees, look forward and keep looking forward, and simply crawl. Remember to use the opposite arm and leg. If this is confusing, simply touch your right arm to your left knee, then put both of those limbs one step forward. Repeat on the other side. Stay relaxed and continue until you feel your heart rate start to go up a bit. From there, begin your training session.



Do this for a month and take stock of the changes in a few major areas:

- Improved strength
- Improved posture
- Better coordination
- Better mobility and flexibility
- Improved recovery

There are plenty of other things to look at and look for, but this is a good start. As far as programming, don't worry much about that yet. Just do it and watch what happens. Be consistent with this – in fact, do it in the days you're not training as well – and the results will speak for themselves.

Simple? Yes. Effective? Oh hell yes. Crawling and any other groundwork you may do will fit itself in nicely between every other category with no need to stress out about how to re-work your current program. It's meant to be there to begin with, so there's no need to rearrange your life to try to pencil in some crawling.

Don't trust me – try it. Give it a month and watch the magic happen. And let me know how it goes – I'd love to hear about it.

## **Crawling your way to a more booty-licious squat**

**Guest Article by: Aleks Salkin**

There are a few things you must know about training for strength.

- 1) Squats are one of the best ways to build full-body, top-to-bottom strength
- 2) Squats are one of the best ways to build a slammin' ass.

And that's it!

Yeah, okay, fine, there's more, but squatting does cover a helluva lot of ground. In fact, Dan John has said that in times in which his life was most chaotic, he always did front squats first in his training – just in case his training got interrupted, because at least he would know he got in a good session if he at least did front squats.

In fact, the fastest results I've had in terms of muscle building and overall strength (and yes, even upper body strength) was when I was doing the most front squats.

So you get it: squat already. But there's a little more to it than that. If you want to get a nice lookin' booty, shallow, above parallel (where your hip crease is in the same imaginary line with your knee) just ain't gonna do the trick. You've gotta go deep, man. Physical therapist extraordinaire Gray Cook has noted that squats done below parallel will build your glutes easily and those that don't...well, won't.

But you have movement restrictions. And you're inflexible. And you have to warm up, foam roll, and pray to any god that will listen to get your squat going semi-smoothly. It's time for you to get on your hands and knees. But this time, instead of praying to obscure deities for the requisite mobility and strength to squat, you're going to crawl.

Why will this help?

Any acute injuries excepted, crawling will work wonders in resetting your nervous system and freeing stabilizers and prime movers from the prison of confusion and overwork they've been doing – allowing your stabilizers to stabilize and your prime movers to get some heavy-ass work done (pun intended). This is part and parcel of what it means to regain your reflexive stability in any areas in which it may be lost. What this means for your performance is simple: your big sexy gym muscles are no longer going to be splinting your joints to keep them safe and stable through reduced mobility – that will fall back upon the stabilizer muscles. And once this happens, your joints can start regaining their full, natural range of motion better, without all that excessive mobilizing and soft tissue work that so eats into so, so much squatting time.

What's more, that crawling will not only increase your mobility through improved reflexive stability, but will fire your brute strength through the roof.

Case in point: in early 2013, after doing zero squatting (shame on me) and doing nothing for my lower body but crawling a ton for about two months, I decided to put my squatting skills to the test.

My previous rep max with two 24 kg kettlebells? 10. My new rep max after only crawling for two months? 20.

You read that right, twenty in a row, and I have the video proof:

<https://www.youtube.com/watch?v=T8xRwxBsdY4>

The first 17 were easy as hell – the last 3 were progressively tougher, and I'm sure that if I had pushed a little harder, I would have nailed another 2 or 3 at least. Plenty of others have told the same story.

Why does this all work so well? Quite simply, **once your body gets back to its roots and re-learns the way it was made to move, everything else falls into place very quickly**, leaving you few other options but to succeed.

So if booty building is what you're after (and please tell me it is) the answer is not only "squat", but squat more often, heavier, and with greater ease. Combine it with crawling and you'll notice something especially interesting: despite the difficulty of the weight you're using, throughout your session it will actually get MORE effortless, while the strength and muscle

building effect will stay intact. Plus, you'll get a nice boost in the cardio area, as crawling paired with squatting will leave your heart and lungs chugging like a locomotive speeding up a hill.

Here's a sample program for you.

Crawl 10 paces

1 clean + front squat

Crawl 20 paces

1 cleans + 2 front squats

Crawl 30 paces

1 clean + 3 front squats

REST AND REPEAT.

Within a few short weeks you'll notice a vastly improved muscularity in your thighs as well as a boatload more explosive power, immediately usable flexibility, far superior work capacity – all in less time than it would take for you to go through your pre-workout mobilization rigamarole.

What's not to love about that?

Give it a shot – rippling muscle, never-say-die conditioning, and a head-turning booty await you.

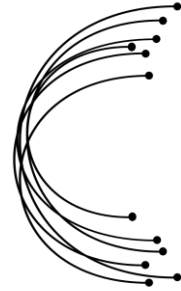
### **About Aleks Salkin**

*Aleks Salkin is a StrongFirst-certified kettlebell instructor (SFG), StrongFirst-certified bodyweight Instructor (SFB), and an Original Strength Specialist. He grew up scrawny, unathletic, weak, and goofy, until he was exposed to kettlebells and the teachings and methodology of Pavel in his early 20s. He is currently based out of Jerusalem, Israel and spends his time spreading the word of StrongFirst and calisthenics, and regularly writes about strength and health both on his website and as a guest author on other websites. Find him online at <http://www.alekssalkin.com>.*

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CHRONICLES  
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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](mailto:ChristineMooney@ChroniclesofStrength.com) for more information.
- April 10-12<sup>th</sup>, 2015: Killing It With Kettlebells Certification. Save \$500 with the Early Bird Discount if you register before 1/1/2015. How to Register: Go HERE: ==> <http://bit.ly/1vu5tPK>



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