

THE GIANT

5 Kettlebell Clean & Press Programs For
Strength, Conditioning, And Fat Loss



BY GEOFF NEUPERT

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DISCLAIMER

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including *THE GIANT*. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

It is strongly recommended that you have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you not use *THE GIANT*, please follow your Doctor's orders.

All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this workout, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this program are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise without proper instruction. Always perform a warm-up prior to all forms of training.

INTRODUCTION

The kettlebell Clean & Press is a Transformative Exercise.

Maybe even more so than the kettlebell Swing.

Why?

It adds in the elements of the Swing and combines them with:

[+] Increased abdominal loading

[+] Upper body musculature overload

[+] Challenging cardiovascular work when performed with heavier loads, higher reps, or better yet – both

The result is a stronger, leaner, more muscular physique that is more “go” than “show” when compared to using more traditional exercises.

Furthermore, this “transformation” can be done in 90 minutes a week - 3X 30 minute training sessions, making it incredibly time-efficient, yielding a very large ROI for time actually invested.

And when programmed correctly, you continue to make progress because you control the pace of your training within the specific parameters.

Speaking of, THE GIANT’s training parameters are based upon:

1. The Repetition Max (RM)
2. Variable Loading
3. Autoregulation

Let’s briefly take a closer look at each...

The Repetition Max (RM)

I've been using this simple training concept from almost Day 1 of my training back in 1989. The concept is simple: Pick a number - like 5, and perform the heaviest load you can for that number.

A 5RM is a 5 rep max - a weight you can safely lift a maximum of 5 times before your technique crumbles.

RMs are great training tools because they allow you to train hard without burning out your Central Nervous System.

Furthermore, RMs allow us to use percentages of fixed loads - like kettlebells - so our bodies adapt to the load - making the load feel easy - but not the stimulus. This is the key to adaptation - making progress.

Finally, RMs allow you to measure progress quickly - week-to-week - as well, especially when you use -

Variable Loading

Variable Loading was used by the Soviet Weightlifting Teams in the 1970s and 80s and has been recently re-popularized by StrongFirst's *PlanStrong* programming and Johnny Parker's book, *The System*.

In traditional American strength programming, volume and intensity are coupled - as volume decreases, intensity increases, and vice versa. This usually happens across a given training cycle, ending with the heaviest weights possible. This is known as Linear Periodization.

In Variable Loading, volume and intensity are not related. They are variable, seemingly random. And many times, heavy weights are strategically planned across a training cycle.

The Soviets demonstrated that Variable Loading produced 61% greater results in strength than traditional Linear Periodization.

What drives the Variable Loading in THE GIANT is -

Autoregulation

Autoregulation is when the output during a training session is governed by the athlete/trainee, based on loose criteria or guidelines.

Specifically in THE GIANT, the trainee uses a predetermined number of reps per set and training session length, but he/she dictates the rest between sets, and therefore the total number of sets and the amount of work performed per session.

On “good” days, the trainee can push and do a lot of work. On “bad” days, the trainee can “coast” and do a bare minimum. Both contribute to training variability and therefore faster progress.

Finally, when THE GIANT programs can be used with a single kettlebell or a pair of kettlebells. Either will yield results. My preference is a pair of kettlebells. Why? Faster results because there is more stress on the body to change.

I. THE GIANT 1.0

- Program duration: 4 weeks
- Set your timer for 20 or 30 minutes
- Use your 10 Rep Max (10RM)
- Perform as many sets as possible in the allotted time period
- Try to get one more set each week
 - Rest as needed
- It should go without saying – using great form

Day 1: Clean + Press

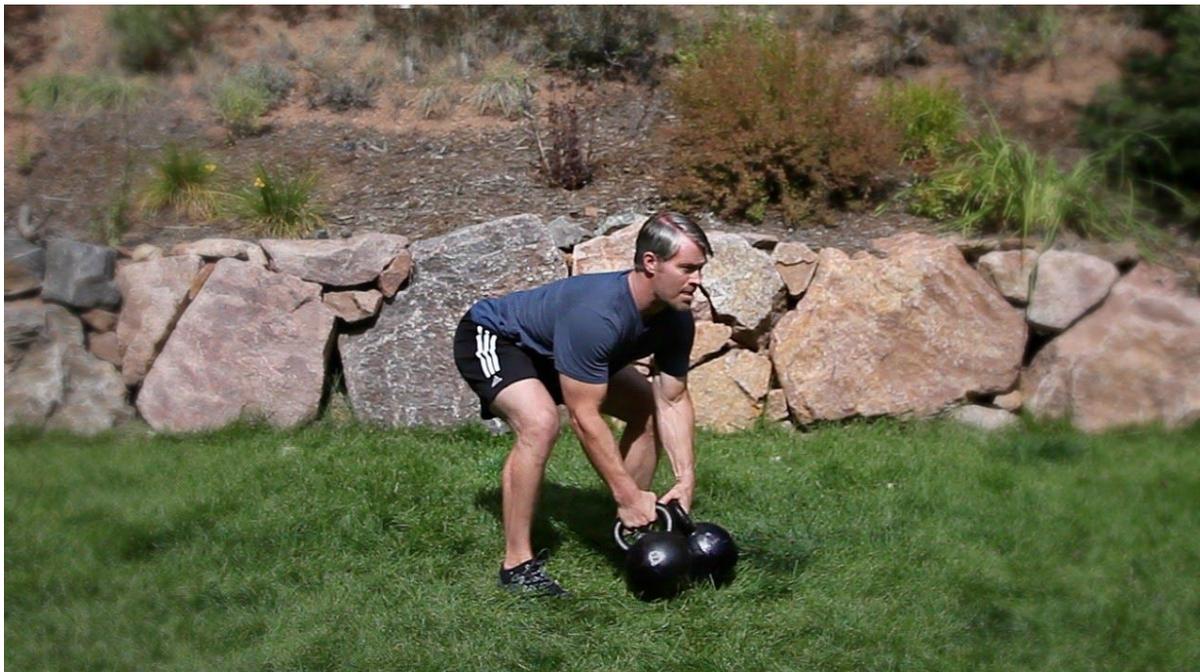
- Sets of 5

Day 2: Clean + Press

- Sets of 6

Day 3: Clean + Press

- Sets of 4



II. THE GIANT 1.1

There's nothing wrong with continuing a cycle. This one follows on from THE GIANT 1.0

- Program duration: 4 weeks
- Set your timer for 20 or 30 minutes
- Use your 10 Rep Max (10RM) from THE GIANT 1.0
- Perform as many sets as possible in the allotted time period
- Try to get one more set each week
 - Rest as needed
 - It should go without saying – use great form

Day 1: Clean + Press

- Sets of 6

Day 2: Clean + Press

- Sets of 8

Day 3: Clean + Press

- Sets of 7



III. THE GIANT 1.2

Powerlifters often use 12 week cycles to peak their strength. Use this cycle as a follow up to The Giant 1.1 and make your old 10RM feel ridiculously light.

- Program duration: 4 weeks
- Set your timer for 20 or 30 minutes
 - Use your 10 Rep Max (10RM) from THE GIANT 1.0
 - Perform as many sets as possible in the allotted time period
- Try to get one more set each week
- Rest as needed between sets
- It should go without saying – use great form

Day 1: Clean + Press

- Sets of 7

Day 2: Clean + Press

- Sets of 9

Day 3: Clean + Press

- Sets of 8



IV. THE GIANT 2

This variation uses ladders, which allow for more volume and minimize fatigue.

- Program duration: 4 weeks
- Set your timer for 20 or 30 minutes
 - Use your 10 Rep Max (10RM)
 - Perform as many sets as possible in the allotted time period
- Rest as needed
- It should go without saying – use great form

Day 1: Clean + Press

- Ladders: 3,4,5

Day 2: Clean + Press

- Ladders: 3,5,7

Day 3: Clean + Press

- Ladders: 4,6,8



V. THE GIANT 3.0

Here's how to make a heavy Clean + Press, say, your 5RM, feel light.

- Program duration: 4 weeks
- Set your timer for 20 or 30 minutes
- Use your 5 Rep Max (5RM)
- Perform as many sets as possible in the allotted time period
- Rest as needed
- It should go without saying – use great form
- Retest your 5RM after this cycle – either use a heavier KB or turn it into a true RM test where you seek to do as many reps as possible.

Day 1: Clean + Press

- Sets of 2

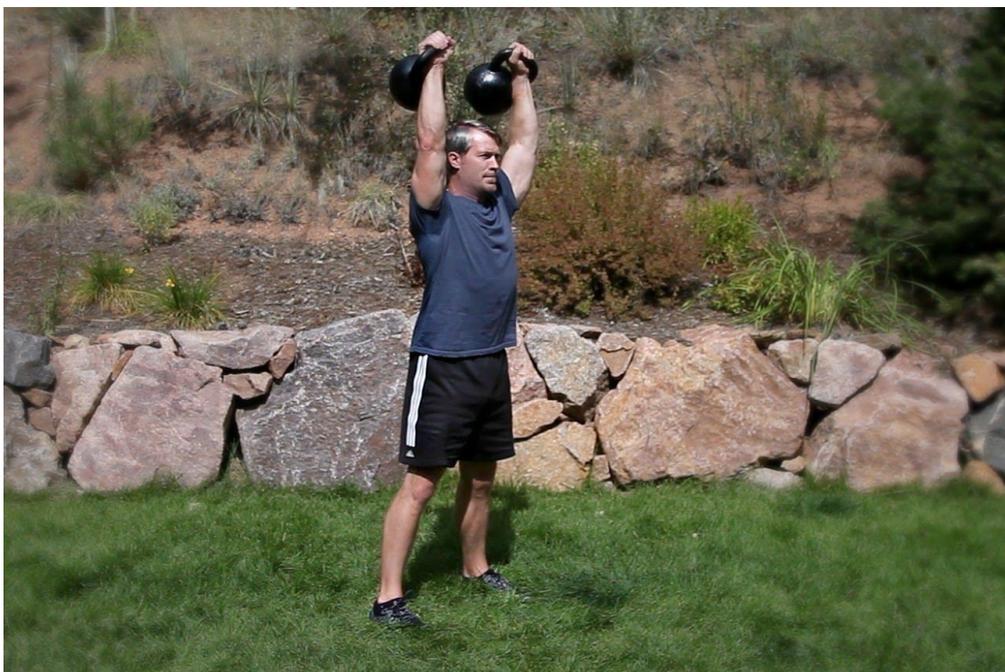
Day 2: Clean + Press

- Sets of 3

Day 3: Clean + Press

- Sets of 1

NOTE: The lower the reps, the faster you should focus on pressing the weight – really accelerate it while maintaining proper technique.



CONCLUSION

The kettlebell Clean & Press is such a powerful exercise, using the programs found in THE GIANT, you could literally stay on these programs for months at a time, if not years.

Your “reward” would be a much stronger, leaner, better conditioned and more “functional” body than the one you have now.

The question really is, can you maintain your focus in order to do so?

Or will you be distracted by Shiny Object Syndrome?

At the end of the day, “only” training one exercise isn’t sexy or entertaining, but the results sure as heck are.

I wish you much success.



Geoff Newport

P.S. If you have any questions, email me at support@chasingstrength.com with the subject line, “Questions about The Giant” and I’ll get back to you within 48 hours.

FAQs

1. What can I do on my “off” days?

REST! RELAX! Enjoy your life!

Do mobility work if you must.

2. Can I do { INSERT EXERCISE OF CHOICE HERE } along with THE GIANT?

Yes, you can... But I wouldn't. It might tap into your ability to recover. If you must, use an incredibly low volume like 2x3, 3x3, or 2x2 twice a week.

3. What should I eat if I want to lose weight too?

Less.

Seriously, think about it.

4. Can I combine THE GIANT with { INSERT SOME OTHER PROGRAM NAME HERE }?

See #2.

5. What should I plan on doing after THE GIANT?

Get through at least 4 weeks of THE GIANT first. Preferably 8 to 12. Then reach back out to me at support@chasingstrength.com and I'll give you some guidance.

6. Is there an order in which I should do THE GIANT programs?

Great question!

Start at 1.0 then move to 1.1, then 1.2 if your endurance is low. If not, you can start at 2.0. Or you can start at 3.0 and move to 1.0, 1.1, 1.2 then 2.