

CONTENT

I. KETTLEBELL LIFTING – GENERAL INFORMATION

- KETTLEBELL LIFTING – A BRIEF HISTORY.....
 - There were 3 major ways or purposes to use Kettlebell:*.....
 - Kettlebell Fitness*.....
 - Kettlebell Juggling*.....
 - Kettlebell Lifting*.....
- LEGENDS OF GIREVOY SPORT.....
 - Serghey Mishin*.....
 - Ivan Denisov*.....
 - Anton Anasenko*.....
 - Ksenia Dedukhina*.....
 - Valery Fedorenko*.....
 - Sergey Rudnev*.....
- BASIC EQUIPMENT.....
 - Kettlebell*.....
 - Weightlifting Shoes*.....
 - Weightlifting Belt*.....
 - Weightlifting Platform*.....
 - Olympic barbells and weights*.....

II. THE NERD STUFF – A MUST FOR AN EDUCATED S&C COACH.....

- DIFFERENCE BETWEEN CYCLIC AND ACYCLIC SPORTS AND MOVEMENTS
- MICRO CIRCULATION IN WEIGHT TRAINING:
- CONCENTRIC AND ECCENTRIC HYPERTROPHY OF THE HEART.....
- COGGAN POWER ZONES AND HOW AND WHEN TO USE THEM IN KETTLEBELL LIFTING
- POWER VS “POWER”!.....
- STRENGTH
- POWER
- MUSCULAR ENDURANCE

III. NUTRITION

- GENERAL NUTRITION INFORMATION.....
 - Nutrients*.....
 - Glycemic Index and Glycemic Load*.....
 - Vitamins*.....
 - Minerals*.....
 - Water*.....
- ENERGY REQUIREMENTS
- DIETARY GUIDELINES
- Healthy diet recommendations*
- DIETARY SUPPLEMENTS, SPORTS NUTRITION FOODS AND ERGOGENIC AIDS FOR HEALTH AND PERFORMANCE.....
 - Effects of dietary supplements, sports nutrition foods and ergogenic aids for health and performance*.....
 - Protein drinks*.....
 - BCAA – branched-chain amino acids*.....
 - HMB – beta-hydrokxy beta-methylbutyric acid*.....
 - Glutamine*.....
 - Creatine*.....
 - Beta-alanine*.....
 - Caffeine*.....
 - Carnitine*.....
 - Other dietary supplements, sports nutrition foods and ergogenic aids for health and performance*.....

IV. ENERGY SYSTEMS

- MAXIMAL AEROBIC POWER (MAP).....
- ENERGY (QUICK INTRODUCTION)
- VO2 kinetics*
- Correlation between energy system and power output*
- INTENSITY ZONES
- Body adaptation to each intensity Zone*
- STRENGTH AND ENERGY SYSTEMS TRAINING.....
- Energy Systems*.....
- Intensity zones*.....

V. KETTLEBELL LIFTING TRAINING

- THE PROCESS OF LEARNING HOW TO HANDLE THE KETTLEBELL
- BEGINNERS EXERCISES
- Dead Lift with Kettlebell*
- Dead Swing with a Kettlebell*.....
- Two Hand Swing*
- One Hand Swing*
- Hand to Hand Swing*.....
- Clean*.....
- Push Press*.....
- Half Snatch*
- ADVANCED EXERCISES
- Jerk*.....
- Snatch*.....
- PACE.....
- PERIODIZATION FOR KETTLEBELL FITNESS (EGSA).....

VI. KETTLEBELL LIFTING – GIREVOY SPORT

- BIATHLON
- Jerk*.....
- Snatch*.....
- LongCycle*.....
- EGSA KETTLEBELL LIFTING PERIODIZATION
- Special Physical Preparation (SPP)*.....
- Basic exercises for SPP*
- Beginners program*
- Intermediate program*
- Advanced program (for LongCycle and/or Jerk)*
- Advanced Program for Snatch*.....
- Training Samples*

VII. PERIODIZATION OF STRENGTH.....

- ANATOMICAL ADAPTATION
- HYPERTROPHY
- MAXIMUM STRENGTH.....
- CONVERSION
- Conversion to Muscular Endurance of Medium Duration Method:*.....
- BASIC EXERCISES FOR GPP
- Squat*.....
- Back Squat*.....
- Front Squat*.....
- Sits*
- Jump Squats*.....
- Push Press*.....

Row
Plyo Squat
Plyo "Dead Lift"
Plyo Jump
Plate Holds
Kettlebell Holds
Wrist Rolls
Hyperextension:
Leg raises

BONUS

VO2MAX BOOSTER TRAINING PROGRAM FOR LONGCYCLE! (3 WEEKS)

EPILOGUE

APPENDIX A: IUKL RANK SYSTEM 2015
APPENDIX B: WORLD RECORDS (UPDATED OCTOBER 2015)
REFERENCES AND RECOMMENDED READING:
SOURCES OF PICTURES:
ABOUT THE AUTHOR
GREGOR SOBOCAN